




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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 "MAY DAY MIXER 11AM-1PM <b>LINE DANCING 1:00 – 2:00 pm</b> * * * <b>BRIDGE GAMES 2:30 – 4:30 pm</b> <b>HICAP (BY APPT. ONLY)</b>	2 Fried/Baked Fish Sweet Potato Casserole Steamed Cabbage Corn Bread Dessert/Beverage	3
4	5	6	7 <b>GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30 am "Feelin Fit Exercise" 10:30 – 11:30 am WED. & FRI. <b>CHAIR YOGA</b> 12:00 – 1:00 pm	8 <b>LINE DANCING</b> 1:00 – 2:00 pm * * * <b>BRIDGE GAMES</b> 2:30 – 4:30 pm * * * <b>HICAP (BY APPT. ONLY)</b>	9 <b>Older Americans</b> <b>Mother's Day</b> <b>Luncheon</b>  11:00AM – 2:00 PM Ticketed Event	10
11 	12	13	14 <b>GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30 am "Feelin Fit Exercise" 10:30 – 11:30 am WED. & FRI. <b>CHAIR YOGA</b> 1:00 – 2:00 pm	15 <b>CHAIR YOGA VIA ZOOM</b> 10 – 11am * * * <b>LINE DANCING 1:00 – 2:00 pm</b> * * * <b>BRIDGE GAMES</b> 2:30 – 4:30 pm	16 Fried/Baked Fish Red Beans Steamed Rice Garden Salad Hush Puppies Dessert Beverage	17
18	19	20	21 <b>GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30am "Feelin Fit Exercise" 10:30 – 11:30 WED.& FRI. <b>YOUNG-AT-HEART CLUB</b> 1:00 – 4:00 pm	22 <b>FEEDING SAN DIEGO</b> <b>FOOD DISTRIBUTION</b> 11AM – 2PM <b>WHILE SUPPLIES LAST</b> <b>CHAIR YOGA VIA ZOOM</b> 12 – 1:pm <b>LINE DANCING 1:00 – 2:00 pm</b>	23 Fried/Baked Fish Black Eyed Peas Tossed Green Salad Dinner Roll Dessert Beverage	24
25	26 	27	28 <b>GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30 am * * * "Feelin Fit Exercise" 10:30 – 11:30 am WED. & FRI.	29 <b>LINE DANCING</b> 1:00 – 2:00 pm * * * <b>BRIDGE GAMES</b> 2:30 – 4:30 pm	30 Fried/Baked Fish Home Fries Cole Slaw Roll Dessert Beverage	31

▶ 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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