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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**