



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

