

"How far you go in life depends on
Your being tender with the young,
Compassionate with the aged, sympathetic
with the striving, and tolerant of the weak and the strong."

FOURTH DISTRICT SENIORS RESOURCE CENTER
Putting a Nutritious "twist" on
Down-Home Style Cooking
SEPTEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Fried Fish/ Baked Black Eyed Peas Steamed Rice, Garden Salad Corn Bread Dessert/Beverage <i>Feeling Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI.	2
3	4 	5	6 GLIDE & STRIDE WALKERS 9:30 – 10:30 am * * * <i>Feeling Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI.	7 SEASONED LINE DANCING 1:00 – 2:00 pm ----- AZTEZ BRIDGE CLUB 2:30 – 4:30 am	8 Fried Fish / Baked Seasoned Green Beans Garlic Mashed Potatoes Dinner Roll Dessert, Beverage <i>Feeling Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI.	9
10 	11	12	13 GLIDE & STRIDE WALKERS 9:30 – 10:30 am <i>Feeling Fit Exercise Class"</i> 10:30 – 11:30 am WED. & FRI.	14 SEASONED LINE DANCING 1:00 – 2:00 pm ----- AZTEZ BRIDGE CLUB 2:30 – 4:30 pm	15 Fried Fish / Baked Cole Slaw Spaghetti Garlic Bread Dessert, Beverage <i>Feeling Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI.	16
17	18	19	20 GLIDE & STRIDE WALKERS 9:30 – 10:30 am <i>Feelin Fit Exercise Class"</i> 10:30 AM – 11:30 PM WED. & FRI. SAN DIEGO YOUNG AT HEART CLUB 1:00- 4:00 PM	21 SEASONED LINE DANCING 1:00 – 2:00 pm ----- AZTEZ BRIDGE CLUB 2:30 – 4:30 pm San Diego Food Distribution 11:30-2:30 pm WHILE SUPPLIES LAST	22 Fried Fish / Baked Mac & Cheese Cabbage Corn Bread, Dessert, Beverage <i>Feeling Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI.	23
24	25	26	27 GLIDE & STRIDE WALKERS 9:30 – 10:30 am FENTANYL & SYNTHETIC OPIOIDS EMERGENCY DRUG WORKSHOP 12:00 PM – 2 PM	28 Feeding San Diego Food Distribution 11:30 AM – 2:30 PM SEASONED LINE DANCING 1:00 – 2:00 pm Aztec Bridge Class 2:30 PM – 4:30 PM	29 Fried Fish/ Baked Steamed Rice English Peas Corn Bread Dessert Beverage <i>Feeling Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI.	30

Menu Subject to Change

- ▶ Meal Prices - \$9.00 (Regular) \$13.00 (Double)
 - ▶ Lunch Hours - (Friday) 12:00- 2:00pm. Under 60yrs \$12 (Reg) DBL (\$13)
- FDSRC does not discriminate on the basis of race, creed, color, religion, age, disability, gender identity, sexual orientation, marital status, national origin, and political opinions or affiliations.

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