



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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3	4 GLIDE & STRIDE WALKERS 9:30 – 10:30 am * * * <i>"Feelin Fit"</i> 10:30 – 11:30 am WED. & FRI.	5 LINE DANCING 1:00 – 2:00 pm * * * AZTEC BRIDGE CLUB 2:30 – 4:30 pm	6 Fried/Grilled Fish Steamed Rice Garden Salad Dinner Roll Dessert Beverage	7
8	9	10	11 GLIDE & STRIDE WALKERS 9:30 – 10:30 am * * * <i>"Feelin Fit"</i> 10:30 – 11:30 am WED. & FRI.	12 S.W.A.G. MEETING 10:30 – 12:30 pm LINE DANCING 1:00 – 2:00 pm * * * AZTEC BRIDGE CLUB 2:30 – 4:30 pm	13 Fried/Grilled Fish Home Fries Cole Slaw Dessert Beverage	14
15	16	17	18 GLIDE & STRIDE WALKERS 9:30 – 10:30am * * * <i>"Feelin Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI. * * * YOUNG-AT-HEART SOCIAL GROUP 1:00 – 4:00 pm	19 LINE DANCING 1:00 – 2:00 pm * * * AZTEC BRIDGE CLUB 2:30 – 4:30 pm	20 Fried/Grilled Fish Potato Salad Green Beans Dinner Roll Dessert Beverage	21
22	23	24	25 GLIDE & STRIDE WALKERS 9:30 – 10:30 am * * * <i>"Feelin Fit"</i> 10:30 – 11:30 am WED. & FRI.	26 FEEDING SAN DIEGO FOOD DISTRIBUTION 11:00 AM-2:00 PM WHILE SUPPLIES LAST LINE DANCING 1:00 – 2:00 pm AZTEC BRIDGE CLUB 2:30 – 4:30 pm	27 Fried/Grilled Fish Potatoes Au Gratin Tossed Green Salad Dinner Roll Dessert Beverage	28
29	30					

▶ 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.

*****Menu Subject To Change*****

George L. Stevens Senior Community Center
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 San Diego, CA 92114 (619) 266-2066