FOURTH DISTRICT SENIORS RESOURCE CENTER

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

NOVEMBER 2026 MENU



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 10:00 – 1:00 pm	5 SEASONED LINE DANCING 1:00 – 2:00 pm	6 Fried/Baked Fish Cole Slaw Baked Beans Dinner Roll Carrot Cake Beverage	7
8	9	10	11  CENTER CLOSED	12 FEEDING SAN DIEGO FOOD DISTRIBUTION 11AM – 2PM WHILE SUPPLIES LAST * * * SEASONED LINE DANCING 1:00 – 2:00 pm	13 Fried/Baked Fish Mac & Cheese Green Beans Dinner Roll Peach Cobbler Beverage "MACBETH" Old Globe Play 1:00 – 4pm	14
15	16	17	18 GLIDE & STRIDE WALKERS 9:30 – 10:30 am *"FEELIN FIT EXERCISE"* 10:30 – 11:30 am WED. & FRI. Disaster Preparedness Workshop 1:00 – 3:00 pm	19 SEASONED LINE DANCING 1:00 – 2:00 pm	20 Fried/Baked Fish Potato Salad Peas & Carrots Wheat Bread Dessert Beverage	21 PRINCE HALL MASON SEASONED SAINTS LUNCHEON 10 AM – 1:00 PM
22	23	24	25 CENTER CLOSED	26  CENTER CLOSED	27 CENTER CLOSED	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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