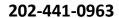


East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—August 2025





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	10:00 am	10:00 am	10:00 am	10:00 am
Food Network Cooking Channel	Food Network Cooking Channel	Food Network Cooking Channel	Food Network Cooking Channel	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



ERFSC Weekend Nutrition Program 3001 Alabama Avenue, SE Washington, DC 20020 202-581-9355 Evelyn Minor, MA. RDN, LDN Nutritionist James Lee, MSA Nadine Prince ,BS

