



**FOURTH DISTRICT SENIORS RESOURCE CENTER**  
 Putting a Healthy "twist" on Down Home Style Nutritious Cooking  
**APRIL 2025**  
**MENU**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 <b>GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30 am <i>"Feelin Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI. <b>YOGA CLASS</b> 1:00 – 2:00 pm	3 <b>LINE DANCING</b> 1:00 – 2:00 pm * * * <b>BRIDGE GAMES</b> 2:30 – 4:30 pm	4 Fried/Baked Fish Roasted Potatoes Steamed Cabbage Corn Bread Dessert Beverage	5
6	7	8	9 <b>GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30 am * * * <b>YOGA CLASS</b> 12:00 – 1:00 pm	10 <b>LINE DANCING</b> 1:00 – 2:00 pm * * * <b>BRIDGE GAMES</b> 2:30 – 4:30 pm	11 Fried/Baked Fish Red Beans Steamed Rice Hush Puppies Dessert Beverage	12
13	14	15	16 Fried Fish or Baked Ham Potato Salad/English Peas Dinner Roll/Dessert Beverage *** <b>GLIDE &amp; STRIDE WALKERS 9:30 – 10:30am</b> <i>"Feelin Fit Exercise"</i> 10:30 – 11:30 WED.& FRI. <b>YOUNG-AT-HEART CLUB 1:00 – 4:00 pm</b>	17 <b>YOGA CLASS</b> 10 – 11am (Online) * * * <b>LINE DANCING</b> 1:00 – 2:00 pm * * * <b>BRIDGE GAMES</b> 2:30 – 4:30 pm	18  <b>CENTER CLOSED</b>	19
20 	21	22	23 <b>GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30 am * * * <i>"Feelin Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI.	24 <b>YOGA CLASS</b> 10 – 11am (Online) <b>FEEDING SAN DIEGO FOOD DISTRIBUTION 11AM</b> <b>WHILE SUPPLIES LAST</b> <b>LINE DANCING 1:00 – 2:00 pm</b>	25 Fried/Baked Fish Maccaroni Salad Seasoned Green Beans Corn Bread Dessert Beverage	26
27	28	29	30 <b>GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30 am * * * <i>"Feelin Fit Exercise"</i> 10:30 – 11:30 am WED. & FRI.			

▶ Meal Prices – (Single) Perch \$12.00 – Catfish \$15.00    ▶ (Double) Perch \$15.00 – Catfish \$18.00    ▶ 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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