

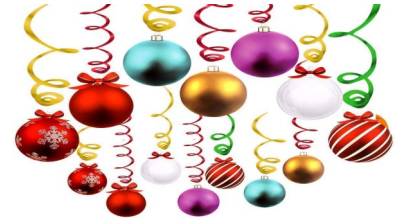


East of the River Regional Socialization Hub Weekend Nutrition Program

In-Person Activities—December 2024

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

Happy Holiday 2024



Saturday, Dec. 7, 2024	Saturday, Dec. 14, 2024	Saturday, Dec. 21, 2024	Saturday, Dec. 28, 2024
10:00 am In-person Fitness with Rodney	10:00 am In-person Fitness with Rodney	10:00 am In-person Fitness with Rodney	10:00 am In-person Fitness with Rodney
10:00 am Community Announcements World Aids Day 10:30 am Holiday Party @ St. Phillips Church	10:00 am Community Announcements 8:30 am I HOP Holiday Breakfast @ Alabama Ave 	10:00 am Community Announcements 10:30 am Ugly Sweater Contest Fashion Show 	10:00 am Community Announcements 10:30 am 'Name That Tune/ Holiday Songs 1st, 2nd, 3rd Prizes 
11:00 am -12:00 pm LUNCH	11:00 am -12:00 pm LUNCH	11:00 am—12:00 pm LUNCH	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



ERFSC Weekend Nutrition Program
3001 Alabama Avenue, SE
Washington, DC 20020
202-581-9355

Evelyn Minor, MA. RDN, LD
Nutritionist
James Lee, MSA
Nadine Prince, BS
Community Dining Site Aide

