



**October
2023
Volume 95**

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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October Upcoming Events

- 2nd Ramblers Meeting
1:00 p.m.
- 4th Scam & Identity Theft presentation by Heather at Legal Aid
10:30 a.m.
- 9th CLOSED
- 13th Oktoberfest
11:30 a.m.
- 20th Birthday Lunch
11:30 a.m.
- 25th Alzheimer Support Group
10:00 a.m.
- 25th PEF Board Meeting
1:00 p.m.
- 27th BINGO FUNDRAISER
3:30 p.m. Doors Open
5:00 p.m. Bingo Begins
- 31st Halloween Costume Contest
11:45 a.m.

SEE OUR WEB SITE
www.ramonaseniorcenter.com
OR ACTIVITY CALENDAR

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

BENEFITS OF AN ACTIVE LIFESTYLE

Engaging in social and productive activities you enjoy, such as taking an art class, joining a hiking club, or becoming a volunteer in your community, may help to maintain your well-being and independence as you age. An active lifestyle is more than just getting your daily steps in. It includes doing activities that are meaningful to you and benefit your mind, spirit, and body.



Research has shown that older adults with an active lifestyle:

- **Are less likely to develop certain diseases.** Participating in hobbies and other social activities may lower risk for developing some health problems, including dementia, heart disease, stroke, and some types of cancer.
- **Have a longer lifespan.** Studies looking at people's outlooks and how long they live show that happiness, life satisfaction, and a sense of purpose are all linked to living longer. Doing things that you enjoy may help cultivate those positive feelings.
- **Are happier and less depressed.** Studies suggest that older adults who participate in activities they find meaningful, such as volunteering in their communities or being physically active, say they feel happier and healthier.
- **Are better prepared to cope.** When people feel happier and healthier, they are more likely to be resilient, which is our ability to bounce back and recover from difficult situations. Positive emotions, optimism, physical and mental health, and a sense of purpose are all associated with resilience.
- **May be able to improve their thinking abilities.** Research suggests that participating in certain activities, such as those that are mentally stimulating or involve physical activity, may have a positive effect on memory — and the more variety the better. Other studies are providing new information about ways that creative activities, such as music or dance, can help older adults with memory problems or dementia.

Find the right balance

Everyone has different limits to the amount of time they can spend on social or other activities. What is perfect for one person may be too much for another. You might start by adding one or two activities to your routine and see how you feel. You can always add more. Remember: Participating in activities you enjoy should be fun, not stressful.

Article from: *National Institute on Aging website*

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Director's Corner October 2023



Fall weather is coming, finally! WOW, what a hot summer we had with record breaking temperatures. I am sure everyone is ready for some cooler days and nights.

DID YOU KNOW?

More People Fall in Love in Fall

Does cold weather make you want to cuddle with someone? You are far from alone. According to Redbook the cooler weather in fall makes people want to get closer to others and not be alone for the winter. So get ready to snuggle in the fall.

You Can See the Brightest Full Moon in Fall

The full moon in the fall that occurs during the equinox is much brighter (almost orange) and rises much earlier than a typical full moon. This full moon called the Harvest Moon occurs sometime in September or October and it was very helpful for farmers who

used the moonlight to help harvest their crops according to The Best of Life.

Bobbing for Apples

Was a Courting Ritual

This old-fashioned Halloween party game originally started as a British courting ritual according to Redbook. Men were assigned an apple and the women would bob for them trying to get the right apple from the man she has her eye on. If she was successful, it was taken as an omen that they were meant to be together.

Fall Leaf Colors are Caused by Sugar

Everyone loves those colorful leaf colors in the fall from vibrant reds to eye-popping bright oranges, but did you know that the color the leaves turn is based on how much sugar is in the leaves, according to one country. That's why maple leaves are such a brilliant red color.

SAVE THE DATES!

Ramona Senior Center Car Show will be **October 14th** at Grace Community Church from 10am-2pm put on by the Ramona American Graffiti Cruise. Entry to attend is free and we will be offering a free hot dog meal. If you would like to enter a car it is just a suggested donation. We will be selling

raffle tickets and have a silent auction for lots of great things. Please spread the word because 100% of the proceeds go to help support the senior center. The Ramona American Graffiti Cruise group did a great job continuing to make Thursday nights so much fun for the community. Their fundraising efforts for the Ramona Senior Center have been very successful and appreciated by so many. Thank you for all you do, we can't wait to see you again in April.

Halloween Bingo Fundraiser

Friday October 27th at the senior center, doors open at 3:30pm and first game starts at 5pm. Costumes are encouraged but not required. There is limited seating so please call 760-789-0440 to reserve your seat.

ANNUAL HALLOWEEN COSTUME CONTEST Oct 31st

We hope to see all of you all in your costumes for this fun day.

**From my mouth
to your ears,**

**Lora Cicalo
Executive Director**

Senior Humor

As Benjamin Franklin once pointed out, nothing is certain except death and taxes. And the fact that your skin is destined to lose its fight with gravity. You don't have to like it, but at least you can laugh about it thanks to these silly old-people jokes that poke fun at the inevitable.

1. What's the secret to having a smoking hot body as a senior?
Cremation.
2. What is a prize old people can win for aging?
Atrophy.
3. I used to know a couple who grew fruit trees together. They lived to a ripe old age.
4. What's the best part of old age?
That it doesn't last very long.
5. These are not gray hairs! They are wisdom highlights.
6. Which underwear brand do seniors love best?
It Depends.



October

Birthstone



Tourmaline & Opal



Flower

Marigold & Cosmos



Signs



Libra

September 23 to October 22

Scorpio

October 23 to November 21

HALLOWEEN HISTORY

Halloween had its origins in the festival of Samhain among the Celts of ancient Britain and Ireland. On the day corresponding to November 1 on contemporary calendars, the new year was believed to begin. That date was considered the beginning of the winter period, the date on which the herds were returned from pasture and land tenures were renewed. During the Samhain festival the souls of those who had died were believed to return to visit their homes, and those who had died during the year were believed to journey to the otherworld. People set bonfires on hilltops for relighting their hearth fires for the winter and to frighten away evil spirits, and they sometimes wore masks and other disguises to avoid being recognized by the ghosts thought to be present. It was in those ways that beings such as witches, hobgoblins, fairies, and demons came to be associated with the day. The period was also thought to be favourable for divination on matters such as marriage, health, and death. When the Romans conquered the Celts in the 1st century CE, they added their own festivals of Feralia, commemorating the passing of the dead, and of Pomona, the goddess of the harvest.

In the 7th century CE Pope Boniface IV established All Saints' Day, originally on May 13, and in the following century, perhaps in an effort to supplant the pagan holiday with a Christian observance, it was moved to November 1. The evening before All Saints' Day became a holy, or hallowed, eve and thus Halloween. By the end of the Middle Ages, the secular and the sacred days had merged. The Reformation essentially put an end to the religious holiday among Protestants, although in Britain especially Halloween continued to be celebrated as a secular holiday. Along with other festivities, the celebration of Halloween was largely forbidden among the early American colonists, although in the 1800s there developed festivals that marked the harvest and incorporated elements of Halloween. When large numbers of immigrants, including the Irish, went to the United States beginning in the mid 19th century, they took their Halloween customs with them, and in the 20th century Halloween became one of the principal U.S. holidays, particularly among children.

As a secular holiday, Halloween has come to be associated with a number of activities. One is the practice of pulling usually harmless pranks. Celebrants wear masks and costumes for parties and for trick-or-treating, thought to have derived from the British practice of allowing the poor to beg for food, called "soul cakes." Trick-or-treaters go from house to house with the threat that they will pull a trick if they do not receive a treat, usually candy. Halloween parties often include games such as bobbing for apples, perhaps derived from the Roman celebration of Pomona.

Along with skeletons and black cats, the holiday has incorporated scary beings such as ghosts, witches, and vampires into the celebration. Another symbol is the jack-o'-lantern, a hollowed-out pumpkin, originally a turnip, carved into a face and lit with a candle inside.



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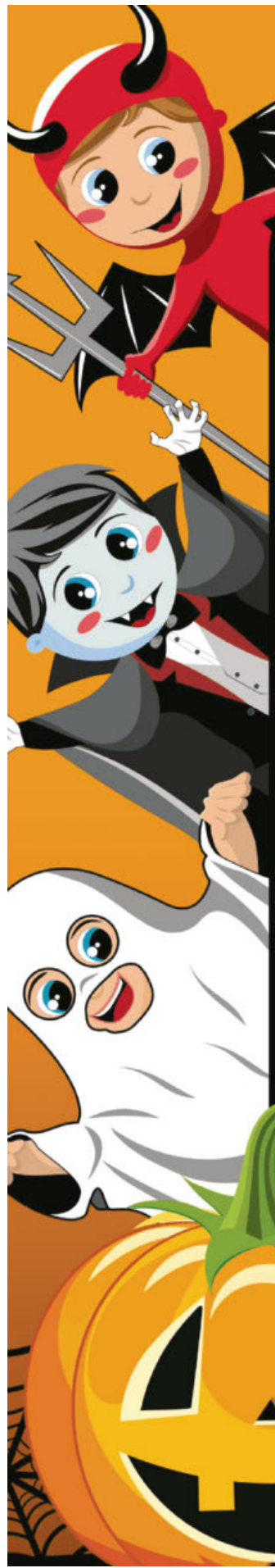
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HAPPY HALLOWEEN



Word Search



- | | | | |
|---------------|--------------|-------------|-----------|
| haunted house | frankenstein | decorations | pumpkin |
| costume | skeleton | vampire | halloween |
| spider | party | bat | ghost |
| candy | witch | mask | boo |

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



WILDFIRE ALERT: IS YOUR HOME PREPARED?

Despite record-breaking rainfall this year, the risk of wildfires persists. To increase your property's chances of surviving a wildfire, it's essential to create a defensible space around your property and reinforce your home or business with fire-resistant materials.

1. Create a defensible space. Minimize your home's exposure to risk by modifying the vegetation space around it to help resist a wildfire. California requires 100 feet of defensible space around your property.
2. Increase your home's defenses.
 - *Consider building your roof or re-roof with materials such as stone, slate, metal, clay tiles or asphalt shingles, which offer the highest resistance to fire.
 - *Cover all vent openings with 1/16-inch to 1/8-inch metal screening, as flying embers can enter your house through vents.
 - *If possible, windows should be double-paned with one pane of tempered glass; it's recommended to help reduce the chance of breakage in a fire, especially if facing large areas of vegetation.
 - *Keep rain gutters clear or enclose rain gutters to prevent the accumulation of plant debris.
 - *Cover your chimney and stovepipe outlets with a non-flammable screen. Use metal screen material with openings no smaller than 3/8-inch and no larger than 1/2-inch to prevent embers from escaping and igniting a fire.
3. Additional things to consider:

Have a fire extinguisher and tools such as a shovel, rake, bucket and hose for fire emergencies. Store all combustible and flammable liquids away from ignition sources. Make sure your address is clearly visible from the road. Consider having multiple garden hoses that are long enough to reach all areas of your home and other structures on your property.

For more information on wildfire safety, visit sdge.com/Wildfire-Safety.



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Grace Community Church and promoters are not liable for any accidents that may occur at the car show.

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