



**FOURTH DISTRICT SENIORS RESOURCE CENTER**  
**Putting a Healthy "twist" on Down Home Style Nutritious Cooking**  
**JANUARY 2024 MENU**

| Sunday | Monday                                                                                                      | Tuesday | Wednesday                                                                                                                                          | Thursday                                                                                                                                                          | Friday                                                                                                    | Saturday |
|--------|-------------------------------------------------------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------|
|        | 1<br>                      | 2       | 3<br>GLIDE & STRIDE<br>WALKERS<br>9:30 – 10:30 am<br>***<br>"Feelin Fit Exercise"<br>10:30 – 11:30 am<br>WED. & FRI.                               | 4<br>LINE DANCING<br>1:00 – 2:00 pm<br>***<br>AZTEC BRIDGE CLUB<br>2:30 – 4:30 pm                                                                                 | 5 Fried/Grilled Fish<br>Black Eyed Peas<br>Steamed Rice<br>Garden Salad<br>Corn Bread<br>Dessert/Beverage | 6        |
| 7      | 8                                                                                                           | 9       | 10<br>GLIDE & STRIDE<br>WALKERS<br>9:30 – 10:30<br>***<br>"Feelin Fit"<br>10:30 – 11:30 am<br>WED. & FRI.                                          | 11<br>LINE DANCING<br>1:00 – 2:00 pm<br>***<br>AZTEC BRIDGE CLUB<br>2:30 – 4:30 pm                                                                                | 12 Fried/Grilled Fish<br>Baked Beans<br>Cole Slaw<br>Dinner Roll<br>Dessert<br>Beverage                   | 13       |
| 14     | 15<br><br>"I HAVE A DREAM" | 16      | 17<br>GLIDE & STRIDE<br>WALKERS 9:30 – 10:30<br>"FEELIN FIT"<br>10:30 – 11:30 am<br>WED. & FRI.<br>YOUNG-AT-HEART SENIOR<br>CLUB<br>1:00 – 4:00 pm | 18<br>LINE DANCING<br>1:00 – 2:00 pm<br>***<br>AZTEC BRIDGE CLUB<br>2:30-4:30 pm                                                                                  | 19 Fried Fish/Grilled Fish<br>Potato Salad<br>Green Beans<br>Dinner Roll<br>Dessert<br>Beverage           | 20       |
| 21     | 22                                                                                                          | 23      | 24<br>GLIDE & STRIDE<br>WALKERS<br>9:30 – 10:30 am<br>***<br>"Feelin Fit Exercise"<br>10:30 – 11:30 am<br>WED. & FRI.                              | 25 FEEDING SAN DIEGO<br>FOOD DISTRIBUTION<br>11:30am – 2:30pm<br>WHILE SUPPLIES LAST<br>***<br>LINE DANCING 1– 2:30pm<br>***<br>AZTEC BRIDGE CLUB<br>2:30-4:30 pm | 26 Fried/Grilled Fish<br>Cheesy Mashed Potato<br>Vegetable Soup<br>Wheat Bread<br>Dessert<br>Beverage     | 27       |
| 28     | 29                                                                                                          | 30      | 31<br>GLIDE & STRIDE<br>WALKERS<br>9:30 – 10:30 am<br>***<br>"Feelin Fit Exercise"<br>10:30 – 11:30 am<br>WED. & FRI.                              |                                                                                                                                                                   |                                                                                                           |          |

- ▶ Meal Prices - \$9.00 (Regular) \$13.00 (Double) \*\*\*Menu Subject To Change\*\*\* 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.
- ▶ Lunch Hours – (Friday) 12:00– 2:00pm