

Small  
steps  
everyday



**November  
2024  
Volume 108**

## **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](mailto:ramonaseniorcenter@gmail.com)**

**Web site [www.ramonaseniorcenter.com](http://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.**

# November Upcoming Events

- 4th Ramblers Meeting  
1:00 p.m.
- 6th Country Western  
Day
- 6th Random Fun Facts  
Discussion  
10:30 a.m.
- 8th Veterans Day Lunch  
11:30 a.m.
- 11th CLOSED
- 15th Birthday Lunch  
11:30 a.m.
- 20th PEF Board  
Meeting  
1:00 p.m.
- 27th Alzheimer Support  
10:00 a.m.
- 27th Thanksgiving  
Lunch  
11:30 a.m.
- 28th/29th CLOSED

SEE OUR WEB SITE  
[www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com)  
 OR ACTIVITY CALENDAR  
 FOR ALL OTHER ACTIVITIES

# Senior Center News

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

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## 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

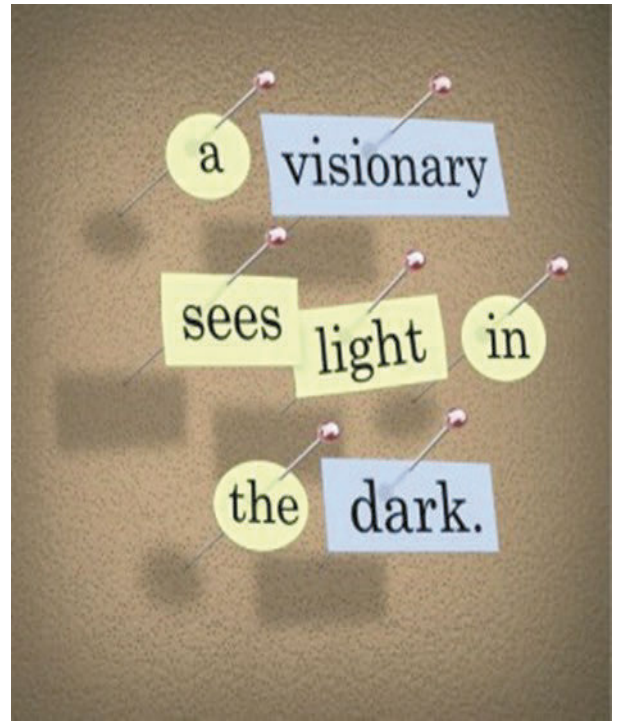
# Senior Center Services

- 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

# QUIET YOUR MIND

The art of living one day at a time is more easily mastered when we learn to quiet our minds as a way to peaceful living. A quiet mind is healing and rejuvenating. But stilling the mind takes time, patience and practice. It also requires the cultivation of awareness of your thinking. Negative thinking, in particular, can create anxiety, dread and worry, all of which tend to drain your energy and rob you of your peace of mind. Fortunately, there are specific mind/body techniques that teach awareness and quieting of the mind that can be quickly learned.

## SEE THE PROBLEM AS AN OPPORTUNITY



The Chinese word for CRISIS combines the characters for danger and opportunity. You can focus on fearful, negative thinking, or you can quiet your mind and focus only on the day at hand. In this way, rather than experiencing crisis events in your life as catastrophes, you can learn to see them as challenges and opportunities for growth. These opportunities allow you to regain control and shape the life you want—one day at a time.

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## Director's Corner ~ November, 2024



I would like to give a great big thank you to the Ramona American Graffiti Cruise group. Once again, they put on another very successful car show fundraiser in October at Grace Community Church for our Senior Center. 100% of the proceeds were given to us for our nutrition program. There was over \$6,000 raised. Thank you, we appreciate you!

**We will be celebrating** our Veterans at the Senior Center on Nov 8<sup>th</sup> so please come join us for lunch and thank them for their service.

**Thanksgiving** is just around the corner and this is a holiday meal that seems to fill up our dining room. We hope you make the time to have lunch with us and remember all we have to be thankful for on Wednesday, November 27th. If you have a friend alone at home, please bring them also.

## 9 Fun Facts about Thanksgiving

- The first Thanksgiving was celebrated in 1621 over a three day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present.
- Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).
- Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had A Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.
- The history of U.S. presidents pardoning turkeys is patchy. Harry Truman is often credited with being the first president to pardon a turkey, but that's not quite true. He was the first to receive a ceremonial turkey from the National Turkey Federation – and he had it for dinner. John F. Kennedy was the first to let a

Thanksgiving turkey go, followed by Richard Nixon who sent his turkey to a petting zoo. George H.W. Bush is the president who formalized the turkey pardoning tradition in 1989. There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana, and North Carolina.

- The average number of calories consumed on Thanksgiving is 4,500.
- Butterball answers more than 100,000 turkey-cooking questions via their Butterball Turkey Hotline each November and December.
- The tradition of football on Thanksgiving began in 1876 with a game between Yale and Princeton. The first NFL games were played on Thanksgiving in 1920.
- More than 54 million Americans are expected to travel during the Thanksgiving holiday this year. That's up 4.8% from last year.

Last, but not least, I want to welcome our new Assistant Cook Tim Rugolo. Welcome to the team Tim. Please say Hi the next time you pass him by.

**From my mouth to your ears,  
Lora Yule**

## Senior Humor "The Worrier"

Henry always worried about everything all his life. But one day his coworkers noticed Henry seemed like a changed man.

They remarked that he didn't seem to be the least bit worried about anything. Henry said he'd hired a professional worrier and no longer had any problems.

"A professional worrier?" they said. "What does that cost?"

"Two grand a week."

"Two grand a week! How on earth are you going to pay him?"

"I don't know. Let him worry about it."



## November

### Birthstone

Citrine &

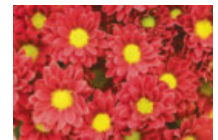


Topaz



Flower

Chrysanthemum



Signs

Leo  
07/23—08/22

Virgo  
08/23—09/22

## Retirement of Amada Gallegos

Our beloved Assistant-Cook, Amada, is retiring after working here for the last sixteen years. We are sad to see her go, but we are very happy that she is able to finally retire!!

Amada was born in Mexicali, Mexico. She went to elementary school in Mexicali and then graduated from Jose Maria Morelos High school. Amada moved to the United States when she was 23 years old.

Amada met her husband, Tony, at a restaurant when she was with her family. Amada married the love of her life and they have been happily married for 34 years. They have one son, Eddie. Eddie and his wife, Veronica, have blessed her with three grand-children. She has one grand-daughter, Olivia, and two grand-sons, Kiki and Chee. One of her favorite things in life to do is to spend time with them!!

Amada, along with her family, moved to Ramona 25 years ago from El Cajon, looking for a small home town feel. She loves living in the Country Estates. Amada began working for the Ramona Senior Center in April, 2008. She started as a dish washer and worked her way up to Assistant Cook. We celebrate her 16 years of loyal employment with us.



Thank you for so many years of dedication and hard work throughout the years. We love you and will miss you so much Amada!!!

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# GIVING THANKS CAN MAKE YOU HAPPIER

## Ways to cultivate gratitude

Gratitude is a way for people to appreciate what they have, instead of always reaching for something new in the hope it will make them happier, or thinking they can't feel satisfied until every physical and material need is met. Gratitude helps people refocus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice.

Here are some ways to cultivate gratitude on a regular basis.

**Write a thank-you note.** You can make yourself happier and nurture your relationship with another person by writing a thank-you letter or email expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

**Thank someone mentally.** No time to write? It may help just to think about someone who has done something nice for you, and mentally thank the individual.

**Keep a gratitude journal.** Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.

**Count your blessings.** Pick a time every week to sit down and write about your blessings – reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number – such as three to five things – that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

**Pray.** People who are religious can use prayer to cultivate gratitude.

**Meditate.** Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).

*Harvard Health Publishing, Harvard Medical School, August, 2021 partial article*



## PREPARING YOUR HOME FOR FALL: 10 ENERGY-EFFICIENCY TIPS

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 to help you keep your home cozy without breaking the bank. Simple adjustments can make an impact on your energy savings this season.

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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. Find more energy-saving tips at [sdge.com/MyEnergy](http://sdge.com/MyEnergy).




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Blessings	Family	Harvest	Pumpkin Pie	Tradition
Corn	Feast	Indians	Stuffing	Turkey
Cornucopia	Gather	November	Sweet Potatoes	
Cranberry	Gratitude	Pilgrims	Thanksgiving	

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