



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—July 2026

202-441-0963

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



Saturday, July 4, 2026	Saturday, July 11, 2026	Saturday, July 18, 2026	Saturday, July 25, 2026
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 4th of July Trivia Quiz 10:00am 4th of July Snacks	10:00 am Sun Screen Protection 11:00 am Trip: Let's Visit Andrene's 308 Kennedy St NW Celebrate Caribbean Day	10:00am Watermelon Feast Day Nutrition Facts 10:45am Community Announcements	10:00 am Drink Your H2O Tasting 10:45am Community Announcements 10:55am Trip: Amish Market,
10:45 am Community Announcements 11:00 am—1:00 pm LUNCH	10:45 am Community Announcements 11:00 am—1:00 pm LUNCH	11:00am –1:00pm LUNCH 12:30pm Counseling w/MaryAnn	11:00 am—1:00 pm LUNCH "Stay Cool Today"
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
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202-581-9355

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Community Dining Site Aide

