

Forever

Thankful

Always

Grateful

Abundantly

Blessed



**November
2023
Volume 96**

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

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

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November Upcoming Events

- 3rd Cowboy/Cowgirl dress day
- 6th Ramblers Meeting
1:00 p.m.
- 10th Veterans Day Luncheon
11:30 a.m.
- 15th UKULadies
11:30 a.m.
- 17th Birthday Lunch
11:30 a.m.
- 22nd Alzheimer Support Group
10:00 a.m.
- 22nd Thanksgiving Luncheon
11:30 a.m.
- 23rd CLOSED
- 24th CLOSED
- 29th PEF Board Meeting
1:00 p.m.

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

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

5 Interesting Facts About Veterans Day

Every year, Americans celebrate Veterans Day on November 11 to honor the country's veterans for their patriotism and willingness to serve and sacrifice for the common good. Here are five facts you may not know about this important day.



1. **Veterans Day was initially called Armistice Day**

Armistice Day began as a celebration recognizing the victory of the allied forces during World War I. It was renamed Veterans Day in 1954 and is now dedicated to veterans of all wars.

2. **There's no apostrophe in Veterans Day**

The lack of an apostrophe in "Veterans Day" implies that the occasion doesn't belong to veterans. Rather, it's a day that honors all soldiers who once served their country, both dead and alive.

3. **Veterans Day is different from Memorial Day**

Memorial Day explicitly honors military members who've lost their lives while serving.

4. **Other countries celebrate Veterans Day**

On November 11 several other commonwealth countries, including Canada and Australia, also honor soldiers who lost their lives in wars. However, in these countries, the occasion is called Remembrance Day instead of Veterans Day.

5. **Veterans Day was briefly celebrated in October**

In 1968, the Uniform Holidays Bill was passed, which moved Veterans Day to the fourth Monday in October. The law went into effect in 1971, but in 1975, President Gerald Ford returned Veterans Day to November 11 due to the important historical significance of the date.

This year, consider making time to honor the veterans in your community by attending a local Veterans Day event.

<https://www.chronicleonline.com>

Director's Corner November 2023



As a reminder for those of you that are not aware, the Senior Center keeps its doors open and seniors fed with a nutritious meal from contributions from individuals like yourself and others, along with fundraisers and grants. If you are able to make a contribution towards the nutrition program it would be very helpful and appreciated. .

Speaking of fundraisers, I would like to give a great big thank you to the Ramona American Graffiti Cruise group. Once again, they put on another very successful car show fundraiser in October at Grace Community Church for our Senior Center. 100% of the funds were given to us for our nutrition program.

Cowboy/Cowgirl Day at the Senior Center will be on Nov 3rd. We hope to see everyone for lunch and dress in your western wear.

We will celebrating our Veterans at the Senior Center on Nov 10th so please come join us for lunch.



World Kindness Day is a global day that promotes the importance of being kind to each other, to yourself, and to the world. The purpose of this day, celebrated on November 13 of each year, is to help everyone understand that compassion for others is what binds us all together.

Thanksgiving is just around the corner and this is a holiday meal that seems to fill up our dining room. We hope you make the time to have lunch with us and remember all we have to be thankful for. The room will be full of smiles, socialization and just good ole friendship on Wednesday, November 22nd. I can't wait to see everyone come and get together as one big family for this special meal. Do you know someone that may be alone for the holidays? Do you have family members that would like to join us? This is the

time for them to tag along with you. The more the merrier!

REMEMBER!



**From my mouth
to your ears,**



**Lora Cicalo
Executive Director**

Senior Humor

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

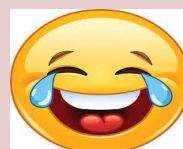
The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.. "He's a funeral director," she answered. "Interesting," the newsman thought . . . He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

(Wait for it...)

. . . She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."



November

Birthstone
Citrine &
Topaz



Flower

Chrysanthemum



Signs

Scorpio
October 23 to November 21

Sagittarius
November 22 to December 21

Senior of the Month ~ Joe & Suzanne Middlebrooks

Suzanne was born in Lakeside, California, she has twelve siblings and most still live in the San Diego area. Joe was born in Macon, Georgia, and has five siblings who are spread out through the USA. Joe's Father was in the Navy so they travelled around quite a bit and eventually ended up in San Diego when he was in Junior High School.

Joe and Suzanne met at the Parkway Bowl in El Cajon. At the time this bowling alley had a dance floor and they had fun dancing. When it was time to go home Joe asked Suzanne if it was alright if he walked her to her car, to which she responded, "yes". Once at her car, he leaned in for a kiss to which she responded, "no, I don't even know you". It was later learned that this is why he then pursued her so hard, she wasn't a pushover, and he respected that in her. He asked her out, they dated for a year and a half, fell in love and married. They have now been married for 40 years.

Joe and Suzanne have two children, daughter, Lacey, and son, Blane. They are grandparents, as Lacey has 2 daughters and 3 sons and Blane has a daughter. Their oldest grandson is 21 and engaged to be married. Both children and all grandchildren live in Ramona.

They moved to Ramona in 1987, after they had their children. Suzanne was searching around for decent school districts and felt that Ramona had the best schools for their children. They built their own house while living in a travel trailer for two years. They were 27 and 33 at the time.

Before their retirement, Suzanne was a pre-school teacher/director for 30 years in Ramona and Joe worked for the Department of Education as a maintenance engineer for 48 years.

Suzanne's hobbies are music, singing and instrumentals and Joe is interested in cars and truck reconstruction.



Thanksgiving at Plymouth



In September 1620, a small ship called the Mayflower left Plymouth, England, carrying 102 passengers—an assortment of religious separatists seeking a new home where they could freely practice their faith and other individuals lured by the promise of prosperity and land ownership in the "New World." After a treacherous and uncomfortable crossing that lasted 66 days, they dropped anchor near the tip of Cape Cod, far north of their intended destination at the mouth of the Hudson River. One month later, the Mayflower crossed Massachusetts Bay, where the Pilgrims, as they are now commonly known, began the work of establishing a village at Plymouth. Throughout that first brutal winter, most of the colonists remained on board the ship, where they suffered from exposure, scurvy and outbreaks of contagious

disease. Only half of the Mayflower's original passengers and crew lived to see their first New England spring. In March, the remaining settlers moved ashore, where they received an astonishing visit from a member of the Abenaki tribe who greeted them in English.

Several days later, he returned with another Native American, Squanto, a member of the Pawtuxet tribe who had been kidnapped by an English sea captain and sold into slavery before escaping to London and returning to his homeland on an exploratory expedition. Squanto taught the Pilgrims, weakened by malnutrition and illness, how to cultivate corn, extract sap from maple trees, catch fish in the rivers and avoid poisonous plants. He also helped the settlers forge an alliance with the Wampanoag, a local tribe, which endured for more than 50 years and remains one of the sole examples of harmony between European colonists and Native Americans.

In November 1621, after the Pilgrims' first corn harvest proved successful, Governor William Bradord organized a celebratory feast and invited a group of the fledgling colony's Native American allies, including the Wampanoag chief Massasoit. Now remembered as America's "first Thanksgiving"—although the Pilgrims themselves may not have used the term at the time—the festival lasted for three days. While no record exists of the first Thanksgiving's exact menu, much of what we know about what happened at the first Thanksgiving comes from Pilgrim chronicler Edward Winslow, who wrote:

Historians have suggested that many of the dishes were likely prepared using traditional Native American spices and cooking methods. Because the Pilgrims had no oven and the Mayflower's sugar supply had dwindled by the fall of 1621, the meal did not feature pies, cakes or other desserts, which have become a hallmark of contemporary celebrations.

Thanksgiving Becomes a National Holiday

Pilgrims held their second Thanksgiving celebration in 1623 to mark the end of a long drought that had threatened the year's harvest and prompted Governor Bradford to call for a religious fast. Days of fasting and thanksgiving on an annual or occasional basis became common practice in other New England settlements as well. During the American Revolution, the Continental Congress designated one or more days of thanksgiving a year, and in 1789 George Washington issued the first Thanksgiving proclamation by the national government of the United States; in it, he called upon Americans to express their gratitude for the happy conclusion to the country's war of independence and the successful ratification of the U.S. Constitution. His successors John Adams and James Madison also designated days of thanks during their presidencies.

In 1817, New York became the first of several states to officially adopt an annual Thanksgiving holiday; each celebrated it on a different day, however, and the American South remained largely unfamiliar with the tradition. In 1827, the noted magazine editor and prolific writer Sarah Josepha Hale—author, among countless other things, of the nursery rhyme "Mary Had a Little Lamb"—launched a campaign to establish Thanksgiving as a national holiday. For 36 years, she published numerous editorials and sent scores of letters to governors, senators, presidents and other politicians, earning her the nickname the "Mother of Thanksgiving."

Abraham Lincoln finally heeded her request in 1863, at the height of the Civil War, in a proclamation entreating all Americans to ask God to "commend to his tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife" and to "heal the wounds of the nation."

He scheduled Thanksgiving for the final Thursday in November, and it was celebrated on that day every year until 1939 when Franklin D. Roosevelt moved the holiday up a week in an attempt to spur retail sales during the Great Depression. Roosevelt's plan, known derisively as Franksgiving, was met with passionate opposition, and in 1941 the president reluctantly signed a bill making Thanksgiving the fourth Thursday in November.

<https://www.history.com/topics/thanksgiving/history-of-thanksgiving>

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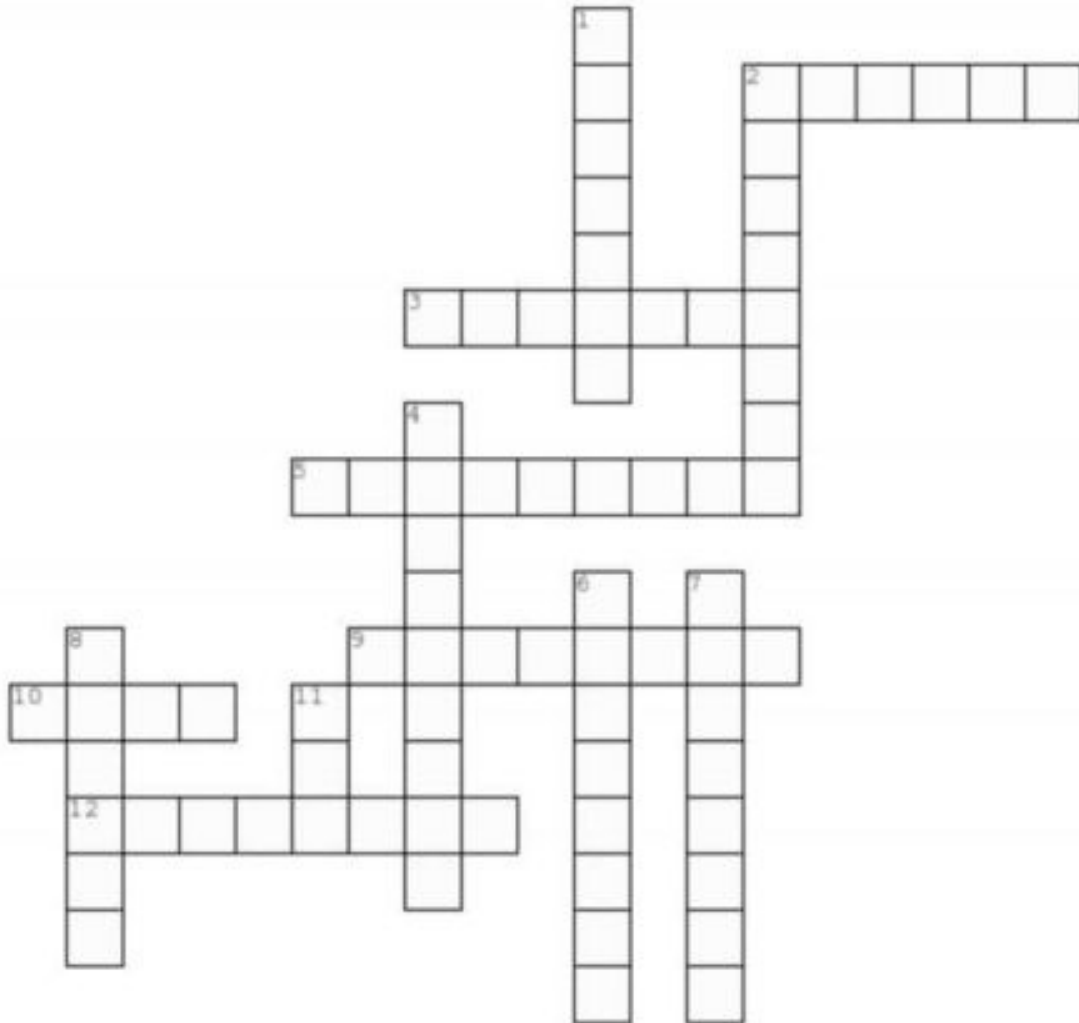
As the weather gets cooler, the use of natural gas appliances like water heaters, furnaces and ovens can go up. Schedule a gas appliance check with SDG&E to make sure your appliances are working properly and efficiently to help keep gas bills lower. Getting your appliances inspected is a great way to help prevent carbon monoxide poisoning too.

One of SDG&E's gas technicians will come to your home or business to inspect your natural gas appliances. There are several complimentary services:

- Light and inspect gas pilot lights. Make sure pilot lights and burner flames are a clear blue.
- Check that gas appliances are operating safely and efficiently and not emitting carbon monoxide.
- Ensure gas furnaces are working properly and inspect the condition of the filter which improves the furnace's heating ability.

Visit sdge.com/GasCheck for details. You can schedule your appointment at sdge.com/MyAccount or on SDG&E's [mobile app](#). When in My Account, select "Services," "Services Overview" then "Gas Appliances Check." If you're in the app, select the "More" tab. From "Services," select "Gas Appliances Check."

Thanksgiving Crossword



Turkey **Stuffing** **Corn** **Indians** **Plymouth** **Mayflower** **Football**
Ham **Cranberry** **Bounty** **Thursday** **November** **Pumpkin**

Across

- 2. Thanksgiving bird
- 3. Shared feast with the Pilgrims
- 5. Red Berry
- 9. Pilgrim landing rock
- 10. Maze
- 12. Month

Down

- 1. Orange vegetable used in pie
- 2. Day of the week
- 4. Pilgrims sailed on this
- 6. Sport commonly watched
- 7. Filling
- 8. Plenty
- 11. Turkey alternative