



**March
2024
Volume 100**

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.

March Upcoming Events

- 4th Ramblers Meeting
1:00 p.m.
- 15th St. Patrick's Day
Lunch
11:30 a.m.
- 20th Resource Fair
10:00 a.m. to 1:00 p.m.
- 22nd Birthday Lunch
11:30 a.m.
- 27th Alzheimer
Support Group
10:00 a.m.
- 27th PEF Board
Meeting
1:00 p.m.
- 28th Easter Lunch
11:30 a.m.
- 29th CLOSED for
Good Friday

SEE OUR WEB SITE
**www.ramonasenior
center.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.

Table of Contents

St. Patrick's Day	---	3
Director's Corner	---	4
Senior Humor	---	4
Senior of The Month	---	5
11 Facts About Easter	---	6
SDG&E	---	7
Cross Word	---	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

The Origins of St. Patrick's Day

St. Patrick's Day celebrates the Roman Catholic feast day of the patron saint of Ireland. St. Patrick died on March 17, 461. But did you know that he wasn't even Irish? Here are some fun facts about St. Patrick and some activities you can use to teach about his day.

History:

Patrick's birthname was Maewyn. He was born in Roman Britain. He was kidnapped into slavery and brought to Ireland.

He escaped to a monastery in Gaul (France) and converted to Christianity. He went back to Ireland in 432 as a missionary. While Christianity had already taken hold in the country, tradition has it that Patrick confronted the Druids at Tara and abolished their pagan rites, making Christianity more widespread.

Patrick became a bishop and after his death was named Ireland's patron saint. Celebrations in Ireland were understated though. When the Irish emigrated to the U.S., they created the bigger celebrations and parades known today.

Eighteenth century Irish soldiers who fought in the Revolutionary War held the first St. Patrick Day parades. The celebrations became a way for the Irish to connect with their roots after they moved to America.

Fun Facts:

The shamrock: According to legend St. Patrick used the three leaf clover (or shamrock) to explain the Trinity.

Dyeing the river green: The practice of dyeing the river green started in Chicago in 1962, when city officials decided to dye a portion of the Chicago River green.

Corn beef and cabbage: This is an Irish American dish. Irish Americans were so poor they could not afford certain meals. On St. Patrick's Day, the best meal they could afford was beef and cabbage. It became a staple for the holiday.

Activities:

You don't have to be Irish to celebrate St. Patrick's Day! Everyone is invited to spend the day learning about Irish culture, wearing green and having some Irish fun.



Article from: Georgia Public Broadcasting

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Director's Corner March, 2024



Fun Facts about March

- It is the first month of spring which begins between March 19-21.
- In the Southern Hemisphere, March is the same as September in the Northern Hemisphere.
- Each year March and June end on the same day of the week.
- It is the time of year when animals start to wake up from hibernation.

March is the third month of the year in our modern day Gregorian calendar, has 31 days, and is named after Mars, the Roman god of war. It was originally the first month of the year in the Roman calendar and named Martius.

This month we have an extra special lunch planned for you. On **Friday, March 15th**, we have our **St. Patrick's Day** celebration lunch. We will be serving a delicious Corned Beef & Cabbage meal.



Our **Easter** lunch is scheduled for **Thursday, March 28th**. We will be serving Ham Steak and Sweet Potatoes. Come in and join us!!



Our Valentines lunch was such a great turn out and what an outstanding lunch we had. Thank you to everyone for the treats that helped make our seniors feel special.

Our Bingo Fundraiser was a great success. As a matter of fact, we completely sold out. Be sure

to reserve your spot at our next event as soon as possible.

We would like to thank MHA-Mental Health America of San Diego County for their very generous grant and our local Kiwanis for their donation to the Ramona Senior Center. We cannot tell you how much we appreciate you!

Do you know of a senior that wants, or needs, more interaction with others, or is eating alone? Please invite them, or bring them, to the Senior Center for a great well-balanced lunch and socialization.

We are always looking for suggestions in our suggestion box from you, so feel free to drop us a note.

**From my mouth
To your ears,**



**Lora Yule,
Executive Director**

Senior Humor

*What do you call an Irishman bouncing off the walls?
Rick O'Shay

*Why did St. Patrick drive all the snakes out of Ireland?
It was too far to walk

*Why did the leprechaun go outside?
To sit on his paddy-o

*What type of bow cannot be tied?
A rainbow

*How can you tell if an Irishman is having a good time?
He's Dublin over with laughter

*Knock, Knock
Who's there?
Irish!
Irish Who?
Irish you a happy St. Patrick's Day!



March

Birthstone

Aquamarine



Flower

Daffodil



Signs

Pisces
February 19 to March 20

Aries
March 21 to April 19

Senior of the Month ~ Sheila Ruff

Sheila was born in Shreveport, Louisiana. Her Dad was in the Navy and was transferred to San Diego when she was 12 years old. They lived in Tierrasanta; she attended Junior High and High School there and graduated from Serra High School. Throughout her life she has worked in fast food, waitressing and for the United States Post Office, on and off, over a twenty-year time period. She was also, co-owner of our local Rice King for a couple of years.

She moved to Ramona in 1987 and built a house with her first husband. They had 3 daughters, Lindsay, Megan and Jill. Lindsay has 1 son, 2 daughters, 1 step-daughter and two grand-sons, Megan has 2 daughters and Jill has 1 son and 1 daughter.

She met her forever husband, and best friend, Frank, at the Ramona post office and together they have 1 son, Chris. She has a step-son, David, and step-daughter, Leslie. David has 1 daughter and Leslie has 1 son and 2 daughters. So . . . all together they have 4 daughters, 2 sons, 12 grand-children and 2 great grand-children.

Sheila became a stay-at-home mom when Chris was born, caring for him and the home. She also home schooled him through middle school. It was at that time she saw an advertisement for a substitute drivers position here at the Senior Center, which she was hired for, and how we came to know this wonderful woman. She said this is her favorite job and that she loves all the people.

Sheila enjoys camping, the beach and traveling. They bought a travel van and have driven all over the country. While traveling they left their hearts in South Carolina and have moved there, however, will be back to visit often. We will miss you, Sheila!



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11 FACTS ABOUT EASTER



1. Easter is the celebration of the resurrection of Jesus Christ in the Christian religion.
2. Eggs have been seen as ancient symbol of fertility, while springtime is considered to bring new life and rebirth.
3. Americans spend \$1.9 billion on Easter candy. That's the second biggest candy holiday after Halloween.
4. 70% of Easter candy purchased is chocolate.
5. 76% of Americans think the ears of a chocolate bunny should be the first to be eaten.
6. Egg dyes were once made out of natural items such as onion peels, tree bark, flower petals, and juices.
7. There's much debate about the practice of dyeing chicks. Many hatcheries no longer participate, but others say that it isn't dangerous to the chick's health because the dye only lasts until the chicks shed their fluff and grow their feathers.
8. The first story of a rabbit (later named the "Easter Bunny") hiding eggs in a garden was published in 1680.

9. Easter takes place on a Sunday, after the 40-day period called Lent. Lent is referred to as a time of fasting, but participants focus more on giving up one significant indulgence.
10. Holy Week is the celebrated during the week leading up to Easter. It begins on Palm Sunday, continues on to Maundy Thursday, Good Friday, and then finally, Easter Sunday.
11. "The White House Easter Egg Roll" event has been celebrated by the President of the United States and their families since 1878.



NEED HELP WITH YOUR ENERGY BILL?



If you are having trouble paying your energy bill, you might be eligible for programs and services that can provide immediate financial assistance and help you avoid interruptions to your service. Flexible payment arrangements are also available to help you pay down past due balances. Learn more at [sdge.com/Payment-Arrangements](https://www.sdge.com/Payment-Arrangements).

Check out these energy assistance programs:

*California Alternate Rates for Energy (CARE) Program: Save 30% or more every month on your bill. Find out if you qualify at [sdge.com/CARE](https://www.sdge.com/CARE).


*Family Electric Rate Assistance (FERA) Program: If you don't qualify for CARE and your household has 3 or more people, you may qualify for FERA. You could receive an 18% discount on your electric bill. Visit [sdge.com/FERA](https://www.sdge.com/FERA) to learn more.

*Energy Savings Assistance (ESA) Program: You may qualify to receive free energy-saving improvements for your home, like new appliances, lighting, insulation and more. Find details at [sdge.com/ESA](https://www.sdge.com/ESA).

*Arrearage Management Plan (AMP): If you have outstanding bills and you are a CARE or FERA customer, you may be eligible for debt forgiveness. See if you qualify at [sdge.com/AMP](https://www.sdge.com/AMP).

Even if you made a recent payment or set up a flexible payment plan with SDG&E, there may still be assistance programs available to help you. For a complete list of available offerings, visit [sdge.com/assistance](https://www.sdge.com/assistance).

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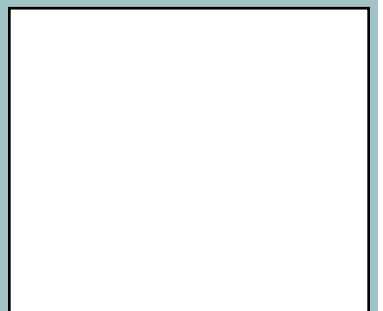
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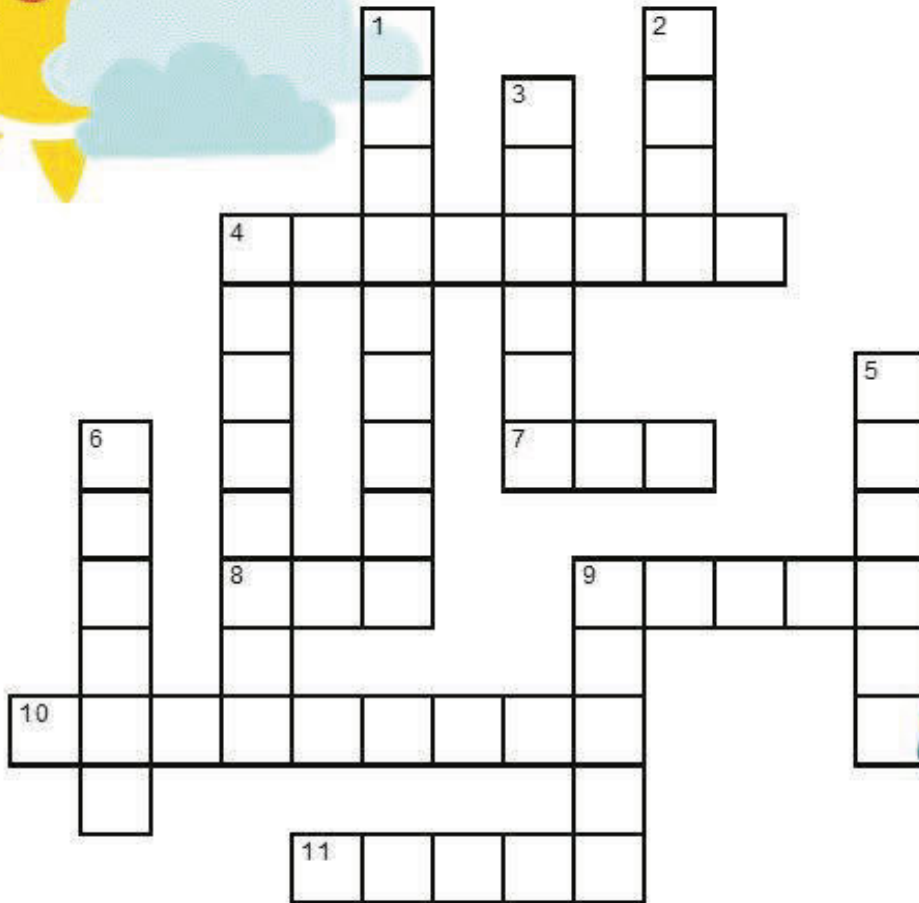
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Easter Crossword



ACROSS

- 4. You might do this to eggs for Easter
- 7. A hen makes this
- 8. Used to color eggs
- 9. The hen's baby
- 10. Colorful candy you might find in an Easter basket
- 11. Peter Cottontail is one

DOWN

- 1. Eggs might be made from this
- 2. Look for eggs
- 3. Easter Day event
- 4. Yellow or white spring flower that grows from a bulb
- 5. What the Easter Bunny brings
- 6. A pretty hat worn on Easter
- 9. Don't eat too much of this or you might get a belly ache



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