



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—August 2026

202-441-0963



Saturday August 1, 2026	Saturday August 8, 2026	Saturday August 15, 2026	Saturday August 22, 2026	Saturday August 29, 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 Fitness w/Rodney
10:00 am Food Network Cooking Channel 10:45 am Community Announcements	10:00 am Food Network Cooking Channel 10:45 am Community Announcements	10:00 am Food Network Cooking Channel 10:45Community Announcements 11:00am ERFSC Family Affair	10:00 am Food Network Cooking Channel 10:45 am Community Announcements	10:00 am Food Network Cooking Channel 10:45 am Community Announcements
Health Tip for the Day : Self Care for seniors	10:45 am Shopping Trip: PG Plaza	Family Affair/ Back to School Book Bag Event @ Safeway 3925 Minnesota Ave NE	Health Tip for the Day : “Drink your Water “	10:45 am Trip : Wegmans Woodmore Shopping Center
11:00 am—1:00pm LUNCH	11:00 am -1:00 pm LUNCH	11:00 am—1:00 pm LUNCH	11:00am –1:00pm Lunch	11:00 am—1:00 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
Nutrition Aide

