



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—May 2026

202-441-0963



Saturday, May 2, 2026	Saturday, May 9, 2026	Saturday, May 16, 2026	Saturday, May 23, 2026	Saturday, May 30, 2025
10:00 am Rodney 's Fitness Class	10:00 am Rodney's Fitness Class	10:00am Rodney 's Fitness Class	10:00 am Rodney's Fitness Class	10:00 am Rodney's Fitness Class
10:00 am-Healthy Eye Care Resources 10:50pm Trip: Miller's Farm	10:00am Mother's Day Affair HAPPY MOTHER'S DAY "Mother's Day Gift Bag "	10:00am Celebrate Older Americans Month 2026 Trivia Quiz 1st, 2nd, 3rd Prize Winners....	10:00 am "Summer Fancy Foot Care " Memorial Day Weekend Monday May 25,2026	10: 00am Martha Stewart's Cooking Show 10:50am Trip: Amish Market Upper Marlboro
10:45 am Community Announcements 11:00 am—1:00 pm LUNCH	10:45 am Community Announcements 11:00 am—1:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—1:00 pm LUNCH	10:45 am Community Announcements 11:00 am—1: 00 pm LUNCH
12:00 pm-2:00 pm Senior Cinema & Board Games	12:00 pm-2:00 pm Senior Cinema & Board Games	12:00 pm-2:00 pm Senior Cinema & Board Games	12:00 pm-2:00 pm Senior Cinema & Board Games	12:00 pm-2:00 pm Senior Cinema & Board Games



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