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| Hello Spring Floral Heart Free Stock Photo - Public Domain PicturesLaing Properties Ltd - Photos | Facebook **FOURTH DISTRICT SENIORS RESOURCE CENTER** **Putting a Healthy “twist” on Down Home Style Nutritious Cooking** **APRIL 2024 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** |  **4** **LINE DANCING****1:00 – 2:00 pm****\* \* \*****AZTEC BRIDGE CLUB****2:30 – 4:30 pm** | **5 NO FOOD****SERVICE****\*\*\*\*\******“Feelin Fit Exercise”*****10:30 – 11:30 am** | **6 “TOWARDS EQUITY****CALIFORNIA’S ROAD TO REPARATION”****FORUM****10:30am – 1:30pm****LUNCH INCLUDED****RSVP A MUST** |
| **7**  | **8**  | **9**  | **10 GLIDE & STRIDE** **WALKERS****9:30 – 10:30am** **\* \* \******“Feelin Fit Exercise”*** **10:30 – 11:30 am**  | **11 SWAG MEETING** **10:00am – 12:30pm****\* \* \*****LINE DANCING****1:00 – 2:00 pm****\* \* \*****AZTEC BRIDGE CLUB****2:30 – 4:30 pm** | **12 Fried/Baked Fish****Lime Rice****Candied Yams****Tossed Green Salad****Dinner Roll****Dessert****Beverage** | **13**  |
| **14** | **15**  | **16**  | **17 GLIDE & STRIDE****WALKERS 9:30 –10:30am****\* \* \*** ***“Feelin Fit Exercise”*****10:30 – 11:30 am** **WED. & FRI.****\* \* \*****YOUNG-AT-HEART SENIOR CLUB** **1:00 – 4:00 pm** | **18** **LINE DANCING****1:00 – 2:00 pm****\* \* \*****AZTEC BRIDGE CLUB****2:30-4:30 pm** | **19 Fried/Baked Fish****Mashed Potatoes****Mixed Veggies** **Wheat Bread****Dessert/Beverage**\* \* \***ATTY. LOAN SHILLINGER LEGAL WORKSHOP** **12 – 2pm** | **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 – 2:00pm****WHILE SUPPLIES LAST****\* \* \*****LINE DANCING 1– 2:00pm** **\* \* \*****AZTEC BRIDGE CLUB** **2:30-4:30 pm** | **26 Fried/Baked Fish****Mexi-Corn****Cole Slaw** **Wheat Bread****Dessert****Beverage**  | **27** |
| **28** | **29** | **30** |  |  |  |  |

► 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,**

► Lunch Hours – (Friday) 12:00– 2:00pm **sex, sexual orientation, marital status, national origin, and political opinions or affiliations.**

**George L. Stevens Senior Community Center – 570 S. 65th Street – San Diego, CA 92114 – (619) 266-2066**