

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 <b>GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30 am <i>"FEELIN FIT EXERCISE"</i> 10:30 – 11:30 am WED. & FRI. <b>GENTLE YOGA 12:00 – 1:00 pm</b> <b>SMART PHONE CLASS 12:30 – 1:30 pm</b>	4 <b>A TASTE OF AFRICAN HERITGE</b> 11:00 am – 12:30 pm  <b>LINE DANCING</b> 1:00 – 2:00 pm	5 Fried/Baked Fish Seasoned Red Potatoes Green Beans Hush Puppies Dessert Beverage	6
7	8	9	10 <b>GLIDE N STRIDE WALKERS</b> 9:30 – 10:30 am <i>"FEELIN FIT EXERCISE"</i> 10:30 – 11:30 am	11 <b>A TASTE OF AFRICAN HERITGE</b> 11:00 am – 12:30 pm  <b>LINE DANCING</b> 1:00 – 2:00 pm	12 Fried/Baked Fish Mexicorn Steamed Rice Garden Salad Wheat Bread Dessert Beverage	13
14	15	16	17 <b>GLIDE N STRIDE WALKERS</b> 9:30 – 10:30 am  <i>"FEELIN FIT EXERCISE"</i> 10:30 – 11:30 am  <b>YOUNG-AT-HEART CLASS</b> 1:00 – 3:30 pm	18 <b>A TASTE OF AFRICAN HERITGE</b> 11:00 am – 12:30 pm  <b>LINE DANCING</b> 1:00 – 2:00 pm	19 <b>JUNETEENTH DAY</b> <b>CELEBRATION</b> <b>11:00 AM – 2:00 PM</b>  <b>Ticketed Event</b>	20
21	22	23	24 FREE EYE EXAMS MOBILE CLINIC (APPT. ONLY) <b>GLIDE &amp; STRIDE WALKERS</b> 9:30 – 10:30 am <i>"FEELIN FIT EXERCISE"</i> 10:30 – 11:30 am <b>GENTLE YOGA 12:00 – 1:00 pm</b> <b>SMART PHONE CLASS 1:30 – 2:30 pm</b> <b>A TASTE OF AFRICAN HERITGE</b> 11:00 am – 12:30 pm	25 <b>FEEDING SAN DIEGO FOOD DISTRIBUTION</b> 11:00 am <b>WHILE SUPPLIES LAST</b>  <b>LINE DANCING</b> 1:00 – 2:00 pm	26 Fried/Baked Fish Candied Yams Steamed Cabbage Tomato & Cucumber Salad Corn Bread Dessert Beverage	27
28	29	30				

▶ 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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