









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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 GLIDE & STRIDE WALKERS 9:30 – 10:30 am * * * <i>"Feelin Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI.	5 LINE DANCING 1:00 – 2:00 pm * * * AZTEC BRIDGE GAMES 2:30 – 4:30 pm * * * HICAP COUNSELING APPTS. ONLY	6 Fried/Baked Fish Scalloped Potatoes English Peas Dinner Roll Dessert Beverage	7
8	9	10	11 GLIDE & STRIDE WALKERS 9:30 – 10:30 am * * * <i>"Feelin Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI.	12 LINE DANCING 1:00 – 2:00 pm * * * AZTEC BRIDGE GAMES 2:30 – 4:30 pm	13 18th ANNUAL HOLIDAY GALA  11:00 AM – 2:00 PM Ticketed Event	14
15	16 FEEDING SAN DIEGO FOOD DISTRIBUTION 11:00 AM-2:00 PM WHILE SUPPLIES LAST	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 GAMES 2:30 – 4:30 pm * * * HICAP COUNSELING APPTS. ONLY	20 Fried/Baked Fish Black Eyed Peas Steamed Rice Steamed Cabbage Corn Bread Dessert Beverage	21
22	23 CENTER CLOSED 	24 CENTER CLOSED 	25  CENTER CLOSED	26 CENTER CLOSED 	27 CENTER CLOSED 	28
29	30 CENTER CLOSED	31 CENTER CLOSED				

▶ 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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