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| Happy Juneteenth Freedom Day Concept African American Independence Day  Stock Illustration - Download Image Now - iStockLaing Properties Ltd - Photos | Facebook **FOURTH DISTRICT SENIORS RESOURCE CENTER**  **Putting a Healthy “twist” on Down Home Style Nutritious Cooking**  **JUNE 2023 MENU** | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  | **1** | **2 Fried/Baked Fish**  **Garlic Mashed Potatoes**  **Roasted Brussel Sprouts**  **Wheat Bread**  **Dessert/Beverage** | **3** |
| **4** | **5** | **6** | **7** **GLIDE & STRIDE**  **WALKERS**  **9:30 – 10:30**  ***“FEELIN FIT”***  **10:30 – 11:30 am**  **WED. & FRI.** | **8**  **SEASONED**  **LINE DANCING**  **1:00 – 2:00 pm** | **9 Fried/Baked Fish**  **Seasoned Green Beans with Potatoes**  **Sliced Tomatoes**  **Wheat Bread**  **Dessert/Beverage** | **10** |
| **11** | **12** | **13** | 14 **GLIDE & STRIDE**  **WALKERS**  **9:30 – 10:30**  ***“FEELIN FIT”***  **10:30 – 11:30 am**  **WED. & FRI.** | 15 | **16 Fried/Baked Fish**  **Seasoned Home Fries**  **Cole Slaw**  **Wheat Bread**  **Dessert**  **Beverage** | **17** |
| Animated Happy Fathers Day Bee Gif Pictures, Photos, and Images for  Facebook, Tumblr, … | Happy fathers day pictures, Happy fathers day, Happy  fathers day greetings**18** | Juneteenth Images – Browse 12,532 Stock Photos, Vectors, and Video | Adobe  Stock**19**  **CELEBRATION**  **11 a.m. -3 p.m.**  **Admission $8.00** | **20** | **21**  **GLIDE & STRIDE**  **WALKERS 9:30 – 10:30**  ***“FEELIN FIT”***  **10:30 – 11:30 am**  **WED. & FRI.**  **SAN DIEGO YOUNG**  **AT HEART SENIOR CLUB**  **1-4 P.M.** | **22**  **FEEDING**  **SAN DIEGO FOOD DISTRIBUTION**  **11:30am – 2:30pm**  **WHILE SUPPLIES LAST** | **23 Fried/Baked Fish**  **Potato Salad**  **Peas and Carrots**  **Wheat Bread**  **Dessert**  **Beverage** | **24** |
| **25** | **26** | **27** | **28 GLIDE & STRIDE**  **WALKERS 9:30 – 10:30**  **\*\*\***  ***“FEELIN FIT”***  **10:30 – 11:30 am**  **WED. & FRI.** | **29** | **30 Fried/Baked Fish**  **Mac & Cheese**  **Seasoned Green Beans**  **Dinner Roll**  **Dessert/Beverage**  **Jireh Providers Health**  **Screening 11am-2pm** | **31** |

► Meal Prices - $9.00 (Regular) $13.00 (Double) \*\*\*Menu Subject To Change\*\*\*

**George L. Stevens Senior Community Center**

**570 S. 65th Street (Off Skyline Dr.)**

**San Diego, CA 92114 (619) 266-2066**

**(619) 266-2066**

► Lunch Hours – (Friday) 12:00– 2:00pm

**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.**