



**July
2022
Volume 81**

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.

Senior Center News

July Upcoming Events

- 1st Independence Day Lunch
11:30 a.m.
- 4th CLOSED
- 6th UKULadies—Patriotic Songs
11:30 a.m.
- 8th Photo Reveal
11:45 a.m.
- 11th Ramblers Meeting
1:00 p.m.
- 13th Larry Weddle playing songs
11:30 a.m.
- 15th Birthday Lunch
11:30 a.m.
- 19th Blood Pressure Check ~ by True Care
10:30 a.m.
- 20th Music Therapy Support Group ~ Advantage Health Systems
10:00 a.m.
- 27th PEF Board Meeting
1:00 p.m.

SEE OUR WEB SITE
www.ramonaseniorcenter.com
 OR ACTIVITY CALENDAR
 FOR ALL OTHER
 ACTIVITIES

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

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



**Help us every time
you shop Amazon.**

1. **Visit smile. Amazon.com.**
2. **Sign in with the same account you use for Amazon.com.**
3. Select your charity: **Pacific Educational Facilities, Inc. EIN: 23-7222513 (our non-profit name).**
4. **Start shopping! Remember to checkout at smile. Amazon.com to generate donations for the Ramona Senior Center via Pacific Educational Facilities.**

Director's Corner July 2022



- 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.
- July's birthstone, the ruby, is often associated with contentment, love, passion, and integrity.
- There are many countries which have their Independence Day during the month of July. These include the United States, Belarus,

Venezuela, Argentina, Belgium, the Bahamas, and the Maldives. The national days for France and Canada occur in July as well.

If anyone would like to volunteer here at the Senior Center we could always use extra help. Just give us a call and we will get you signed up!!

Thank you to all of our staff and volunteers for all of your hard work and dedication to our senior community, you are appreciated!!



Please remember that the Community Center/Senior Center is a designated cool zone! We are here from 8:30 a.m. until 4:00 p.m. Monday-Friday.

If you are 18 or older and like bingo then come and play with us every Thursday at 1:00pm.



The Senior Center will be closed on, Monday, July 4th and we will have our Independence Day lunch on Friday, July 1st.



**From my mouth
to your ears,**

**Lora Cicalo
Executive Director**

Senior Humor

1. How come there aren't any knock-knock jokes about America?
Because freedom rings.
2. What kind of tea did the American colonists want?
Liber-tea.
3. 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.
4. What did the colonists wear to the Boston Tea Party?
Tea-shirts.
5. What was George Washington's favorite tree?
The infantry.



July

Birthstone



Ruby

Flower



Larkspur & Water Lily



Signs

Cancer
June 21—July 22

Leo
July 23—August 22

Seniors of the Month ~ Rosa & Ish Din

Rosa was born in Mexico City and Ish was born in San Diego. When Ish was young his family moved to the Imperial Valley where he graduated from Central Union High School in 1957 & eventually moved to up Orange County. Rosa had family that lived in Escondido so she would come to visit often and Ish would usually come to San Diego for the holidays. Ish's sister knew Rosa and thought that they were a good fit, so invited her to one of their family occasions. They hit it off immediately and have been married for 49 years. They have 2 sons and 1 daughter, Michael, Michelle and Jesus. They actually fostered Jesus for over a year and then adopted him when he was 3 years old! They have six grand-children and one on the way! Ish enjoyed coaching pony baseball for the kids and continued coaching through their high school years. Rosa said "he was the best coach!".

An interesting fact is that when they met Rosa did not know English and Ish could not speak Spanish, but could understand it.

They moved from Costa Mesa to Ramona in 1978 because they had a chance to buy a house. They raised all of their children here and Rosa babysat for several years (basically raising a couple of them) because she loves children. Ish's brother was the president of the Association de Charros de Ramona and both Ish and Rosa were very involved with that organization. Ish worked for Scientific Atlanta for about 20 years and Rosa worked at the San Vicente Country Club.

Ish enjoys going to Dodger games, and in fact, he would actually rather watch the Dodgers play than have dinner he said! Rosa enjoys walking, crocheting and spending time with friends. They both enjoy spending time with their children, grand-children and coming to the senior center for lunch!!



18 INTERESTING FACTS ABOUT AMERICAN INDEPENDENCE DAY

The 4th of July is upon us, which means it is American Independence Day. Across America, people will be celebrating with fireworks, parades, barbecues and other festivities. Here are 18 interesting facts to share with your friends this Independence Day.



- 1 - On July 4, 1776, the American colonies were declared free and independent States from Great Britain and its king.
- 2 - Did you know it was actually on July 2, 1776, that the Declaration of Independence began? It started with a letter to Britain's King George to explain why the Continental Congress voted to declare America's independence.
- 3 - It was on July 4, that the final wording of the declaration was agreed.
- 4 - Thomas Jefferson drafted the Declaration of Independence. Thomas Jefferson signed the declaration of independence before becoming president.
- 5 - Jefferson later served as the third President of America from 1801 to 1809.
- 6 - Coincidentally, Jefferson died on July 4, 1826.
- 7 - Strangely, two other US presidents, John Adams and James Monroe, have also died on July 4.
- 8 - Meanwhile, the 30th president of America, Calvin Coolidge, was born on July 4, 1872.
- 9 - The first Independence Day was celebrated on July 8, 1776, in Philadelphia and the official signing took place on August 2.
- 10 - Every 4th of July the Liberty Bell in Philadelphia is tapped – although not actually rung – 13 times in honor of the original 13 American colonies.
- 11 - The stars on the original American flag were in a circle so all the Colonies would appear equal. Thirteen stars in a circle made up the original American flag.
- 12 - The White House celebrated Independence Day for the first time in 1801.
- 13 - America's oldest continuous Independence Day celebration is the 4th of July Parade in Bristol on Rhode Island. This year it will celebrate its 232nd year.
- 14 - The first Independence Day was celebrated by around 2.5 million people compared to more than 316 million people today.
- 15 - Almost 100 years after the Declaration of Independence, in 1870, July 4 was made an official holiday by Congress.
- 16 - Fireworks are a major part of the celebrations because the first Independence Day celebration on July 4, 1777, saw Americans gathering to watch as the sky illuminated to celebrate the new nation.
- 17 - Americans take their July 4 celebrations seriously. On this day, some 150 million hot dogs will be eaten!
- 18 - Benjamin Franklin proposed the turkey as the national bird but he was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.

Article from Macs.adventure on June 6, 2022

EVER WONDER WHAT YOU'RE PAYING FOR IN YOUR SDG&E BILL?

The rising cost of energy is straining a lot of Southern California households. SDG&E hears your concerns and wants you to know what you are paying for. Supplying power to the community includes the cost of energy production, delivering that energy, plus the costs of building and maintaining infrastructure that ensures clean, safe and reliable energy in the future.

Why is SDG&E's pricing higher than other utilities?

1. We use a higher amount of renewable energy to address climate change than other utilities.
2. We have developed the nation's leading wildfire safety program to keep communities safe.
3. Technology subsidies required by the state and paid for by customers, such as Net Energy Metering, increases electricity costs for customers without solar by about \$260 per year.
4. Legislative mandates that account for about 24% of electricity rates.
5. We make improvements to ensure the power grid remains safe and reliable .



Your energy bill is impacted by weather, how much energy you use and energy market conditions. What you may not know is that your energy bill is also impacted by regulatory proceedings at the California Public Utilities Commission (CPUC). SDG&E, alongside consumer advocates and other key stakeholders, participates in many CPUC proceedings throughout the year. SDG&E works aggressively to reduce the energy cost burden on its customers while continuing the pursuit of California's ambitious climate goals.

Fourth of July



Word Search Puzzle

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



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|-------------|--------------|------------|
| ADAMS | FLAG | LIBERTY |
| AMERICA | FOURTH | MUSIC |
| BARBECUE | FREEDOM | PARADE |
| CELEBRATION | HOLIDAY | PATRIOTIC |
| COLONIES | HOT DOGS | PICNIC |
| CONGRESS | INDEPENDENCE | REVOLUTION |
| FAMILY | JEFFERSON | STATES |
| FIREWORKS | JULY | SUMMER |