



East River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—January 2025

202-441-0963

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



Saturday, January 4th 2025	Saturday, January 11th 2023	Saturday, January 18, 2025	Saturday, January 25, 2025
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 "New Year's Resolutions " 11:15am Trip Gordon Park's Portraits National Gallery of Art Constitution Ave NW	10:00 am Coupon Clipping w/Ms. Minor Saving on Food Stuffs 11:00 am Trip to PG Plaza Mall	10:00am - 12:00pm Hot Chocolate w/whipped cream Pop Up Bar Happy Birthday Dr. Martin Luther King Jr, Trivia Quiz	10:00 am Glaucoma Awareness Month 11:15 am Trip to Dollar Tree Capital Heights, Md
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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