

*Love
one
Another*



**April
2023
Volume 89**

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.**

April Upcoming Events

- 3rd Eating Healthy When Eating Out talk by Humanna
10:30 a.m.
- 3rd Ramblers Meeting
1:00 p.m.
- 6th Easter Luncheon
11:30 a.m.
- 7th CLOSED
- 14th Volunteer Appreciation Luncheon
11:30 a.m.
- 19th Music Therapy Support Group ~ Advantage Health Systems
10:00 a.m.
- 21st Birthday Lunch
11:30 a.m.
- 26th Healthy Sleep talk by Humanna
10:30 a.m.
- 26th PEF Board Meeting
1:00 p.m.

SEE OUR WEB SITE
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

Exercise on the

Big Screen 9:00 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

Meditation Class 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

VOLUNTEER APPRECIATION

Our Volunteers are priceless to us!
We cannot tell you how much we depend on them. All those who work in the dining room, front desk, scrape in the kitchen, lead activities, pick up bread, Julian drivers, work/organize special events and our board members are indispensable. Our volunteers tasks are always done with a smile and enthusiasm. We have such a fantastic group of volunteers here and appreciate each and every one!! The Ramona Senior Center would not run like it does without all of them. Thank you from the bottom of our hearts!!

Luncheon: April 14, 2023

Time: 11:30 a.m.

The Gift of Time is Priceless

Valuable is the work you do

Outstanding in how you always come through

Loyal, sincere, and full of good cheer

Untiring in your efforts throughout the year

Notable are the contributions you make

Trustworthy in every project you take

Eager to reach your every goal

Effective in the way you fulfill your role

Ready with a smile like a shining star

Special and wonderful-- that's what you are!!

-Anonymous

Director's Corner April 2023



What cool things happen in spring?

The following natural events occur in spring:

- The Earth's axis starts to tilt towards the sun.
- Days start to get longer.
- Snow begins to melt as the weather gets warmer.
- Plants begin to grow and flowers to bloom.
- Animals awaken from hibernation.
- Babies - not just human babies - are often born in spring.

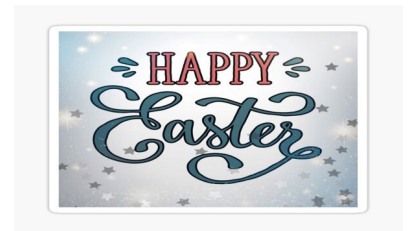
Please come join us for volunteer appreciation lunch on April 14th. We will be honoring all of the volunteers that give so much of their time to the Senior Center. Lets all come to lunch and show our appreciation for these wonderful people.

Ramona American Graffiti Cruise night resumes on Thursday, April 13th. Wristbands, shirts, mugs and magnets are on sale now.

Please save the date and come join us on April 22nd from 10 a.m.– 2 p.m. for a free car show in the parking lot of Grace Community Church, 1234 Barger Place. There will be lots of cars, trucks and motorcycles for you to look at. You will be offered a free hot dog meal with chips and a drink and of course there will be great music played by the DJ. Tickets will be sold for raffle

prizes and drawings will be held every half hour. There will be lots of great prizes and we also will have a silent auction. Come and hang out with some great company and remember that 100% of all money raised by Ramona American Graffiti Cruise goes back to the Ramona Senior Center.

Easter ham lunch will be on Thursday April 6th, we hope to see you here.



From my mouth
to your ears,

Lora Cicalo
Executive Director

Senior Humor

- Christmas does come before Easter in one place—but where? The dictionary!
- What's the best way to make Easter easier? Put an "i" where the "t" is.
- How does Easter end? With an "R"!
- Where does Easter take place every year? Where eggs marks the spot!
- How can you make Easter preparations go faster? Use the eggs-press lane!
- What should you do to prepare for all the Easter treats? Eggs-ercise!
- What kind of jewelry is the best Easter gift? A 14-carrot gold necklace.
- What kind of bean can't grow in a garden? A jelly bean.
- What happens if you get married on Easter? You live hoppily ever after.
- Why did the baby chick cross the road? To meet up with her Peeps.

April

Birthstone

Aquamarine



Flower

Daffodil



Signs

Aries

March 21 to April 19

Taurus

April 20 to May 21

Seniors of the Month ~ Carolyn Blum and JoAnn Samuels

Carolyn was born in Illinois, just outside of Chicago. She has an older brother and sister, one younger sister, 5 nieces & nephews along with great nieces & nephews. She started college at the University of Illinois, however, came out to San Diego for a vacation and fell in love with it. She then transferred to San Diego State where she graduated with a Bachelor of Science in English and Physical Education. Carolyn taught middle and high school for 30 years, along with coaching sports.

JoAnn was born in Newport Beach, California. She has two sisters, both of whom are deceased. She also has 1 nephew, 1 niece and a great nephew. Growing up her family moved around quite a bit, and in the beginning of her senior year of high school they moved to Maui. After a year of community college she joined the Army for two years. She then graduated from San Diego State with a Bachelor of Science in Physical Education and Special Education P.E. She taught Pre-K through grade 8 P.E. and Special Ed P.E.



Carolyn and JoAnn both worked at schools in Mira Mesa, which is where they met 38 years ago. Carolyn wanted to get out of the city and have some property. Her realtor guided her to Ramona, where she purchased a home. After some time JoAnn moved up here and they both commuted until their retirement. They said they really enjoyed the commute as it gave them some prepare for the day time in the morning and wind down time in the evening.

Carolyn enjoys gardening, reading, golf, tai chi and jigsaw puzzles. JoAnn enjoys photography, playing the Ukulele and enjoys ocean racing/swimming competitions. They both love volunteering here at the senior center and we love having you.



EASTER WORD SEARCH



EASTER

BUNNY

CHICK

EGGS

CARROT

SPRING

DAFFODIL

LAMB

BASKET

HUNT

TULIP

CANDY

DUCKLING

RABBIT

BLOSSOM

C B A S K E T G R E K L A W X

H U A B M I L E A S T E R D J

T N S M K A O R C P L A C P B

S N C Y Y D R C C Q R K U M L

C Y L C I A R G Q L A M B K O

A A H E W F O D S T O A A C S

R G N O F F I A S S G Y C E S

R W T D P O Q J N W A E K X O

O A C S Y D L O B T E R S P M

T L N E A I U Y K I N O O T R

R I V N K L I C N N M I S C E

A C I C K M A I K T E E P R K

X J I J F Y T S O L R A R N E

U H G W J N D R E W I P I E N

C W X T U L I P N O R N N E N

X J O H V Z I C O J E G G S A

U Y R A B B I T F I J P V E B

X J D O F Z I C B J W E S T S



WWW.SEASIDESUNDAYS.COM

SDG&E'S ACCESSIBLE INFORMATION, RESOURCES & SERVICES

Did you know SDG&E has a variety of resources available to support customers with Access and Functional Needs? Whether you or someone in your household:

1. Has a disability;
2. Uses an electronic medical device for health, safety or independence;
3. Is blind or has low vision; or,
4. Prefers to receive information in a language other than English, including American Sign Language (ASL).



SDG&E is committed to supporting customers and making sure that everyone is offered equal access to information, resources and services. To learn more, visit sdge.com/AFN. Customers are also encouraged to share their household's individual needs on SDG&E's AFN form that can be found at sdge.com/access-and-functional-needs-survey.

RAMONA SENIOR CENTER CAR SHOW

PRESENTED BY



**THE OVER THE HILL
GANG CAR CLUB**

**RAMONA AMERICAN
GRAFFITI CRUISE**



SATURDAY

APRIL 22ND, 2023

10 AM TO 2 PM

GRACE COMMUNITY CHURCH

**1234 BARGER PL, RAMONA
SAN VICENTE ROAD & BARGER PLACE**

Silent Auction

Raffle Prizes

*All Pro Live
Sound & DJ*

2023 Trophies

Free Hot Dogs

Drinks

NO PREREGISTRATION NEEDED

- ★ **MUSCLE CARS**
- ★ **CLASSICS**
- ★ **CUSTOMS**
- ★ **ALL YEARS**



- MOTORCYCLES** ★
- HOT RODS** ★
- TRUCKS** ★
- OFF ROAD VEHICLES** ★

SPONSORED BY THE BUSINESSES OF RAMONA

DONATIONS FROM EACH VEHICLE ARE GREATLY APPRECIATED!

All Donations Go To Support The Ramona Senior Center

CONTACT LEROY CLUBB @ 619-980-3647 FOR MORE INFORMATION

Grace Community Church and promoters are not liable for any accidents that may occur at the car show.

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