

*Life
is
Good*

*Welcome
Back
We Missed You*

**June
2021
Volume 68**

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.**

June Upcoming Events

**ALL
ACTIVITIES
REMAIN
SUSPENDED
UNTIL
FURTHER
NOTICE**

Senior Center News

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

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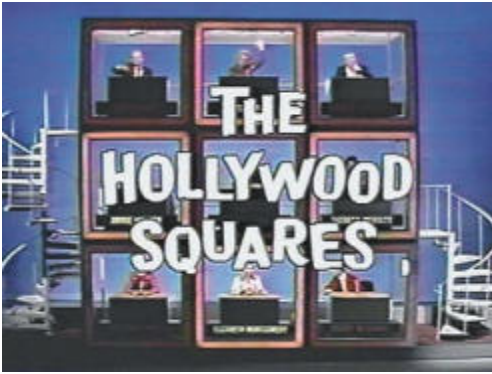
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<https://san-diego.oasisnet.org/>**

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

Hollywood Squares



These great questions and answers are from the days when 'Hollywood Squares' game show responses were spontaneous, not scripted, as they are now. Peter Marshall was the host asking the questions, of course...

Q. Back in the old days, when Great Grandpa put horseradish on his head, what was he trying to do? A. George Gobel: Get it in his mouth.

Q. Jackie Gleason recently revealed that he firmly believes in them and has actually seen them on at least two occasions. What are they? A. Charley Weaver: His feet.

Q. In bowling, what's a perfect score? A. Rose Marie: Ralph, the pin boy.

Q. Paul, why do Hell's Angels wear leather? A. Paul Lynde: Because chiffon wrinkles too easily.

Q. Which of your five senses tends to diminish as you get older? A. Charley Weaver: My sense of decency.

Q. If you're going to make a parachute jump, at least how high should you be? A. Charley Weaver: Three days of steady drinking should do it.

Q. True or False, a pea can last as long as 5,000 years. A. George Gobel: Boy, it sure seems that way sometimes.

Q. You've been having trouble going to sleep. Are you probably a man or a woman? A. Don Knotts: That's what's been keeping me awake.



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Director's Corner June 2021



- It is the first month of the summer season.
- June in the Northern Hemisphere is similar to the month of December in the Southern Hemisphere.
- June is known as a great month to get married.
- The famous English tennis tournament Wimbledon is played during the month of June.
- The longest day of the year occurs on either June 21st or 22nd.
- Several countries celebrate their flag days during this month including the United States, Sweden, Denmark, Romania, and Argentina.

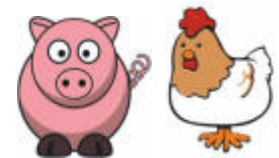
June 15th is our anticipated re-opening day. We are so excited to get to see you all again, and for the re-opening of the center. Initially we will just be open for congregate dine-in meals and then we will gradually resume our activity calendar, as time allows. We will temporarily offer a to go meal service for those that are still not comfortable with coming in to the center, however, this will only be for a brief period of time. In celebration of our re-opening, we have a special lunch planned of Chicken Cordon Bleu, see you soon!

June 18th is our Father's Day/ Birthday Celebration! We hope to see you here for our Shake & Bake Chicken lunch. Come and help us celebrate!

We are so grateful to American Graffiti Cruise and The Over The Hill Gang Car Club for working so hard to put on the Car Show

and to Grace Community Church for giving us the use of their parking lot. This fund raiser raised over \$6,000.00 in donations for the Ramona Senior Center.

Unfortunately, our ANNUAL ALL YOU CAN EAT RIB & CHICKEN FEST fundraiser is canceled again this year. We appreciate all of you that would have been here to help us at our Rib wrapping party and at the event. This event does not happen without all of you and we anticipate being able to host this event in 2022.



**From my mouth to
your ears,
Lora Cicalo,
Executive Director**

Senior Humor

- ◇ Patient: "Doctor, you have to help me, I think I can see in the future." Doctor: "When did it start?" Patient: "Next Friday."
- ◇ Why aren't koalas actual bears? They don't meet the koalafications.
- ◇ What do you call bears with no ears? B--.
- ◇ A woman told her friend, "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising." She said, "So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotard on, the class was already over."
- ◇ I told my physical therapist I broke my arm in two places. He told me to stop going to those places.
- ◇ How do you keep a bagel from getting away? Put lox on it.

June

Birthstone

Pearl &
Alexandrite



Flower

Rose &



Honeysuckle



Signs

Gemini
May 21 to June 20

Cancer
June 21 to July 22

EMERGENCY CUSTOMER PROTECTIONS ARE ENDING

In the beginning of the COVID-19 crisis, SDG&E put emergency customer protections in place to help ease the financial burden many Southern Californians were suddenly feeling. The California Public Utilities Commission (CPUC) has extended the emergency customer protections to June 30, 2021. Normal business operations will resume on July 1, 2021.

1. If you have a past due account balance, SDG&E encourages you to set up a flexible payment plan. Credit and collections activities will resume on July 1, 2021. You can set up payment arrangements online on My Account or through the SDG&E mobile app. Visit sdge.com/my-account-2021 for more information.
2. From monthly discounts to one-time payment assistance, SDG&E has different programs available to help manage bills. Visit sdge.com/assistance.
3. Renters impacted by the COVID-19 pandemic may qualify for rent and utility payment assistance. Call 2-1-1 to learn more.
4. If you are currently a CARE or FERA customer, you may also be eligible for debt forgiveness. Visit sdge.com/AMP to find out if you qualify.
5. Program recertifications and verifications for CARE, FERA and Medical Baseline will resume on July 1, 2021. SDG&E will notify you via email or mail if additional documentation is needed.

To see how SDG&E can help, visit sdge.com/covid and answer a few easy questions.

If you are an SDG&E business customer, normal credit and collection practices are scheduled to resume July 1, 2021. Avoid disconnection and set up a payment plan and rest easy knowing you're covered. Visit sdge.com/recovery to learn more.



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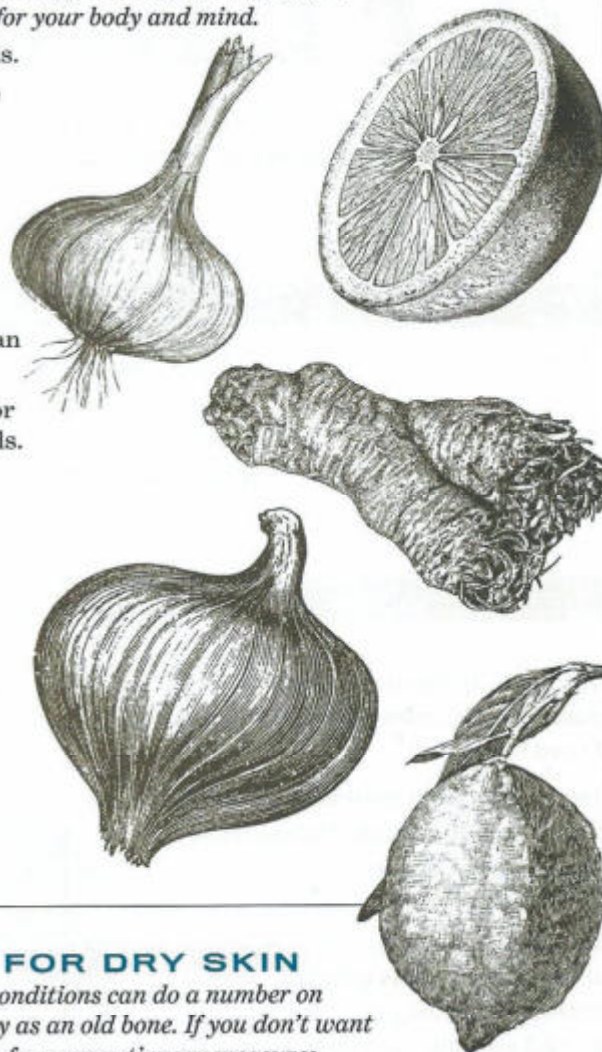
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NATURAL REMEDIES FOR GETTING RID OF A COLD

What can we do to help our bodies through the process of healing a cold?

Here are some natural remedies for your body and mind.

- Rose hip tea is full of vitamin C and can help prevent colds.
- Lemons, oranges, and apple cider are all considered to be cold remedies.
- For chills, take fresh gingerroot.
- Historically, the layers of the onion were believed to draw contagious diseases from the patient; onions were often hung in sickrooms. Today, we know that onions have antibacterial qualities.
- Boil a whole onion, and afterward, drink the water. You can add a little butter and salt if the taste is unbearable!
- Cut up fresh garlic cloves and add them to chicken soup or other foods, or swallow small chunks of raw garlic like pills.
- Like onion and garlic, horseradish generates lots of heat to help offset colds. According to one farmer we know, a daily horseradish sandwich is the best cold remedy out there!
- Eat loads of hot and spicy foods like chili to clear the sinuses.
- Prunes are rich in fiber, vitamins A and B, iron, calcium, and phosphorus. And they've been cured themselves!
- To treat sore lips, go to bed with honey on them.
- Troubled by cracked lips? Massage them with a dab of earwax (*preferably your own!*).



HOME REMEDIES FOR DRY SKIN

Winter's low humidity and harsh conditions can do a number on your skin, leaving it flaky, itchy, and dry as an old bone. If you don't want to look like a desert tortoise, take a few precautionary measures.

- As soon as you get out of the shower or tub, while your skin is still damp, slather on the moisturizing lotion.
- Choose a lotion brand that has petroleum jelly or lanolin high on the ingredients list.
- Don't go outside in any season without using SPF of at least 30 on your face and hands.
- Try adding lemon juice or vinegar to bathwater. Soap, being highly alkaline, may make your skin feel itchy.
- To soften dry skin, add 1 cup powdered milk to your bath. (It worked for Cleopatra.)
- Avoid steaming hot water or lengthy immersions, which will strip your skin of its natural oils.

Article from The Old Farmers 2021 Almanac, Robert B. Thomas Founded in 1792 (Not advice from a doctor.)



JOIN US FOR A SOCK HOP

**JUNE 24, 2021, 6:00 p.m. to Dusk,
in the Albertson's Parking Lot.**

**Sponsored by Ramona American Graffiti Cruise; Best Care
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**All donations go directly to the
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Fruits Crossword

DIRECTIONS: Fill in the crossword puzzle grid with the name of each fruit following the numbers and direction indicated. Use the word bank if you get stuck.

- | | |
|------------|------------|
| APPLE | KIWI |
| APRICOT | LEMON |
| AVOCADO | ORANGE |
| BANANAS | PEAR |
| BLACKBERRY | PINEAPPLE |
| CHERRIES | RASPBERRY |
| COCONUT | STRAWBERRY |
| GRAPEFRUIT | WATERMELON |
| GRAPES | |