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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.**