



FOURTH DISTRICT SENIORS RESOURCE CENTER
 Putting a Healthy "twist" on Down Home Style Nutritious Cooking
FEBRUARY 2026 MENU



BLACK HISTORY MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 GLIDE & STRIDE WALKERS 9:30 – 10:30 am "FEELIN FIT EXERCISE" 10:30 – 11:30 am WED. & FRI. GENTLE YOGA 12:00 – 1:00 pm SMART PHONE CLASS 1:30 – 2:30 pm	5 SEASONED LINE DANCING 1:00 – 2:00 pm * * * BRIDGE GAMES 2:30 – 4:30 pm	6 Fried/Baked Fish Pinto Beans Steamed Rice Garden Salad Hush Puppies Dessert Beverage	7
8	9	10	11 FREE EYE EXAMS MOBILE CLINIC (BY APPT. ONLY) GLIDE & STRIDE WALKERS 9:30 – 10:30 am "FEELIN FIT EXERCISE" 10:30 – 11:30 am WED. & FRI.	12 SEASONED LINE DANCING 1:00 – 2:00 pm * * * BRIDGE GAMES 2:30 – 4:30 pm	13 	14 
15	16 	17	18 GLIDE & STRIDE WALKERS 9:30 – 10:30 am "FEELIN FIT EXERCISE" 10:30 – 11:30 am WED. & FRI. GENTLE YOGA 12:00 – 1:00 pm YOUNG-AT-HEART CLUB 1:00 – 3:00 pm	19 SEASONED LINE DANCING 1:00 – 2:00 pm * * * BRIDGE GAMES 2:30 – 4:30 pm	20 Fried/Baked Fish Mac & Cheese Turnip Greens Corn Bread Dessert Beverage	21
22	23	24	25 FREE EYE EXAMS MOBILE CLINIC (BY APPT. ONLY) GLIDE & STRIDE WALKERS 9:30 – 10:30 am "FEELIN FIT EXERCISE" 10:30 – 11:30 am WED. & FRI. GENTLE YOGA 12:00 – 1:00 pm SMART PHONE CLASS 1:30 – 2:30 pm	26 FEEDING SAN DIEGO FOOD DISTRIBUTION 11AM – 2PM WHILE SUPPLIES LAST * * * SEASONED LINE DANCING 1:00 – 2:00 pm BRIDGE GAMES 2:30 – 4:30 pm	27 Fried/Baked Fish Fried Chicken Black Eyed Peas Fried Okra Hot Water Corn Bread Dessert Beverage	28

- ▶ Meal Prices – (Single) Perch \$13.00 – Catfish \$16.00 ▶ (Double) Perch \$16.00 – Catfish \$20.00 **1 Extra Piece Fish** \$7.00
- ▶ Non-Seniors – (Single) Perch \$15.00 – Catfish \$19.00 ▶ (Double) Perch \$18.00 – Catfish \$22.00
- ▶ Lunch Hours – (Friday) 12:00 – 2:00pm

FDSRC does not discriminate on the basis of race, creed, color, religion, age, disability, sex, sexual origin, orientation, marital status, national and political opinions, or affiliations.

George L. Stevens Senior Community Center
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