



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—October 2025

202-441-0963



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

Saturday, October 4, 2025	Saturday, October 11 2025	Saturday, October 18, 2025	Saturday, October 25,2025
10:00 am Fitness w/ Rodney In-person	10:00 am Fitness w/ Rodney In-person	10:00 am Fitness w/ Rodney In-person	10:00 am Fitness w/Rodney In-person
10:00 am “Breast Cancer Awareness Month” Catherine Moore Pink Ribbon Ceremony TRIP: Amish Market, Brown Station Rd Market , Md	10:00 am Food & Nutrition Resources Nutrition Education 	10:00am Community Service Zeta Phi Beta Sorority Inc. Beta Zeta Chapter	10:00 am Fall Pumpkin Arts & Crafts Happy Halloween- Be Safe 10:50 am Trip: Miller’s Farm 
10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 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



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