

***To Love
To Give
To Share***



**May
2023
Volume 90**

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

May Upcoming Events

- 1st Ramblers Meeting
1:00 p.m.
- 10th Healthy Eating to
Control Cholesterol by
Humanna
10:30 a.m.
- 12th Mother's Day
Luncheon
11:30 a.m.
- 17th Music Therapy
Support Group ~
Advantage Health
Systems
10:00 a.m.
- 19th Birthday Lunch
11:30 a.m.
- 24th Alzheimer Support
Group 10:00 a.m.
- 24th Brain Bootcamp by
Humanna
10:30 a.m.
- 24th PEF Board Meeting
1:00 p.m.
- 29th CLOSED for
Memorial Day
- 31st UKULadies, Country
Line Dancing
11:30 p.m.

SEE OUR WEB SITE
**www.ramonasenior
center.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
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

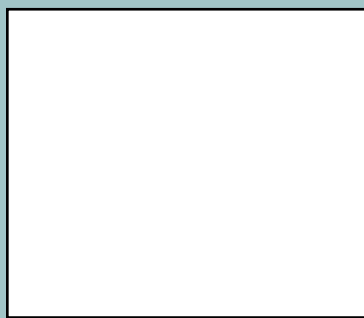
- Free Computer / Internet access in the computer room
- Information or referrals on many senior related topics
- Photocopies / Fax for small fee
- Books, magazines, puzzles available to borrow FREE
- Meals are served at the center Monday thru Friday 11:30-12:30
- Reservations for meals are made by calling (760) 789-0440.
- Senior meals suggestion \$5.00 Non-Senior cost \$8.00
- Meals on Wheels for homebound seniors, call (760)789-0440

Mother by Alison Jean Thomas

This is your day;
 I rejoice with you.
 Your loving, compassionate heart,
 Your wisdom and your depth,
 You soothe me when I feel confused,
 You make me smile and laugh.

This is your day;
 I applaud you.
 Unconquerable and strong,
 You meet every challenge,
 When things go wrong,
 You sustain me.

This is your day;
 I celebrate with you.
 You help me strive and dream,
 Respond to every plea,
 You bear me with you-
 I bear you with me.
 My Mother.



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Director's Corner May 2023



Springtime Table Topics Questions:

- What are some of your favorite springtime activities?
- How does the arrival of spring make you feel?
- What is your favorite spring flower?
- How does the warmer weather during spring make you feel?
- What is your favorite spring holiday?
- How do you celebrate Mother's Day?

Popular Spring Names

- Rose - A flower that symbolizes love.

- Florence - Latin name meaning "flowering" or "blooming"
- Anastasia - Greek or Russian name meaning "resurrection"
- Claire - French name meaning "bright" or "clear"
- Iris - Greek name meaning "rainbow," and also a plant with purple- blue flowers.

Thank to all the volunteers that showed up on volunteer appreciation day. It truly was our pleasure to honor and work for each and every one of you. Thank you for all you do for the Ramona Senior Center.

What does it mean April showers bring May flowers?

The rhyme was originally a short poem. There is meaning behind the words, as well. "April showers bring May flowers" is a reminder that even the most unpleasant of things, in this case the heavy rains of April, can bring about very enjoyable

things indeed – in this case, an abundance of flowers in May.

Cinco De Mayo lunch is May 5th
Come and enjoy a delicious taco bake with us.

Come celebrate Mother's Day lunch with us.

Save the date of May 12th for our Mother's Day Celebration. You don't want to miss out on Chicken Cordon Bleu. Invite your children to join you or bring a friend with you. We will also be raffling off the beautiful Metamorphosis Quilt on this day. If you have not gotten your tickets you may want to do it soon.

Remember we will be closed May 29th for Memorial Day.

From my mouth to your ears,
Lora Cicalo
Executive Director



Senior Humor

A husband and wife in their sixties were coming up on their 40th wedding anniversary. Knowing his wife loved antiques, he bought a beautiful old brass oil lamp for her.

When she unwrapped it, a genie appeared. He thanked them and gave each of them one wish. The wife wished for an all expenses paid, first class, around the world cruise with her husband.

Shazam! Instantly she was presented with tickets for the entire journey, plus expensive side trips, dinners, shopping, etc.

The husband, however, wished he had a female companion who was 30 years younger.

Shazam! Instantly he turned 93 years old.



May

Birthstone

Emerald



Flower

Lily of the Valley



Signs

Taurus

April 20—May 20

Gemini

May 21—June 20

Senior of The Month ~ Thomas Richard

Thomas was born in Lancaster, New Hampshire. He had 3 siblings, however, two have passed away. His oldest sister lives in Pennsylvania. His Mom is 88 and still lives independently in New Hampshire. Thomas was living on his own at the age of 15 and eventually went into the Navy at 17. During that time, he ended up being stationed in Point Loma. Thomas was married for 20 years and has three sons, Toby and twins, Jesse and Joshua, of that union. Toby has 4 daughters and Jesse has 1 daughter and 1 son. Toby and Jesse live here in Ramona and Joshua lives in Tennessee.

Thomas has lived in Alpine, Julian and eventually ended up in Ramona. He worked in welding for many years while raising his children. He did have some struggles with addiction throughout his life.

Leaving his old life behind, and once he was baptized and accepted Jesus Christ as his Lord and Savior, he never looked back and has been sober for 23 years. He has been involved, and volunteers, at In His Steps for over 20 years. They are a social model residential Christian program helping others to get off drugs and alcohol with a relationship with the Lord.

Thomas has been coming to the senior center for about 4 years. He leads weekly bible studies, gives sermons, likes to play Yahtzee and put together puzzles daily. He says the Lord leads, guides and directs every step of his life.



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The Birthplace of Memorial Day and Early Observances



The Civil War, which ended in the spring of 1865, claimed more lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries.

By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.

Did you know? Each year on Memorial Day a national moment of remembrance takes place at 3:00 p.m. local time. It is unclear where exactly this tradition originated; numerous different communities may have independently initiated the memorial gatherings. And some records show that one of the earliest Memorial Day commemorations was organized by a group of formerly enslaved people in Charleston, South Carolina less than a month after the Confederacy surrendered in 1865. Nevertheless, in 1966 the federal government declared Waterloo, New York, the official birthplace of Memorial Day.

Waterloo—which first celebrated the day on May 5, 1866, was chosen because it hosted an annual, community-wide event, during which businesses closed and residents decorated the graves of soldiers with flowers and flags.

Decoration Day

On May 5, 1868, General John A. Logan, leader of an organization for Northern Civil War veterans, called for a nationwide day of remembrance later that month. “The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land,” he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Civil War soldiers buried there.

Many Northern states held similar commemorative events and reprised the tradition in subsequent years; by 1890 each one had made Decoration Day an official state holiday. Southern states, on the other hand, continued to honor the dead on separate days until after World War I.

History of Memorial Day

Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil War. But during World War I the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars, including World War II, The Vietnam War, The Korean War and the wars in Iraq and Afghanistan.

For decades, Memorial Day continued to be observed on May 30, the date General Logan had selected for the first Decoration Day. But in 1968, Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees. The change went into effect in 1971. The same law also declared Memorial Day a federal holiday.

Memorial Day Traditions and Rituals

Cities and towns across the United States host Memorial Day parades each year, often incorporating military personnel and members of veterans' organizations. Some of the largest parades take place in Chicago, New York and Washington, D.C.

Americans also observe Memorial Day by visiting cemeteries and memorials. Some people wear a red poppy in remembrance of those fallen in war, a tradition that began with a World War I poem. On a less somber note, many people take weekend trips or throw parties and barbecues on the holiday, perhaps because Memorial Day weekend (the long weekend comprising the Saturday and Sunday before Memorial Day and Memorial Day itself) unofficially marks the beginning of summer.

History.com updated May 16, 2022

ENERGY SAVINGS FOR RENTERS AND HOMEOWNERS

To help its customers keep their energy costs down, SDG&E launched a new program for renters and owners of single-family homes. The Residential Energy Solutions (RES) program has no income restrictions. Eligible customers receive free products such as smart thermostats, low-flow showerheads, brushless fan motors, HVAC services like air duct testing and sealing – and more. SDG&E has also contracted with Synergy Companies to provide customers with energy efficiency audits from their experts. Customers can request a home visit at synergycompanies.com or by calling (888)-272-8394.



SDG&E offers other assistance programs too:

- ***Neighbor-to-Neighbor** – customers may receive up to \$600 toward their past due SDG&E bill
- ***LIHEAP** – utility bill help that ranges from a few hundred up to a few thousand dollars
- ***CARE** – customers can save 30% or more off their energy bill
- ***FERA** – customers can receive an 18% discount on their electricity bill
- ***ESA** – no-cost energy-efficiency upgrades to income-qualified customers
- ***Golden States Rebates program** – incentives of \$20 - \$500 to buy high-efficiency water heaters, smart thermostats or room air conditioners
- ***Arrearage Management Payment (AMP) Plan** – debt forgiveness for past due bills for CARE and FERA customers

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Mother's Day Word Search



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