



FOURTH DISTRICT SENIORS RESOURCE CENTER

Putting a Healthy "twist" on Down Home Style Nutritious Cooking

MAY 2026 MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Fried/Baked Fish Black Eyed Peas Steamed Rice Garden Salad /Corn Bread/Dessert/Beverage	2
3	4	5	6 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	7 LINE DANCING 1:00 – 2:00 pm	8 OLDER AMERICAN'S MOTHER'S DAY LUNCHEON TICKETED EVENT	9
10 	11	12	13 FREE EYE EXAMS MOBILE CLINIC (APPT. ONLY) GLIDE & STRIDE WALKERS 9:30 – 10:30 am "FEELIN FIT EXERCISE" 10:30 – 11:30 am WED. & FRI. A Taste of Africa Cooking Class 11:00 am – 12:30 pm	14 Disaster Preparedness Workshop 11:00 am – 12:30 pm *** LINE DANCING 1:00 – 2:00 pm	15 Fried/Baked Fish Loaded Baked Potatoes Steamed Broccoli Dinner Roll Dessert Beverage	16
17	18	19	20 FREE EYE EXAMS MOBILE CLINIC (APPT. ONLY) GLIDE & STRIDE WALKERS 9:30 – 10:30 am "FEELIN FIT EXERCISE" 10:30 – 11:30 am YOUNG-AT-HEART CLASS 1:00 – 3:30 pm	21 A TASTE OF AFRICA Cooking Class 11:00 am – 12:30 pm *** LINE DANCING 1:00 – 2:00 pm	22 Fried Fish/Fish Baked Beans Cole Slaw Wheat Bread Dessert Beverage	23
24 <hr style="width: 80%; margin-left: 0;"/> 31	25	26	27 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 A Taste of Africa Cooking Class 11:00 – 12:30 pm	28 FEEDING SAN DIEGO FOOD DISTRIBUTION 11:00 am – 2:00 pm WHILE SUPPLIES LAST	29 Fried/Baked Fish Cheesy Mashed Potatoes English Pess Dinner Roll Dessert Beverage	30

- ▶ Meal Prices - (Single) Perch \$13.00 – Catfish \$16.00 ▶ (Double) Perch \$16.00 – Catfish \$20.00 ▶ Non-Seniors \$18.00
- ▶ Non-Seniors – (Single) Perch \$15.00 – Catfish \$19.00 ▶ (Double) Perch \$18.00 – Catfish \$22.00 ***Menu Subject To Change***
- ▶ Lunch Hours – (Friday) 12:00 – 2:00pm

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

George L. Stevens Senior Community Center
570 S. 65th Street San Diego, CA 92114 (619) 266-2066