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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.**