



## East of the River Regional Socialization Hub

### Weekend Nutrition Program

#### In-Person Activities—August 2025

202-441-0963



Saturday August 2, 2025	Saturday August 9, 2025	Saturday August 16, 2025	Saturday August 22,, 2025	Saturday August 30, 2025
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 Fitness w/Rodney
10:00 am Food Network Cooking Channel	10:00 am Food Network Cooking Channel	10:00 am Food Network Cooking Channel	10:00 am Food Network Cooking Channel	10:00 am Food Network Cooking Channel
10:45 am Community Announcements	10:45 am Community Announcements	10:45 am Community Announcements	10:45 am Community Announcements	10:45 am Community Announcements
Health Tip for the Day : “Take a Walk in the Park “	10:45 am Shopping Trip: PG Plaza	Health Tip for the Day : “Make a Eye appointment “	Health Tip for the Day : “Drink your Water “	10:45 am Trip: Glut Health Food Store
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	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	12:00 pm-2:00 pm Senior Cinema & Games



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