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| **FOURTH DISTRICT SENIORS RESOURCE CENTER • MARCH 2023 CALENDAR AND MENU****George L. Stevens Senior Community Center, 570 S. 65tth Street (Off Skyline Drive), San Diego, CA 92114 • (619) 266-2066** ***Putting a Healthy “Twist” on Down Home Style Nutritious Cooking* \*\*\*Menu Subject to Change\*\*\*****► Meal Prices — $9.00 (Regular) • $13.00 (Double) ► Lunch Hours — 12:00 – 2:00pm — Friday ONLY *(must call to request by 3:00 pm Thursday)****FDSRC does not discriminate on the basis of race, creed, color, religion, age, disability***,** *sex, sexual orientation, marital status, national origin,**and* *political opinions or affiliations.* |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  | **1 GLIDE & STRIDE****WALKERS****9:30 – 10:30 am**\* \* \***Feelin’ Fit Exercise****10:30 – 11:30 am****WED. & FRI.** | **Logo  Description automatically generated2 FDSRC*****(Call to request Friday lunch by 3:00 pm Thursday)*** | **3 Lunch 12:00–2:00 pm**Fried FishGarlic Mashed PotatoesSeasoned Green BeansDinner RollDessertBeverage | **4** |
| **5**  | **6**  | **7**  | **8 GLIDE & STRIDE****WALKERS****9:30 – 10:30 am**\* \* \***Feelin’ Fit Exercise****10:30 – 11:30 am****WED. & FRI.** | **9** **LINE DANCING****1:00 – 2:00 pm*****(Call to request Friday lunch by 3:00 pm Thursday)*** | **10 Lunch 12:00–2:00 pm**Fried FishHome FriesMacaroni Salad Wheat BreadDessertBeverage | **11** |
| Lawmakers consider keeping daylight saving time year-round. - The San Diego  Union-Tribune**12**  | **13**  | **14**  | **15 GLIDE & STRIDE****WALKERS****9:30 – 10:30 am**\* \* \***Feelin’ Fit Exercise****10:30 – 11:30 am****WED. & FRI.** | **16**  **LINE DANCING****1:00 – 2:00 pm*****(Call to request Friday lunch by 3:00 pm Thursday)*** | **17 Lunch 12:00–2:00 pm**Fried Fish Candied YamsSteamed CabbageCorn BreadDessertBeverage | **18**   |
|  **19**  | **20**  | **21**  | **22 GLIDE & STRIDE****WALKERS****9:30 – 10:30 am**\* \* \***Feelin’ Fit Exercise****10:30 – 11:30 am****WED. & FRI.** | **23 FEEDING SAN DIEGO**  **FOOD DISTRIBUTION** **11:30 am – 2:30 pm** ***(while supplies last)*** **LINE DANCING****1:00 – 2:00 pm*****(Call to request Friday lunch by 3:00 pm Thursday)*** | **24** **Lunch 12:00–2:00 pm**Fried FishMexi-CornCole SlawWheat BreadDessertBeverage | **25** |
| **26**  | **27**  | **28**  | **29 GLIDE & STRIDE****WALKERS****9:30 – 10:30 am**\* \* \***Feelin’ Fit Exercise****10:30 – 11:30 am****WED. & FRI.** | **30** **LINE DANCING****1:00 – 2:00 pm*****(Call to request Friday lunch by 3:00 pm Thursday)*** | **31 Lunch 12:00–2:00 pm**Fried FishCheesy Mashed PotatoesEnglish PeasDinner RollDessertBeverage |  |