






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
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	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***

▶ 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.

George L. Stevens Senior Community Center
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