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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 Fish  Garlic Mashed Potatoes  Seasoned Green Beans  Dinner Roll  Dessert  Beverage | **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 Fish  Home Fries  Macaroni Salad  Wheat Bread  Dessert  Beverage | **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 Yams  Steamed Cabbage  Corn Bread  Dessert  Beverage | **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 Fish  Mexi-Corn  Cole Slaw  Wheat Bread  Dessert  Beverage | **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 Fish  Cheesy Mashed Potatoes  English Peas  Dinner Roll  Dessert  Beverage |  |