

*Be kind
to
yourself!*



**September
2023
Volume 94**

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.**

September Upcoming Events

- 4th CLOSED for Labor Day
- 6th Hawaiian Day/Luau Lunch
11:30 a.m.
- 6th UKULadies playing Hawaiian music
11:30 a.m.
- 8th Medi-Care 101 by Lynette from Humana
10:30 a.m.
- 11th Ramblers Meeting
1:00 p.m.
- 13th Pony Sweet Pony (Therapy Animals)
10:00-11:30 a.m.
- 15th Birthday Lunch
11:30 a.m.
- 22nd Pajama Day
- 27th Alzheimer Support Group
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

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

11 FACTS ABOUT LABOR DAY

1. The first celebrated US Labor Day was on Tuesday, September 5, 1882 in New York City, planned by the Central Labor Union.
2. 10,000 workers marched from City Hall all the way to 42nd Street and then met with their families in Wendel's Elm Park for a picnic, concert, and speeches.
3. Canada is said to have originated the idea of hosting a day honoring the labor movement. In 1872, they held a "Nine-Hour Movement" to show support for striking workers.
4. There is disagreement about who actually proposed Labor Day as a holiday. Some say it was Peter J. McGuire, who was the cofounder of the American Federation of Labor. Others believe that it was Matthew Maguire, a machinist.
5. Oregon was the first state to celebrate Labor Day as a legal holiday in 1887.
6. The decision to make Labor Day the first Monday of September was approved on June 28, 1894.
7. Labor Day started as a part of the labor union movement, to recognize the contributions of men and women in the US workforce, but modernly is seen as a chance to celebrate the last weekend of summer.
8. Americans worked 12-hour days seven days a week during the 19th century!
9. The Adamson Act was passed on September 3, 1916 to establish an eight-hour work day.
10. Historians say the expression "no white after Labor Day" comes from when the upper class would return from their summer vacations and stow away their lightweight, white summer clothes as they returned back to school and work.
11. There is still a Labor Day parade in New York City, which takes place throughout the 20 blocks north of the 1882 labor march.



Article taken from DoSomething.org,

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Director's Corner September 2023



Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. **Don't forget that we will be closed Monday, September 4th.**

I would like to take a moment to thank a few organizations that have accepted our grant applications and awarded the Ramona Senior Center funding.

Thank you, Ramona Food & Clothes Closet, Joel Anderson's office and SCAN for being so generous. The Senior Center relies on grants, fundraisers and contributions from individuals and businesses to keep our doors open so this is very appreciated.

We will never forget!

22 years ago on September 11, 2001, 2,977 people were killed in the deadliest terrorist attacks in American history. The moment shocked the nation. Two planes, hijacked by Islamic jihadists vowing death to all Americans, plowed into both towers at the World Trade Center in New York. Another plane was flown into the Pentagon in Washington, DC. A fourth plane, presumably headed for the White House or the U.S. Capitol, was heroically diverted by passengers and ended up crashing in an empty field in Pennsylvania. After reports of the first plane hitting the North Tower, millions watched the second plane hit the South Tower on live television.

It was a terrifying, startling, and humbling event for the country. The 9/11 attacks were the deadliest on American soil since the shock attack at Pearl Harbor 60 years before, and the sense of outrage was reminiscent of that moment. The attacks in New York occurred in the country's busiest city on a busy workday. And the staggered nature of the attacks meant that news footage captured almost everything as it happened, ensuring that millions of Americans saw the events precisely as they unfolded. Each day we remember the victims, the families, and survivors dealing with loss, recognizing the lasting consequences of 9/11 on individual lives.

Do you love fundraisers & bingo?

Keep your eyes and ears open for our next bingo fundraiser coming up in October. We want to see you all there for a night full of fun.

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

Senior Humor



1. Why did the monkey take its banana to the doctors? It wasn't peeling good.
2. What do you call a little monkey? A chimp off the old block.
3. What kind of a key opens a banana? A mon-key
4. What do you call a monkey that loves disco? A funky monkey!
5. Why did the monkey break up with his girlfriend? Because she kept telling him he wasn't her prime mate!
6. Why did the monkey break up with his girlfriend? She was too much of a cheetah!
7. What should you bring to a party in the jungle? Chimps and dip!
8. How did the chimpanzees escape from the zoo? With a monkey wrench.

September

Birthstone

Sapphire



Flower

Aster &
Morning
Glory



Signs

Virgo
August 23 to September 22

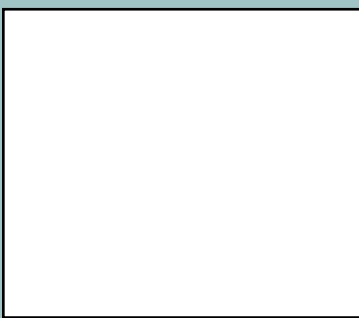
Libra
September 23 to October 22

**RAMONA SENIOR CENTER
BOARD OF DIRECTORS
2023/2024**



Front Row (L to R): Bonnie Sowers (Treasurer), Jim Phillips (Vice-President), Sara Allen (President), Debi Fraser (Secretary)
Back Row (L to R): Beverly Smith (Director), Lynn McNeas (Director), Thomas McKelvey (Director), Cindy Galloway (Director), David White (Director)
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WHAT IS A LUAU?



The feast and festivities of the luau are the traditional ways that the people of Hawaii have celebrated special occasions. The birth of a child, a victorious battle, and a successful harvest are all events that called for the honoring of the gods and the sharing of bounty with friends and family.

Called Aha'aina (gathering for a meal) in ancient times, the term luau came into favor much later in our island history. It refers to the young edible taro leaves that are traditionally used to wrap the food prior to being placed in the imu (underground oven).

With the abolishment of the ancient Hawaiian Kapu (taboo) system in 1819, women and men were able to eat together and to share the same food. Prior to that time, women and men dined apart. Women were forbidden to partake of several foods including pork, bananas, and several species of fish. Since 1819, the ancient feast of Aha'aina, or the luau, that was such an important part of the Hawaiian culture, has become a treasured family custom and continues to play a significant part in family life.

Today, a traditional luau is often used by family and friends to celebrate a baby's first birthday, or as an important way to raise funds by churches and social groups.



BEAT THE SUMMER HEAT


Record breaking heat waves have become a staple of summers in America. Those hardest hit are the most vulnerable – seniors, young children and people with chronic health conditions. Extreme heat kills more people in the United States than any other weather hazard. Extreme heat events in the United States are expected to become even more common, more severe and longer lasting.

Here's a list of tips to help stay cool and safe. Visit sdge.com/MyEnergy for more tips.

1. Visit a Cool Zone which is a network of free, air-conditioned facilities across San Diego County like libraries and community centers. If you're unable to get to a Cool Zone, call 2-1-1 to be connected to a transportation service at no cost. Visiting Cool Zones is also a way to use less energy at home and help reduce your energy costs. Find a Cool Zone near you at sdge.com/Cool-Zones or bit.ly/43EdfKw.
2. Learn about the Cool Zone Fan Program and find out if you qualify for a free fan at bit.ly/CoolZoneFans.
3. Catch a movie in an air-conditioned theatre during hot afternoons. Ticket prices are usually less expensive earlier in the day too.
4. Don't forget about your pets. When outdoors, carry water for your fur baby, try to stay in the shade and keep their paws off hot asphalt and other hot surfaces. Never leave an animal in a hot vehicle. At home, put ice cubes in your pet's water bowl and place a cool, damp towel down for them to lay on.
5. Keep your home's shades, curtains and blinds closed during the hottest part of the day to help keep the sun's rays out.
6. Your stove and oven can give off a lot of heat so make meals that don't require heat, like salads and sandwiches.
7. When temperatures cool in the evening, open windows to let the cooler air in.
8. Run your ceiling fan COUNTER-CLOCKWISE so it pushes cooler air down. Reverse your ceiling fan direction in the winter for the opposite effect.
9. If you have a window air conditioning unit, seal any cracks. If you have central A/C, check the ducts for proper insulation and clean filters regularly.
10. Shift your energy use outside of 4 p.m. to 9 p.m. to save. Energy costs are the highest during this time. Do your heat-generating chores like laundry or running the dishwasher before 4 p.m. or after 9 p.m.



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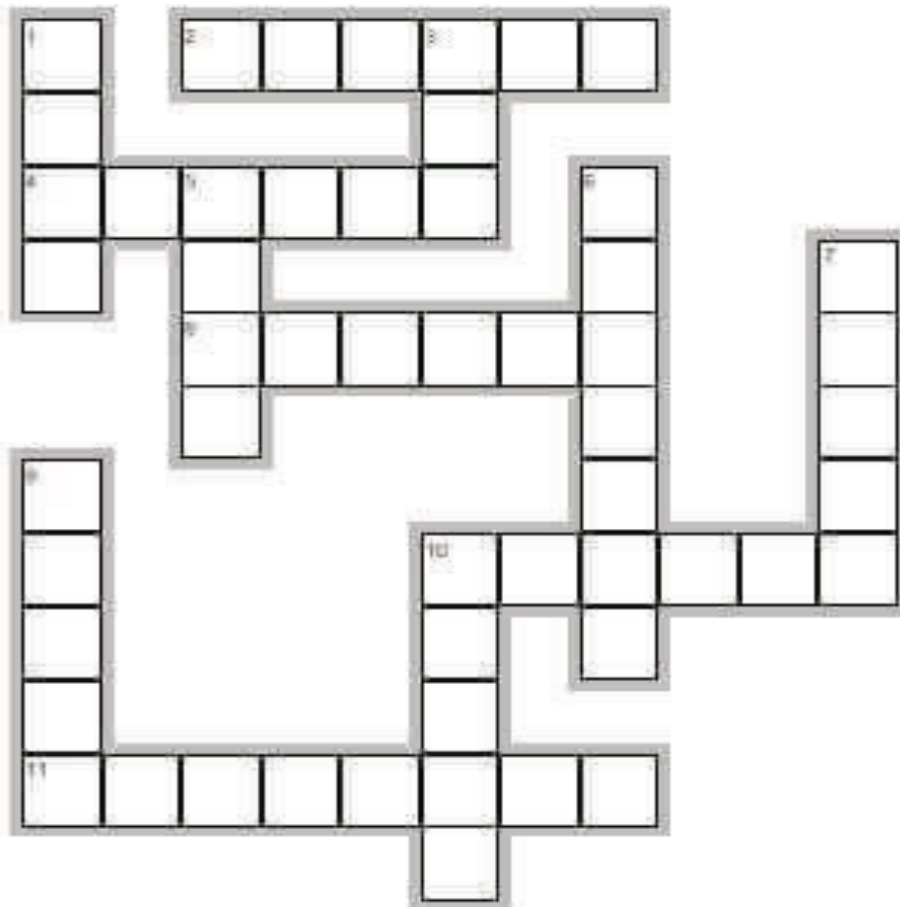
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Remembering Elvis

Take a trip down memory lane as you complete this crossword that features some of Elvis Presley's most famous song titles. Write the missing word from each title in the puzzle.



Across

- 2. Love Me ____
- 4. Puppet on a ____
- 8. Crying in the ____
- 10. Return to ____
- 11. Are You ____ Tonight?

Down

- 1. A Little ____ Conversation
- 3. Hound ____
- 5. Jailhouse ____
- 6. Can't Help ____ In Love
- 7. It's Now or ____
- 9. Heartbreak ____
- 10. All ____ Up

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