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| Laing Properties Ltd - Photos | Facebook **FOURTH DISTRICT SENIORS RESOURCE CENTER**  **Putting a Healthy “twist” on Down Home Style Nutritious Cooking**  **MAY 2023 MENU** | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | **1** | **2** | **3 GLIDE & STRIDE**  **WALKERS**  **9:30 – 10:30 am**  \* \* \*  ***“Feelin Fit Exercise”***  **10:30 – 11:30 am**  **WED. & FRI.** | **4**  **LINE DANCING**  **1:00 – 2:00** | **5 OLDER**  **AMERICANS CELEBRATION**  **11 A.M. – 2 P.M.**    **“NO LUNCH SERVED”** | **6** |
| **7** | **8** | **9** | **10 GLIDE & STRIDE**  **WALKERS**  **9:30 – 10:30**  **\* \* \***  ***“Feelin Fit”***  **10:30 – 11:30**  **WED. & FRI.** | **11**  **LINE DANCING**  **1:00 – 2:00** | **12 Fried or Baked Fish**  **Mashed Potatoes & Gravy**  **Brussels Sprouts**  **Dinner Roll**  **Dessert/Beverage** | **13** |
| 100 Mother Quotes And Motherhood Sayings By WishesQuotes ...**14** | **15** | **16** | **17 SAN DIEGO**  **YOUNG AT HEART**  **SENIOR CLUB**  **1-4 P.M.** | **18**    **LINE DANCING**  **1:00 – 2:00** | **19 Fried Fish**  **Home Fries**  **Tomato & Cucumber Salad**  **Wheat Bread**  **Dessert/Beverage** | **20** |
| **21** | **22** | **23** | **24 GLIDE & STRIDE**  **WALKERS**  **9:30 – 10:30 am**  \* \* \*  ***“Feelin Fit Exercise”***  **10:30 – 11:30 am**  **WED. & FRI.** | **25 FEEDING**  **SAN DIEGO FOOD DISTRIBUTION**  **11:30am – 2:30pm**  **WHILE SUPPLIES LAST**  **\* \* \***  **LINE DANCING**  **1:00 – 2:00** | **26 Fried Fish**  **Macaroni Salad**  **Mixed Vegetables**  **Dinner Roll**  **Dessert**  **Beverage** | **27** |
| **28** | 2023 Memorial Day Weekend: Event at the Jackson KOA Journey Campground in  Minnesota**29** | **30** | **31 GLIDE & STRIDE**  **WALKERS**  **9:30 – 10:30 am**  **\* \* \***  ***“Feelin Fit Exercise”***  **10:30 – 11:30 am**  **WED. & FRI.** |  |  |  |

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

**George L. Stevens Senior Community Center**

**570 S. 65tth Street – San Diego, CA 92114 (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.**