



**April  
2021  
Volume 67**

## **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](mailto:ramonaseniorcenter@gmail.com)**

**Web site [www.ramonaseniorcenter.com](http://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

## ALL ACTIVITIES SUSPENDED UNTIL FURTHER NOTICE

### NEED TAX ASSISTANCE

Don't pay to have your taxes prepared. If you earned less than \$66,000 in 2020, call 2-1-1 to schedule a no-cost tax assistance appointment at a Volunteer Income Tax Assistance (VITA) site. Due to COVID-19, additional safety protocols will be in place at in-person sites. Select sites will also offer drop-off and drive-up services. There is no income limit to file online. Visit <https://www.myfreetaxes.org/> online for free online self-filing.

Folks can also access information on completing their taxes through AARP: [www.aarpfoundation.org/taxaide](http://www.aarpfoundation.org/taxaide) or by calling 1-888-AARPNOW (1-888-227-7669).

# Senior Center News

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

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**FOR VIRTUAL RECREATION  
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SERVICES, ADULTS 55 AND OLDER,  
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[WWW.SDRECCONNECT.COM](http://WWW.SDRECCONNECT.COM)**

**ADDITIONAL RESOURCES:**  
<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



# CRUISE

Starts Thursday, April 15th!  
and every Thursday through September. 6:30p-Sunset

## RAMONA AMERICAN GRAFFITI CRUISE NIGHT WRISTBANDS!

Get your 2021 Cruise Wristbands  
All proceeds to support the Ramona Senior Center

Each person with a 2021 Cruise Night Wrist Band will receive a merchant discount on selected items at participating businesses\* listed on the back of this flyer. Valid ONLY on Cruise Thursdays.

Wristbands available for \$5 at NAPA, El Michoacan, La Cocina, Pamo Winery, PrintPost, Meat Monsters Grill, Reds, Whites and Brews, Smoking Cannon Brewery, Ramona Senior Center, or call Leroy Clubb at (619) 980-3647

**THANKS TO EVERYONE FOR YOUR SUPPORT!**

### PLEASE SUPPORT THE BUSINESS BELOW AS THEY SUPPORT THE CRUISE NIGHT

\*Please check with vendor for discount offer.

7-Eleven 1076 Main St., Ramona	Mama Ramona 1130 "D" St., Ramona	Reds Whites & Brews 629 Main St., Ramona
Affordable Treasures 668 Main St., Ramona	Marinade on Main 865 Main St., Ramona	Revels Mexican & Seafood 724 Main St., Ramona
Americant Restaurant 668 Main St., Ramona	Moriscos Mae Del Cortez 109 10th St., Ramona	Rubio's Coastal Grill 1664 "A" Main St., Ramona
AmPin Arco A FREE Cup of Hot Coffee	Mi Ranchito Taco Shop 1028 Main St., Ramona	Salsa Mexican Restaurant 1530 Main St., Ramona
Artistry in Hair 1008 "D" St., Ramona	Meat Monsters Grill 733 Main St., Ramona	Sheet & Sweet Bakery 632 Main St., Ramona
Auto Zone 310 Pala St., Ramona	Nagi Auto Parts 754 Main St., Ramona	Smoking Cannon Brewery 780 Main St., Suite 1, Ramona
Cheers 2475 Main St., Ramona	Oil Changers 1809 Main St., Ramona	The Barn 334 Main St., Ramona
Crickert Wireless 1664 Main St., Ste. B, Ramona	Pamo Valley Winery 680 Main St., Ramona	Tropical Pinapples 1664 Main St., Suite C, Ramona
Denny's Restaurant 1946 Main St., Ramona	Perfect Touch Detailing 760-333-1014	Turquoise Barn Cider 955 Maple St., Ramona
Dunkin Donuts 1410 Main St., Ramona	Pinto Thai 2330 Main St., Ramona	Up The Hill Grill 1270 Main St., Ramona
Goodwill-Ramona 1676 Main St., Ramona	Poway Auto Group 13864 Poway Rd., Poway	Uptown Boutique 642 Main St., Ramona
Jewelry World 1668 Main St., Ramona	PrintPost 1669 Main St., Ramona	Valencia's Creme de la Creme 1925 Main St., Ramona
Kahoos Feed 947 Main St., Ramona	Rachel's Urban Eatery 620 Main St., Ramona	Yogurt Barn 1334 Main St., Ramona
Kentucky Fried Chicken 1025 Main St., Ramona	Ramona Cafe 628 Main St., Ramona	
Kit Fox Outfitters 780 Main St., Ramona	Ramona Cannabis 736 Montecito Rd., Ramona	
Knight's Mattress & Furniture 1310 Main St., Ramona	Ramona Cuts 1668-B Main St., Ramona	
Kountry Kitchen 826 Main St., Ramona	Ramona Family Naturals 642 Main St., Ramona	
La Cocina 681 Main St., Ramona	Ramona Fitness 555 Main St., Ramona	



### Artistry in Hair

Joanie Schall  
Hair Stylist

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Ramona Senior Center, Ramona, CA

A 4C 05-0664

## Director's Corner April 2021



### Fun Facts about April

- It is the second month of spring. It is a time of planting and spring cleaning.
- In the Southern Hemisphere, April is the same as October in the Northern Hemisphere.
- The diamond of April symbolizes innocence.
- The Boston Marathon is held during April.
- In England there are many cuckoo festivals. The arrival of the cuckoo bird in April is a signal that spring has arrived.

Spring is in the air and the flowers are in bloom. Although it seems there has been a dark cloud over all of us it looks like it is starting to lift.

I want to take another minute to say how grateful I am to have the staff that I do. They show up everyday and make sure that the seniors in our community continue to receive a nutritious hot meal Mon-Fri. With all of the changes that are happening day by day, rest assured, we will continue to provide to you the best service we know how. I also want to thank the community that has been providing us with shelf stable items that we have been getting to seniors in need. The Ramona Acts of Kindness has sent many people our way who have been donating a variety of items for the seniors in our community. The thankfulness in their voices and the smiles on their faces are priceless when they realize a complete stranger just wanted to be kind to them today. I have received many calls from people

wanting to help volunteer and I thank you for this offer. We will definitely reach out to you as soon as we have a need and are able to have volunteers in the building again.

Remember between 11:30 - 12:30 we have meals available to seniors that want to come to our drive through pick up lunch site at the Senior Center. We ask for a suggested donation of \$5.00 a meal but that is not a required charge, any donation is greatly appreciated and no senior will be turned away for not being able to make a donation. Thank you everyone for all your support. We are missing all of you and can't wait to see your smiling faces soon.



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

## Senior Humor

A retired couple had dinner at their friends' house, and after eating, the wives left the table and went to the kitchen.

The two men were talking and one said, "We've been going to a new restaurant and it's really great. I'd recommend it very highly."

The other man asked, "What's the name of the place?"



The first man thought awhile and finally said, "What are those flowers you send a woman you love? The ones with red petals and thorns?"

"You must mean roses," he replied.

"That's it," said the man. He yelled to his wife, "Rose, what's the name of the new restaurant we like?"

## April

Birthstone



Diamond

Flower



Daisy &

Sweet Pea



Signs

Aries  
March 21 to April 19

Taurus  
April 20 to May 20

## ARE YOU BEHIND ON YOUR SDG&E BILL?

If you have outstanding bills, and you are an SDG&E CARE or FERA customer, you may be eligible for debt forgiveness through SDG&E's Arrearage Management Payment (AMP) Plan. This plan offers qualified, current SDG&E customers financial assistance to help reduce past due account balances. AMP is a 12-month payment plan that forgives 1/12 of a participant's debt after each on-time payment of the current month's bill. After 12 on-time payments of each current month's bill, the participant's debt will be fully forgiven up to a maximum of \$8,000. Enrolled participants are protected from disconnection while participating. Find out if you qualify at [sdge.com/AMP](http://sdge.com/AMP) or call an SDG&E AMP Service Specialist at 1-888-204-3576.

Find out if you qualify for other SDG&E Assistance programs at [sdge.com/assistance](http://sdge.com/assistance).

Although business customers are not eligible for AMP, SDG&E may be able to offer flexible payment arrangements. Call their Business Care Center at 1-800-336-7343 for payment arrangements, energy-saving tips and pricing plan options, or visit [sdge.com/business](http://sdge.com/business).



<p><b>Economizers</b>  <b>RAMONA'S BEST KEPT          HARDWARE SECRET!</b></p> <ul style="list-style-type: none"> <li>◆ Tools ◆ Rope ◆ Wire</li> <li>◆ Plumbing ◆ Stain ◆ Paint</li> <li>◆ Screws ◆ Nuts ◆ Bolts</li> </ul> <p><b>760-789-4950</b>          209 10th St. (Hwy 78), Ramona          10% Discount for Seniors 65+</p>	<p><b>ADT-Monitored          Home Security</b></p> <p>Get 24-Hour Protection          From a Name You Can Trust</p> <ul style="list-style-type: none"> <li>● Burglary</li> <li>● Flood Detection</li> <li>● Fire Safety</li> <li>● Carbon Monoxide</li> </ul> <p>ADT Authorized Provider   SafeStreets   1-855-225-4251</p>	
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## 10 FACTS ABOUT SPRING



1. The first day of spring is called the vernal equinox. The term *vernal* is Latin for "spring" and *equinox* is Latin for "equal night."

2. The fall and spring equinoxes are the only two times during the year when the sun rises due east and sets due west.

3. On the first day of spring, a person at the North Pole would see the sun skimming across the horizon, beginning six months of uninterrupted daylight. A person at the South Pole would see the sun skimming across the horizon, signaling the start of six months of darkness.

4. One long-term study found that, at least in the Colorado Rocky Mountain region, spring begins, on average, about three weeks earlier than it did in the 1970s.

5. For the Japanese, the opening of the cherry blossom, Japan's national flower, in March or April signals the start of spring.

6. Easter always falls on the first Sunday after the first full moon after the spring equinox.

7. According to Greek myth, the return of spring coincides with the return of Persephone, the daughter of Demeter, who is the goddess of plants and fertility.

8. Every year, allergies constitute over 17 million outpatient office visits, mostly in the spring and fall.

9. Every year on the first day of spring, people in Poland gather to burn an effigy and throw it in the river to bid winter farewell.

10. If Pope Gregory XIII would not have established the Gregorian calendar, which most of the world now observes, in 1582, then every 128 years the vernal equinox would have come a full calendar day earlier, eventually putting Easter in midwinter.



# Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	5				9	1		6
			7	4				3
		3		6	1	4	8	7
	4	1	6					
6		9		7				
	3				5			
			8	9				
	7	6		1				5

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DIFFICULTY: ★☆☆☆☆

## PHONE SCAMS



Please beware of individuals calling pretending to be a loved one. They will give you a sad story about being arrested in another state, or country, and try to get money from you. Always ask for additional information about the person that they are claiming to be. For example, first, middle and last names, birthdates, etc. Once you start asking for additional information they will usually hang up. Don't be fooled and stay safe everyone!!

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# SPRING BREAK

U U V A F J Q T J E M F Z D L I Y R G X  
Y T E V M R Z S K H D X T S N I H X J C  
U U T B L O S S O M S H W W Q L R N Z N  
T X S Q E E N T U L I P S S L M O Q J X  
M U L T E H Z I E E S B U S H R A T B T  
C S U N S H I N E X A E B P U D D L E S  
W K A N K X M R R U I M B G O P T D I I  
L S A E L J P X C A R O D Q J E R S U O  
J Q R C D Y Y J R E P D J K S A I G B N  
R A I N B O O T S T L X A W K W P I M S  
D U G K D B G V A C A T I O N D H H A Y  
B G A M E S K N B J N A L I R P H X H O  
H U H V B W B C J F E C D X B T C P E W  
J W J M Z Y S T F R D U F S Y P P A E J  
O S L E E P I N G I N W J P F C P C M R  
H A V P L Y M D H E M X B R E H F O Q Z  
Y N Q T L H C V X N Y I F I N R M J T M  
A N Z V L T E Y W D C W S N E B V L L M  
W T N H F C V C P S Y K I G C O K M D R  
C A I O Q S E B I P E Z N O P Y O F Q F



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