



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—February 2023

202-441-0963

Listen to WPFW 89.3 FM—Every Saturday from 6 am-8 pm



Saturday, February 4, 2023	Saturday, February 11, 2023	Saturday, February 18, 2023	Saturday, February 25, 2023
10:00 am Fitness w/ Rodney In-person	10:00 am Fitness w/ Rodney In-person	10:00 am Fitness w/ Rodney In-person	10:00 am Fitness w/Rodney In-person
10:00 am "Flex Bands Demonstration" 11:15 am Trip to Potomac Yards	10:00 am—CPR Update 11:15 am Trip to Cheese Cake Factory Super Bowl Weekend Happy Valentine's Day Seniors	10:00am Heart Healthy Soups 11:15 am Trip to National Portrait Gallery Visiting the Obama's Portraits	10:00 am Release Stress Balls 11:15 am Trip to Eastern Market
10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 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



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Community Dining Site Aide

