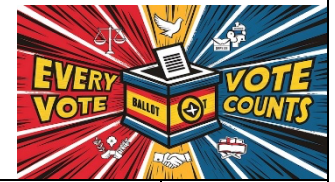







**FOURTH DISTRICT SENIORS RESOURCE CENTER**  
**Putting a Healthy "twist" on Down Home Style Nutritious Cooking**  
**NOVEMBER 2024 MENU**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Fried/Baked Fish Steamed Rice Garden Salad /Dinner Roll Dessert/Beverage	2
3 	4	5 	6 GLIDE & STRIDE WALKERS 9:30 – 10:30 am *** "Feelin Fit" 10:30 – 11:30 am WED. & FRI.	7 LINE DANCING 1:00 – 2:00 pm *** AZTEC BRIDGE CLUB 2:30 – 4:30 pm	8 Fried/Baked Fish Potato Salad Peas & Carrots Wheat Bread Dessert Beverage	9
10	11	12	13 GLIDE & STRIDE WALKERS 9:30 –10:30am *** "Feelin Fit Exercise" 10:30 – 11:30 am WED. & FRI.	14 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	15 Fried/Baked Fish Yams Steamed Cabbage Corn Bread Dessert Beverage	16
17	18	19	20 GLIDE & STRIDE WALKERS 9:30 – 10:30 am *** "Feelin Fit" 10:30 – 11:30 am WED. & FRI. *** YOUNG-AT-HEART SOCIAL GROUP 1:00 – 4:00 pm	21 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 HICAP APPTS. ONLY 10-12-(Noon)	22 Fried Fish/Chicken Cole Slaw Tasty Home Fries Rolls/Hush Puppies Dessert Beverage Old Globe Shakesperean Play "AS YOU LIKE IT" 2:30-4:30 pm	23
24	25	26	27  <b>CENTER CLOSED</b>	28   <b>CENTER CLOSED</b>	29  <b>CENTER CLOSED</b>	30

▶ Meal Prices - (Single) Perch \$12.00 – Catfish \$13.00    ▶ (Double) Perch \$15.00 – Catfish \$16.00    ▶ Non-Seniors \$18.00

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

\*\*\*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.

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