

# FOURTH DISTRICT SENIORS RESOURCE CENTER • MARCH 2023 CALENDAR AND MENU

George L. Stevens Senior Community Center, 570 S. 65<sup>th</sup> 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
			<b>1 GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30 am * * * Feelin' Fit Exercise 10:30 – 11:30 am WED. & FRI.	<b>2 FDSRC</b>  (Call to request Friday lunch by 3:00 pm Thursday)	<b>3 Lunch 12:00–2:00 pm</b> Fried Fish Garlic Mashed Potatoes Seasoned Green Beans Dinner Roll Dessert Beverage	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8 GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30 am * * * Feelin' Fit Exercise 10:30 – 11:30 am WED. & FRI.	<b>9 LINE DANCING</b> 1:00 – 2:00 pm (Call to request Friday lunch by 3:00 pm Thursday)	<b>10 Lunch 12:00–2:00 pm</b> Fried Fish Home Fries Macaroni Salad Wheat Bread Dessert Beverage	<b>11</b>
<b>12</b> 	<b>13</b>	<b>14</b>	<b>15 GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30 am * * * Feelin' Fit Exercise 10:30 – 11:30 am WED. & FRI.	<b>16 LINE DANCING</b> 1:00 – 2:00 pm (Call to request Friday lunch by 3:00 pm Thursday)	<b>17 Lunch 12:00–2:00 pm</b> Fried Fish Candied Yams Steamed Cabbage Corn Bread Dessert Beverage	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22 GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30 am * * * Feelin' Fit Exercise 10:30 – 11:30 am WED. & FRI.	<b>23 FEEDING SAN DIEGO FOOD DISTRIBUTION</b> 11:30 am – 2:30 pm (while supplies last) <b>LINE DANCING</b> 1:00 – 2:00 pm (Call to request Friday lunch by 3:00 pm Thursday)	<b>24 Lunch 12:00–2:00 pm</b> Fried Fish Mexi-Corn Cole Slaw Wheat Bread Dessert Beverage	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29 GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30 am * * * Feelin' Fit Exercise 10:30 – 11:30 am WED. & FRI.	<b>30 LINE DANCING</b> 1:00 – 2:00 pm (Call to request Friday lunch by 3:00 pm Thursday)	<b>31 Lunch 12:00–2:00 pm</b> Fried Fish Cheesy Mashed Potatoes English Peas Dinner Roll Dessert Beverage	