

"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
OCTOBER 2023



Disability
Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	02	03	04 * GLIDE & STRIDE WALKERS 9:30 – 10:30 am * * * *Feeling Fit Exercise Class" 10:30 – 11:30 am WED. & FRI	05 *SEASONED LINE DANCING 1:00 – 2:00 pm * * * * * *AZTEC BRIDGE CLUB 2:30 – 4:30 am	06 Fried or Seared Fish Cheesy Mashed Potatoes Seasoned Green Beans Wheat Dinner Roll Dessert/Beverage *Blood Pressure Check 11:20 – 2:00 PM *Feeling Fit Exercise 10:30 AM – 11:30 AM	07
08	09 Columbus Day (USA) Thanksgiving Day (CAN)	10	11 * GLIDE & STRIDE WALKERS 9:30 – 10:30 am *Feeling Fit Exercise Class" 10:30 – 11:30 am WED. & FRI	12 * S.W.A.G. Meeting Closed Session 10:30 AM – 1:45 PM *SEASONED LINE DANCING 1:00 – 2:00 pm * * * * * *AZTEC BRIDGE CLUB 2:30 – 4:30 am	13 Fried or Seared Fish Mac & Cheese Garden Salad Dessert/Beverage *Flu Shot Clinic 11:00 AM – 2:00 PM *Feeling Fit Exercise 10:30 Am – 11:30 AM	14
15	16	17	18 * GLIDE & STRIDE WALKERS 9:30 – 10:30 am *Feeling Fit Exercise Class" 10:30 – 11:30 am WED. & FRI *Young At Heart Club 1:00 - 4:00 PM	19 *SEASONED LINE DANCING 1:00 – 2:00 pm * * * * * *AZTEC BRIDGE CLUB 2:30 – 4:30 am	20 Fried or Seared Fish Cole Slaw Home Fries Wheat Bread Dessert/Beverage *Feeling Fit Exercise 10:30 Am – 11:30 AM	21
22	23	24	25 * GLIDE & STRIDE WALKERS 9:30 – 10:30 am *Feeling Fit Exercise Class" 10:30 – 11:30 am WED. & FRI	26 *FEEDING SAN DIEGO FOOD DISTRIBUTION 11:30 – 2:00 pm * SEASONED LINE DANCING 1:00 – 2:00 pm * * * * * *AZTEC BRIDGE CLUB 2:30 PM – 4:30 PM	27 Fried or Seared Fish Potato Salad English Peas Wheat Bread Dessert/Beverage *OLD GLOBE SHAKESPEARE Play "COMEDY OF ERRORS" 3:00 PM – 4:30 PM *Feeling Fit Exercise 10:30 Am – 11:30 AM	28
29	30	31 HAPPY HALLOWEEN				

Menu Subject to Change

- ▶ Meal Prices - \$9.00 (Regular) • \$13.00 (Double)
Under 60yrs Regular \$12 • Double \$15
 - ▶ Lunch Hours – (Friday) 12:00– 2:00pm.
- 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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