

**Thankful
Grateful
and truly
Blessed**



**December
2024
Volume 109**

RAMONA SENIOR CENTER NEWSLETTER

Seniors Serving Seniors Since 1974

434 Aqua Lane | Ramona, CA 92065



Open Monday - Friday 8:30 am to 4:00 pm

Phone 760-789-0440

Email us at ramonaseniorcenter@gmail.com

Web site www.ramonaseniorcenter.com

Like us on Facebook at Ramona Senior Center Official.

**This program is partially funded by the Older American's Act
awarded by the County of San Diego Aging & Independence Services.**

Senior Center News

December Upcoming Events

- 2nd Ramblers Meeting/
Holiday Party
1:00 p.m.
- 4th Tree Decorating, Hot
Chocolate & Caroling
10:30 a.m.
- 4th Random Fun Facts
Discussion
10:30 a.m.
- 6th Rachel's Crafts
10:00 a.m.
- 11th RJAD Christmas
Dancers
12:00 p.m.
- 13th Cookie & Ornament
Decorating
10:30 a.m.
- 20th Birthday Lunch
11:30 a.m.
- 23rd Holiday Lunch
11:30 a.m.
- 24th/25th CLOSED
- 25th NO Alzheimer Support
& NO PEF Board Meeting
- 31st New Year's Eve Lunch
11:30 a.m.

SEE OUR WEB SITE
**www.ramonasenior
center.com**
FOR ACTIVITY CALENDAR &
ALL OTHER ACTIVITIES.

PUBLIC ANNOUNCEMENT
To find out what the Sheriff's
Helicopter is announcing call
858-866-HELO(4356) .

Our nutrition program helps feed seniors who sometimes would not be able to afford a meal otherwise.

Table of Contents

Cross Word	-- -- -- -- --	-- -- -- -- --	-- -- -- -- --	-- -- -- -- --	3
Director's Corner	-- -- -- -- --	-- -- -- -- --	-- -- -- -- --	-- -- -- -- --	4
Senior Humor	-- -- -- -- --	-- -- -- -- --	-- -- -- -- --	-- -- -- -- --	4
Start the New Year Right	-- -- -- -- --	-- -- -- -- --	-- -- -- -- --	-- -- -- -- --	5
Christmas Tree	-- -- -- -- --	-- -- -- -- --	-- -- -- -- --	-- -- -- -- --	6
SDG&E	-- -- -- -- --	-- -- -- -- --	-- -- -- -- --	-- -- -- -- --	7
Holiday Traditions	-- -- -- -- --	-- -- -- -- --	-- -- -- -- --	-- -- -- -- --	8

Weekly Events

Monday

Chess Group 10:00 am

Tuesday

Yoga 9:00 am
Computer Help 10:30 am

Wednesday

Pinochle 8:30 am
Watercolor Supplies
Available 10:00 am
Movie Day 1:00 pm

Thursday

Quilting/Lace/Crochet/
Machine Embroidery 8:30 am
Bingo 1:00 pm

Friday

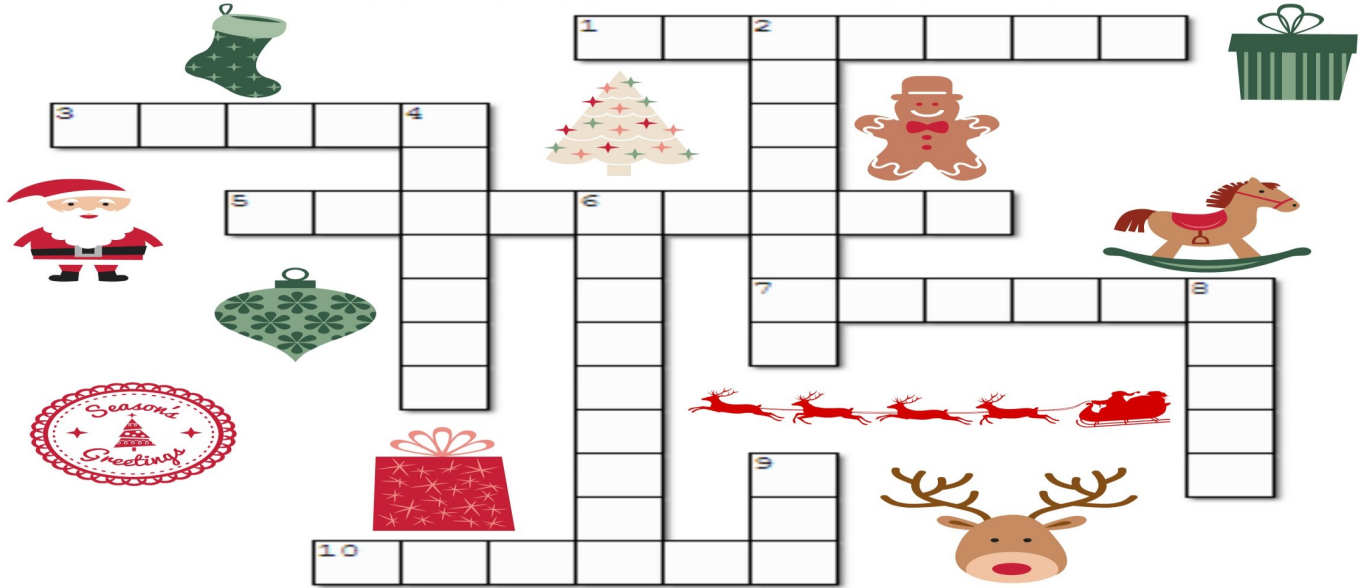
Yoga 9:00 am
Cornhole Tournament
(2nd/4th Friday) 10:00 am

Senior Center Services

- Free Computer / Internet access in the computer room
- Information or referrals on many senior related topics
- Photocopies / Fax for small fee
- Books, magazines, puzzles available to borrow FREE
- Meals are served at the center Monday thru Friday 11:30-12:30
- Reservations for meals are made by calling (760) 789-0440
- Senior meals suggestion \$5.00 Non-Senior cost \$8.00
- Meals on Wheels for homebound seniors, call (760)789-0440

CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____.
7. Christmas Drink
10. The name of a popular snowman.

Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____.
9. _____ to the world!



WWW.THRIFTYMOMMASTIPS.COM



Director's Corner ~ December, 2024



Now that Thanksgiving has passed, we have a whole month of endless Christmas carols and copious amounts of cheer to look forward to. For some people, it is their favorite time of year, and for others, it's a month they would rather skip. For me, it's a magical time of year and what could be more beautiful than all those beautiful decorations and lights that people put up and ear to ear smiles on all the children's faces as they look at them.

And while **Christmas** (Dec. 25th) dominates the month of December, there are a lot of other December holidays that shouldn't be overlooked. After all, **Hanukkah** may start on December 25th but it doesn't end until January 2nd. And **Kwanzaa** starts on December 26th and ends on January 1st.

The holidays seem to put us in such a thankful and giving mood. I would like to remind you that we are a non-profit organization and any cash donation given to us is greatly appreciated and tax deductible.

Without donations we could not keep our doors open. Please help support us so we can continue to serve a nutritious meal to about 250 seniors a day five days a week. Many of our homebound seniors we deliver to would not otherwise get a hot meal or human contact for that day.

We are running our feed a senior paper plate campaign in the Ramona Journal and the Ramona Sentinel this month so make sure you look for that.

The San Diego Seniors Community Foundation has once again been so generous in granting us funds for the holidays. This will help us to make sure our seniors know & feel that they are not alone for the holidays. We will have special holiday lunches and also several fun activities in December so make sure you check the activities calendar so you can attend them. I would also like to thank the Ramona Community Foundation for awarding us grant

funds again this year to help us buy the food we need to serve the seniors in our community.

STAYING IN TOUCH

During the holidays every family should be working hard to provide love & support to their loved ones near and far, and it's not always easy. There are many ways to communicate with loved ones during the holidays. Zoom, FaceTime and other apps allow relatives of all ages to interact online. If none of these ideas are going to work for you then please remember, the most important thing you can do is keep in touch with your loved ones. Give them a call on the phone, even if it's just to say "Hi!" and that you are thinking of them. If a loved one is not able to attend a holiday celebration, pick a time to call them so they can speak with various family members. Don't underestimate the power of a phone call to help someone feel connected and not forgotten

From my mouth to your ears,
Lora Yule
Executive Director



Senior Humor

One Christmas Eve, Pete and Jane were driving their Russian friend Rudolph back to his house. The weather outside was frightful. Jane asked Pete, "Do you think that's sleet or rain out there?"

"It's rain, Jane" said Pete.

"I think it's sleet, Pete," said Jane.

Rudolph chimed in, "It's definitely rain, Jane."

"No, I really think it's sleet, Rudolph" said Jane.



"Don't argue with the expert, Jane," said Pete.

"What do you mean, Pete?" asked Jane.

Pete replied, "Rudolph the Red knows rain, Dear."

December

Birthstone



Zircon,

Tanzanite &



Turquoise



Flower

Narcissus &



Holly



Signs

Sagittarius

November 22—December 21

Capricorn

December 22—January 19

7 Steps to Start the New Year off on a Positive Note

Happy New Year! 2025 is here, and with it comes a whole new world of possibilities. What will you accomplish in 2025? How will you grow? Who will come into your life? The next 365 days lie before us, a completely blank page ready to be written on.

1. Reflect on 2024.

The first step in starting your new year off right is reflecting on what went right (or wrong) in the previous year. Take some time to reflect on 2024 and evaluate everything you liked, loved or hated.

2. Set achievable goals.

Once you have 2024 in mind, it's time to move forward into 2025. Imagine the very end of 2025. What do you want your life to look like? Get a vision for the future, and then work your way backwards to set goals for the year.

3. Use positive language.

Did you know you can actually speak positivity into your life? How you use words can influence the atmosphere around you and the attitude inside you.

4. Avoid toxic relationships.

Some people can have a negative influence on our lives. And often—for whatever reason—we let them stay. This year, take proactive steps to avoid toxic relationships which tear you down or make you feel unhealthy.

5. Incorporate positive habits.

Take time every morning to relax and read a good book with a cup of coffee. Or, journal about a positive experience you had the previous day.

6. Ask for help.

One action that is *not* positive: trying to handle everything on your own. This independent, "let me handle it" mindset often leads to frustration or defeat. Instead, start the new year off on a positive note by intentionally asking for help when you need it.

7. Give back to others.

Ultimately, one of the best ways to incorporate positivity throughout the new year is by giving back to others. Numerous studies and research have shown that volunteering and donating actually have extremely positive effects on the giver, not just the receiver. *Partial Article from Faces and Voices of Recovery*

CHRISTMAS TREE



A **Christmas tree** is a decorated tree, usually an evergreen conifer, such as a spruce, pine or fir, or an artificial tree of similar appearance, associated with the celebration of Christmas.

The custom was developed in Central Europe, particularly Germany and Livonia (now Estonia and Latvia), where Protestant Christians brought decorated trees into their homes. The tree was traditionally decorated with "roses made of colored paper, apples, wafers, tinsel, [and] sweetmeats". Moravian Christians began to illuminate Christmas trees with candles, which were often replaced by Christmas lights after the advent of electrification. Today, there is a wide variety of traditional and modern ornaments, such as garlands, baubles, tinsel, and candy canes. An angel or star might be placed at the top of the tree to represent the Angel Gabriel or the Star of Bethlehem, respectively, from the Nativity. Edible items such as gingerbread, chocolate, and other sweets are also popular and are tied to or hung from the tree's branches with ribbons. The Christmas tree has been historically regarded as a custom of the Lutheran Churches and only in 1982 did the Catholic Church erect the Vatican Christmas Tree.

In the Western Christian tradition, Christmas trees are variously erected on days such as the first day of Advent, or even as late as Christmas Eve, depending on the country. Customs of the same faith hold that it is unlucky to remove Christmas decorations, such as the Christmas tree, before Twelfth Night and, if they are not taken down on that day, it is appropriate to do so on Candlemas, the latter of which ends the Christmas-Epiphany season in some denominations.

The Christmas tree is sometimes compared with the "Yule-tree", especially in discussions of its folkloric origins.

History

Modern Christmas trees originated in Central Europe and the Baltic states, particularly Estonia, Germany and Livonia (now Latvia) during the Renaissance in early modern Europe. Its 16th-century origins are sometimes associated with Protestant Christian reformer Martin Luther, who is said to have first added lighted candles to an evergreen tree. The Christmas tree was first recorded to be used by German Lutherans in the 16th century, with records indicating that a Christmas tree was placed in the Cathedral of Strasbourg in 1539, under the leadership of the Protestant Reformer Martin Bucer. The Moravian Christians put lighted candles on those trees. The earliest known firmly dated representation of a Christmas tree is on the keystone sculpture of a private home in Turckheim, Alsace (then part of the Holy Roman Empire of the German Nation, today part of France), with the date 1576.

Article from Wikipedia



Preparing your home for fall: 10 ways to save energy

As the leaves change color and the weather gets cooler, it's a great time to think about how you can save on your energy bill. Here are some ideas for simple adjustments to help you keep your home cozy without breaking the bank.

1. **Seal drafts:** Check your windows and doors for any drafts. Use weather stripping or caulk to seal up any gaps. This will keep the warm air inside and the cold air out, making your heating system work more efficiently.
2. **Adjust your thermostat:** Lowering your thermostat by just a few degrees can make a big difference. Try setting it to 68°F when you're home and awake and lower it when you're asleep or away. A programmable thermostat can make this even easier. Check out rebates for thermostats at [sdge.com/rebates](https://www.sdge.com/rebates).
3. **Maintain your heating system.** Make sure your heating system is running efficiently by scheduling a maintenance check. Replace filters regularly to ensure your system is working at its best.
4. **Unplug electronics.** Even when they're turned off, electronics can still use energy if they're plugged in. Unplug devices when they're not in use or use a power strip to easily turn off multiple items at once.
5. **Use ceiling fans wisely.** Set your ceiling fans to rotate clockwise at a low speed. This will push warm air down from the ceiling, helping to keep your rooms warmer.
6. **Close the fireplace damper.** When your fireplace is not in use, make sure the damper is closed. An open damper allows warm air to escape up the chimney.
7. **Use rugs.** Cover bare floors with rugs to help insulate your home. Rugs can help keep your feet warm and reduce the need for extra heating.
8. **Take shorter showers.** Hot water can be a big energy expense. Try to take shorter showers and consider installing a low-flow showerhead to reduce water usage.
9. **Insulate your home.** Adding insulation to your attic, walls, and floors can help keep the heat in and the cold out. This can make a big difference in your energy usage.
10. **Use natural light.** Take advantage of the sun's natural heat by opening curtains and blinds during the day. This can help warm up your home without using extra energy.

By following these tips, you can enjoy a warm and cozy home this fall while keeping your energy bills under control. Actual savings may vary and will depend on various factors, including geographic location, weather conditions, equipment installed, usage rates and similar factors. Find more energy-saving tips at [sdge.com/winter](https://www.sdge.com/winter).



HOLIDAY TRADITIONS

Christmas

Christmas is celebrated on December 25 and is both a sacred religious holiday and a worldwide cultural and commercial phenomenon. For two millennia, people around the world have been observing it with traditions and practices that are both religious and secular in nature. Christians celebrate Christmas Day as the anniversary of the birth of Jesus of Nazareth, a spiritual leader whose teachings form the basis of their religion. Popular customs include exchanging gifts, decorating Christmas trees, attending church, sharing meals with family and friends and, of course, waiting for Santa Claus to arrive. December 25—Christmas Day—has been a federal holiday in the United States since 1870.



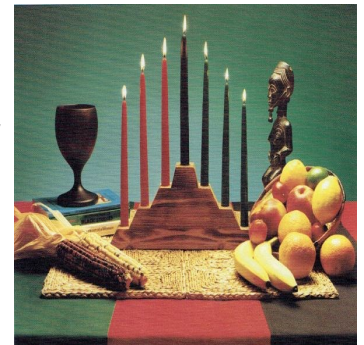
Hanukkah

The eight-day Jewish celebration known as Hanukkah or Chanukah commemorates the rededication during the second century B.C. of the Second Temple in Jerusalem, where according to legend Jews had risen up against their Greek-Syrian oppressors in the Maccabean Revolt. Hanukkah, which means “dedication” in Hebrew, begins on the 25th of Kislev on the Hebrew calendar and usually falls in November or December. Hanukkah 2024 begins on the evening of Wednesday, December 25 and ends on the evening of Thursday, January 2. Often called the Festival of Lights, the holiday is celebrated with the lighting of the menorah, traditional foods, games and gifts.



Kwanzaa

Dr. Maulana Karenga, professor and chairman of Black Studies at California State University, Long Beach, created Kwanzaa in 1966. After the Watts riots in Los Angeles, Dr. Karenga searched for ways to bring African Americans together as a community. He founded US, a cultural organization, and started to research African “first fruit” (harvest) celebrations. Karenga combined aspects of several different harvest celebrations, such as those of the Ashanti and those of the Zulu, to form the basis of the week-long holiday. Kwanzaa 2024 begins on Thursday, December 26, and lasts through Wednesday, January 1, 2025.



Eid al-Fitr

Eid al-Fitr marks the end of the holy month of Ramadan. During Ramadan, Muslims abstain from food and drink during the daylight hours and focus on prayer, reflection, and charity. Eid al-Fitr is a joyous occasion that is often celebrated with feasts, gifts, and special prayers. Other important December holidays for Muslims include the Prophet Muhammad’s birthday, known as Mawlid al-Nabi, and the Day of Ashura, which is a day of fasting and reflection.



Information from History.com