



**July
2023
Volume 92**

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.

July Upcoming Events

- 3rd/4th CLOSED FOR INDEPENDENCE DAY
- 7th Controlling Cholesterol talk by Michael from Humana
10:30 a.m.
- 10th Ramblers Meeting
1:00 p.m.
- 14th BINGO FUNDRAISER
Doors Open 3:30 p.m.
1st Game 5:00 p.m.
- 23rd Medicare 101 by Michael from Humana
10:30 a.m.
- 19th Music Therapy Support Group ~ Advantage Health Systems—Last Day/ Graduation
10:00 a.m.
- 21st Del Mar Horse Race Hat Day
- 21st Birthday Lunch
11:30 a.m.
- 26th Alzheimer Support
10:00 p.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

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

10 Facts About Independence Day

We've compiled some fun facts about Independence Day that you can use to impress your friends while watching fireworks and celebrating America's birthday.

- Thomas Jefferson drafted the Declaration of Independence on a "laptop" – that is, a writing desk that could fit in his lap.
- Jefferson changed the wording of the Declaration of Independence from "the pursuit of property" to "the pursuit of happiness."
- John Adams and Jefferson, both signers of the Declaration of Independence, died on July 4, 1826. James Monroe also died on July 4th in 1831.
- Only two people actually signed the Declaration of Independence on July 4, 1776– John Hancock and Charles Thompson.
- Congress declared July 4th as an official holiday in 1870 as part of a bill to officially recognize other holidays, including Christmas.
- At 27, Thomas Lynch, Jr., was the youngest signer of the Declaration of Independence; Ben Franklin, age 70, was the oldest signer.
- The oldest, continuous Independence Day celebration in the United States is the 4th of July Parade in Bristol, Rhode Island which began in 1785.
- The *Pennsylvania Evening Post* was the first newspaper to print the Declaration of Independence.
- Americans began observing the Fourth of July as early as 1777 with a celebration in Philadelphia that included a parade, a thirteen-shot cannon salute, and fireworks.
- Eight of the 56 signers of the Declaration of Independence were born in Britain.



Article taken from *WorldStrides Educational Travel & Experiences*



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Director's Corner July 2023



Fun Facts about July

- July is the warmest month in the Northern Hemisphere on average. It is similar to January in the Southern Hemisphere.
- It is sometimes called the Hay month because the grass dries out due to a lack of rain and can be made into hay.



The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the

18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 Colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2023 is on a Tuesday and the Senior Center will be closed on Monday the 3rd & Tuesday the 4th.

We would like to invite you all to our Bingo Fundraiser on Friday, July 14th. This event will be country themed so feel free to dress the part. We have limited seats available so please call the senior center at

760-789-0440 to reserve your spot. Doors open at 3:30 p.m. and bingo starts at 5:00 p.m. Get here early to pick up your bingo cards and buy some raffle tickets for a chance to win some great raffle baskets. Remember we are fundraising to help support our meal program that serves around 4,500 meals a month. Come in and have an evening of fun and laughter with a chance to win some cash and yell BINGO! Thank you for supporting us.



We also have bingo every Thursday at 1:00 p.m. if you are 18 or older. Please arrive a little early to buy your bingo packs.

From my mouth to your ears,
Lora Cicalo
Executive Director

Senior Humor

How come there aren't any knock-knock jokes about America?

Because freedom rings.

What kind of tea did the American colonists want?

Liber-tea.

What's the difference between a duck and George Washington?

One has a bill on his face, and the other has his face on a bill.

What did the colonists wear to the Boston Tea Party?

Tea-shirts.

What was George Washington's favorite tree?

The infantry.

What would you get if you crossed George Washington with cattle feed?

The Fodder of Our Country!

What was the most popular dance in 1776?

Indepen-dance.

What does the Statue of Liberty stand for?

It can't sit down.

July

Birthstone

Ruby



Flower

Larkspur &



Water Lily



Signs

Cancer

June 21 to July 22

Leo

July 23 to August 22

Senior of the Month ~ Roz Tague

Roz was born in Las Vegas. She was 5 years old when her family moved to south San Diego. There were six children in her family, however, all of her siblings have passed away except for her younger sister. She grew up with her first husband, his family and several friends around. She married Don, her childhood sweetheart, and was married for forty years until his sudden passing. They moved to North County in 1982 as he got a job at San Onofre. Together they had two sons, Justin and Kyle.



After Don's passing, Greg, in trying to get Roz and her sons out doing things again, took them camping and on various outings. Roz has known Greg since he was 9 years old and she was 14 years old. Greg, having three children of his own, Jason, Jessica and Elizabeth, and Roz, saw that all the children really enjoyed spending time together, so they continued hanging out. After spending much time together, their friendship blossomed into love of each other and their families. They dated for 5 years before getting married to make sure that everyone was on board with this. In 2017, Roz retired and she moved to Ramona, which is where Greg lived. All the children and grand-children were in the wedding.

Roz believes in giving back to the community and in the golden rule of always paying it forward. She volunteers at the Senior Center two days a week and is an Oasis tutor at Ramona Elementary school one day a week. Roz has a passion for music and is called the "band mom" around Ramona, as she follows the Ramona Music Alliance. You always see Roz with a smile on her face and enjoying every day that God gives her.

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Ramona Senior Center, Ramona, CA

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INDEPENDENCE DAY

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CUT COSTS ON YOUR SUMMER ENERGY BILL

Warmer temps are on their way but it doesn't have to mean higher energy bills. Use major appliances when energy is less expensive, before 4 pm or after 9 pm, Monday – Sunday. Here are ways to save energy and money while staying cool.

First, let's talk about appliances. They tend to use a lot of energy and heat up your home at the same time. With that in mind, consider the following:

1. Change the way you cook
Turn off the oven and stovetop as much as possible. Relying on microwaves, slow cookers, backyard grills or foods you don't need to cook (like salads) are great ways to not heat up your food and home at the same time. If you're going to use your oven, do it sparingly and during the coolest part of the day.
2. Change how you wash your clothes
Use cold water to wash your clothes so you don't have to pay to heat the water. Cold water helps reduce wrinkles and remove stains. Washing in cold also helps your clothes last longer, prolong vibrancy and maintain their shape and size. Always aim for full loads of laundry and consider line drying them.
3. Don't "heat dry" your dishes
When running your dishwasher, turn off the "heat dry" cycle and let dishes air dry instead.
4. Use smart plugs for appliances
One of the best smart plug uses is to connect appliances to them. Smart plugs allow you to schedule when your appliances are on or off – even remotely. They also help reduce "vampire draw" because appliances still use energy when they're off but plugged in.



For more ideas on how to save energy, visit sdge.com/MyEnergy.

<p>Are you turning 65? Call your local licensed Humana sales agent.</p> <p>Humana.</p>	 <p>Michael Kurth CA License #: 4115748 951-837-6218 (TTY: 711)</p> <p>Monday – Friday 8 a.m. – 5 p.m. Mkurth1@humana.com Y0040_GHHXDFEN23a_BC_C</p>	<p>Place Your Ad Here and Support our Community!</p> <p>Instantly create and purchase an ad with</p>  <p>AD CREATOR STUDIO</p>  <p>lpicommunities.com/adcreator</p>
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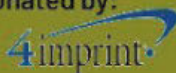


RAMONA SENIOR CENTER
Country BINGO
July 14

1st game @ 5:00pm
 doors open at 3:30pm



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