



**East of the River Regional Socialization Hub**

**Weekend Nutrition Program In-Person Activities—March 2026**

**Listen to WPFW 89.3— Every Saturday 6am-10am**



*Happy St. Patrick's Day!*

Saturday March 7, 2026	Saturday March 14, 2026	Saturday March 21, 2026	Saturday March 28 2026
10:00 am Fitness w/Rodney	10:00 am Fitness w/Rodney	10:00 am Fitness w/Rodney	10:00am Fitness w/Rodney
10:00 am "Nutrition Film Festival" 10:45 am Community Announcements	10:00 am "Nutrition Film Festival" 10:45 am Community Announcements	10:00 am "Nutrition Film Festival" 10:45 am Community Announcements	10:00 am "Nutrition Film Festival" 10:45 am Community Announcements
Celebrate Mardi Gras, New Orleans Style Photo Booth— Sun Room 12:00 Noon	10:50am Trip: Target Potomac Yards	9:45am Zeta Phi Beta Beta Zeta Chapter Senior Services Community Service	10:30 am Trip: Healthy Favors of the City w/ Food Jonzi -100 Ben- ning Stoddert Rec 11:00am Prevention of Blindness Society Program
11:00 am—12:00 pm LUNCH	11:00 am -12:00 pm LUNCH	11:00 am—12:00 pm LUNCH	11:00am –1:00pm 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	12:00pm—2:00 pm Senior Cinema & Games



ERFSC Weekend Nutrition Program  
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