



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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 GLIDE & STRIDE WALKERS 9:30 – 10:30 am * * * <i>"Feelin Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI.	3 LINE DANCING 1:00 – 2:00 pm * * * AZTEC BRIDGE CLASS 2:30 – 4:30 pm	4 Fried/Baked Fish Steamed Rice Peas & Carrots Dinner Roll Dessert/Beverage Blood Pressure Screening 11am – 1:00 pm	5
6	7	8	9 GLIDE & STRIDE WALKERS 9:30 – 10:30 am FUNDRAISER 9-10:30 am <i>"Feelin Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI.	10 S.W.A.G. MEETING 10:30 – 12:30 pm LINE DANCING 1:00 – 2:00 pm * * * AZTEC BRIDGE CLASS 2:30 – 4:30 pm	11 Fried/Baked Fish Macaroni Salad Seasoned Green Beans Dinner Roll Dessert Beverage	12
13	14	15	16 GLIDE & STRIDE WALKERS 9:30 – 10:30 am * * * <i>"Feelin Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI. * * * YOUNG-AT-HEART CLUB 1:00 – 4:00 pm	17 LINE DANCING 1:00 – 2:00 pm * * * AZTEC BRIDGE CLASS 2:30 – 4:30 pm	18 Fried/Baked Fish Black Eyed Peas Corn Bread Garden Salad Dessert Beverage	19
20	21	22	23 GLIDE & STRIDE WALKERS 9:30 – 10:30 am * * * <i>"Feelin Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI.	24 FEEDING SAN DIEGO FOOD DISTRIBUTION 11:30 – 2:30 pm WHILE SUPPLIES LAST LINE DANCING 1:00 – 2:00 AZTEC BRIDGE CLASS 2:30-4:30 pm	25 Fried/Baked Fish Home Fries Cole Slaw Wheat Bread Dessert Beverage	26
27	28	29	30 GLIDE & STRIDE WALKERS 9:30 – 10:30 am <i>"Feelin Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI.	31 LINE DANCING 1:00 – 2:00 pm * * * AZTEC BRIDGE CLASS 2:30 – 4:30 pm		

▶ Meal Prices - \$9.00 (Regular)- \$13.00 (Double) ***Menu Subject To Change***

▶ Lunch Hours – (Friday) 12:00 – 2:00pm

FDSRC does not discriminate on the basis of race, creed, color, religion, age, disability, sex, sexual orientation, or gender identity affiliations.

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