

Food Chart for Seniors



The Weekend Nutrition Program Staff



The ERFSC Weekend Nutrition Program is held at:
Washington Seniors Wellness Center
3001 Alabama Avenue, SE
Washington, DC 20020

To enroll or for additional information contact:
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East River Family Strengthening Collaborative, Inc. (ERFSC)



Weekend Nutrition Program

Washington Seniors Wellness Center
3001 Alabama Avenue, SE
Washington, DC 20020



Part of the Senior Service Network Supported by the D.C. Office on Aging

This program is operated by:



Program Highlights

Recreational and Social Activities

Participants enjoy a wide range of recreational and social activities including games, arts and crafts, movies, shopping trips, birthday and holiday parties, and special events.



Health Promotion and Nutrition Counseling

Participants receive hot, nutritious mid-day lunches, nutrition counseling and assessments, weekend meals and blood pressure checks. Workshops and seminars with professional speakers are also offered.



Transportation Services

Participants enjoy the luxury of being safely transported to social and community activities as well as to the Washington Seniors Wellness Center where the program is held.



Program Information

- ❖ The ERFSC Weekend Nutrition Program operates on Saturdays ONLY from 10:00am to 2:00pm at the Washington Seniors Wellness Center.
- ❖ There is no cost to become a member.
- ❖ Must be DC resident, 60 years and older.

The mission of ERFSC is to empower families, youth and communities to become more self-sufficient through integrated and collaborative community based services.

www.erfsc.org