



East of the River Regional Socialization Hub

Weekend Nutrition Program



In-Person Activities—September 2026

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

Saturday, Sept. 5,2026	Saturday, Sept. 12,2026	Saturday, Sept. 19,2026	Saturday, Sept. 26,2026
10:00 am In-person Fitness w/ Rodney	10:00 am In-person –Fitness w/ Rodney	10:00 am In-person Fitness w/ Rodney	10:00 am In-person Fitness wi/ Rodney
10:00 am Nutrition Education session w/ Ms. Minor 10:45 am Community Announcements 11:00am George Foreman Grill Day Happy Labor Seniors	10:00 am National Cholesterol Month 10:45 am Community Announcements 10:45am Health Tip: Take a Walk Today Trip: Walmart -Georgia Ave	10:00 am Eating Out Tips 10:45 am Community Announcements 10:45am Health Tip: Make a Fruit Smoothie 12:30 Big BINGO w/Ms Lou	10:00 am Healthy Aging Month 10:45 am Community Announcements 10:50 am– Trip: Dollar Tree, Richie Station Ct Capital Heights, Md
11:00 am -1:00 pm LUNCH	11:00 am -1:00 pm LUNCH	11:00 am—1:00 pm LUNCH	11:00 am—1:00 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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