



East River Regional Socialization Hub
Weekend Nutrition Program
Virtual/In-Person Activities—October 2022
202-441-0963



Access ZOOM www.zoom.com Select JOIN A MEETING at the top or DOWNLOAD ZOOM on your smartphone /Tablet
 Enter Meeting ID: 951 4112 0645, No Password Needed (once the meeting ID is entered, Select JOIN)
 Dial in # 1-301-715-8592, 951 4112 0645 Listen to WPFW 89.3 FM—Every Saturday from 6 am-8pm

Saturday, October 1, 2022	Saturday, October 8, 2022	Saturday, October 15, 2022	Saturday, October 22, 2022	Saturday, October 29, 2022
10:00 am Fitness w/ Rodney	10:00 am Fitness w/ Rodney	10:00 am Fitness w/ Rodney	10:00 am Fitness w/ Rodney	10:00 am Fitness w/ Rodney
11:00 am Community Announcements Celebrate October Birthdays “Happy Birthday Seniors “	11:00 am Community Announcements Vaccinations Up date for the Older American	11:00 am Community Announcements Catherine Moore “Pink Ribbon Ceremony Breast Cancer Awareness Month	11:00 am Community Announcements Chef Herb “Fall Pumpkin Craving “	11:00 am Community Announcements Miller’s Farm Trip Happy Halloween, Be Safe
11:00 am—12:00 pm LUNCH	11:00 am -12:00 pm LUNCH	11:00 am—12:00 pm LUNCH	11:00 am—12:00 pm LUNCH	11:00 am—12:00 pm LUNCH
12:00 pm-2:00 pm Senior Cinema & Games	12:00 pm-2:00 pm Senior Cinema & Games	12:00 pm-2:00 pm Senior Cinema & Games	12:00 pm-2:00 pm Senior Cinema & Games	12:00 pm-2:00 pm Senior Cinema & Games



ERFSC Weekend Nutrition Program
 3001 Alabama Avenue, SE
 Washington, DC 20020
 202-581-9355

Evelyn Minor, MA. RDN, LD
 Nutritionist
 James Lee, MSA
 Nadine Prince
 Community Dining Site Aide

