

You've always
had the power
my dear, you
just had to learn
it for yourself.
- Glinda the Good Witch
Frank L. Baum's, The Wizard
of Oz



**September
2024
Volume 106**

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.**

September Upcoming Events

- 2nd CLOSED
- 3rd Flu Shots from Albertsons
10:30 a.m.-12:30 p.m.
- 4th Random Fun Facts Discussions
10:30 a.m.
- 9th Ramblers Meeting
1:00 p.m.
- 11th Luau Day
- 11th UKULadies playing Hawaiian music
11:30 a.m.
- 13th Sound Healing by Tina Cowle
10:30 a.m.
- 20th Birthday Lunch
11:30 a.m.
- 25th Alzheimer Support
10:00 a.m.
- 25th 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
 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



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Director's Corner ~ September, 2024



Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. **Don't forget that we will be closed Monday September 2nd.**

We will never forget!



23 years ago on September 11, 2001, 2,977 people were killed in the deadliest terrorist attacks in American history. The moment shocked the nation. Two planes, hijacked by Islamic jihadists vowing death to all Americans, plowed into both towers at the World Trade Center in New York. Another plane was flown into the Pentagon in Washington, DC. A fourth plane, presumably headed for the White House or the U.S. Capitol, was heroically diverted by passengers and ended up crashing in an empty field in Pennsylvania. After reports of the first plane hitting the North Tower, millions watched the second plane hit the South Tower on live television.

It was a terrifying, startling, and humbling event for the country. The 9/11 attacks were the deadliest on American soil since the shock attack at Pearl Harbor 60 years before, and the sense of outrage was reminiscent of that moment. The attacks in New York occurred in the country's busiest city on a busy workday. And the staggered nature of the attacks meant that news footage captured

almost everything as it happened, ensuring that millions of Americans saw the events precisely as they unfolded. Each day we remember the victims, the families, and survivors dealing with loss, recognizing the lasting consequences of 9/11 on individual lives.

Do you love fundraisers that support the Ramona Senior Center?

CAR SHOW FUNDRAISER will be Sept 28th at Grace Community Church from 10:00 am – 2:00 pm. Admission is free and we will also be serving you a free hot dog meal. Don't forget we will have raffle tickets for sale.

FRIDAY NIGHT BINGO FUNDRAISER is coming up on October 25th. We want to see you all there for a night full of fun so save the date. Tickets are presale only and will go on sale September 3rd.



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

Senior Humor

An old Italian man lived alone in New Jersey. He wanted to plant his annual tomato garden; but it was very difficult work as the ground was hard. His only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:

Dear Vincent,
I am feeling pretty sad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days.
Love, Papa

A few days later he received this letter from his son:

Dear Pop, Don't dig up that garden. That's where the bodies are buried.
Love, Vinnie

At 6 am the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left.

That same day the old man received another letter from his son.

Dear Pop, Go ahead and plant the tomatoes now. That's the best I could do under the circumstances. Love, Vinnie



September

Birthstone

Sapphire



Flower

Aster &



Morning Glory



Signs

Virgo
August 23 to September 22

Libra
September 23 to October 22

**October, 2024 Trip To Las Vegas
Ramblers Travel Club**



The Ramblers Travel Club will be going to South Point Casino and Spa for two nights, October 14th and 15th, to return on October 16th. The round-trip transportation will be provided by a chartered bus.

South Point has the largest Bingo room in Las Vegas, a bowling alley, a 16-screen movie theater, an entertainment center, an equestrian center, 11 restaurants, a huge buffet for breakfast and dinner and a horse betting facility.

Members and Non-Members who are 50 years of age or older may sign up by contacting Judy Walsh for reservations at (760) 484-8517. Single rooms have a king-sized bed. Other rooms each have 2 queen sized beds and there will be Triple rooms available. Single King Size Room = \$305.00 /2 Queen Beds = \$194.00 per person.

The above rates are for the room, charter bus, and a room for driver. The Bus Company will pay driver gratuity.

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LABOR DAY

WORD SEARCH



FIND THE HIDDEN LABOR DAY RELATED WORDS. THE WORDS CAN BE HORIZONTAL, VERTICAL AND DIAGONAL. THE LETTERS THAT ARE LEFT OVER, FORM A HIDDEN MESSAGE.

COMMUNITY

R E B M E T P E S W

EMPLOYMENT

C O M M U N I T Y I

HOLIDAY

T H B H O L I D A Y

LABOR

V A C A T I O N O U

PICNIC

T L A B L O R N O R

PROFESSION

W O R K F O R C E T

SEPTEMBER

C I N C I P H M I N



SUMMER

E M P L O Y M E N T

VACATION

G P R O S U P E R S

WORKFORCE

N O I S S E F O R P



HIDDEN MESSAGE



DISCOVER ENERGY-SAVING TIPS FOR A COOLER SUMMER

As temperatures rise, so does our need for air conditioning. Let's dive into ways to help keep your home cool and your energy bills lower, along with other energy-saving tips.



1. Avoid using the oven during the hottest parts of the day. Grill or microwave meals or prepare cold dishes.
2. Unplug electronic devices when you're not using them. They can still generate heat in standby mode.
3. If you have outdoor spaces like a patio, use umbrellas or shade sails to provide protection from the sun. It can help keep your outdoor area cooler and reduce the need for additional cooling indoors.
4. Use a programmable thermostat to automatically adjust the temperature based on your schedule. Set the A/C at a higher temperature when you're away or asleep. Check out thermostat rebates at GoldenStateRebates.com.
5. Run your ceiling fan counter-clockwise when it's hot. It creates a downdraft which makes you feel cooler.
6. Shift some chores like laundry and running the dishwasher outside of the on peak hours of 4 p.m. to 9 p.m. Save even more if you do laundry on the weekends before 2 p.m.

For more energy-saving tips, visit sdge.com/MyEnergy. Actual savings may vary.

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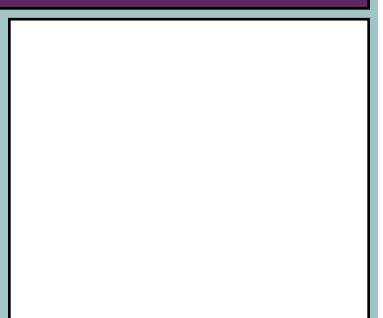
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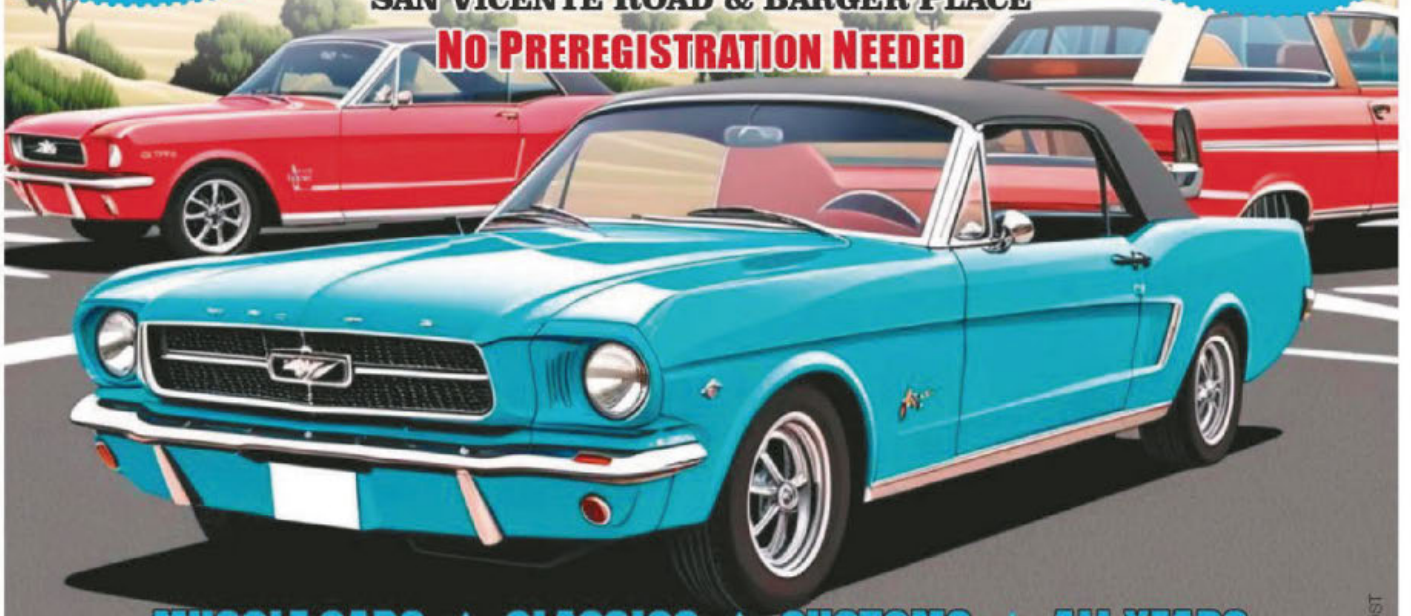
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All Donations Go To Support The Ramona Senior Center

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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