





Happy Easter!



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



Stay safe,
Stay well,
Be kind.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Fried/Baked Fish Scalloped Potatoes Pickled Beets/Tossed Green Salad/Wheat Bread Dessert/Beverage	2 
3	4	5 ELECTION DAY 	6 GLIDE & STRIDE WALKERS 9:30 – 10:30 am *** "Feelin Fit Exercise" 10:30 – 11:30 am WED. & FRI.	7 LINE DANCING 1:00 – 2:00 pm *** AZTEC BRIDGE CLUB 2:30 – 4:30 pm	8 Fried/Baked Fish Steamed Rice Mixed Veggies Dinner Roll Dessert Beverage	9
10	11	12	13 GLIDE & STRIDE WALKERS 9:30 – 10:30 am "Feelin Fit Exercise" 10:30 – 11:30 am WED. & FRI.	14 LINE DANCING 1:00 – 2:00 pm *** AZTEC BRIDGE CLUB 2:30 – 4:30 pm	15 Fried/Baked Fish Black Eyed Peas Steamed Cabbage Corn Bread Dessert Beverage	16
17	18	19	20 GLIDE & STRIDE WALKERS 9:30 – 10:30 am "Feelin Fit Exercise" 10:30 – 11:30 am WED. & FRI.	21 LINE DANCING 1:00 – 2:00 pm AZTEC BRIDGE CLUB 2:30 – 4:30 pm	22 Fried/Baked Fish Home Fries Cole Slaw Hush Puppies Dessert Beverage	23
24	25	26	27 GLIDE & STRIDE WALKERS 9:30 – 10:30 am *** "Feelin Fit Exercise" 10:30 – 11:30 am WED. & FRI Fried/Baked Fish Spaghetti Garlic Bread Dessert/Beverage	28 LINE DANCING 1:00 – 2:00 pm AZTEC BRIDGE CLUB 2:30 – 4:30 pm FEEDING SAN DIEGO FOOD DISTRIBUTION 11:30am – WHILE SUPPLIES LAST	29  CENTER CLOSED	30
31 						

Menu Subject To Change

- ▶ Meal Prices - \$9.00 (Regular) \$13.00 (Double)
- ▶ 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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