



**September
2019
Volume 50**

RAMONA SENIOR CENTER NEWSLETTER

Seniors Serving Seniors Since 1974

434 Aqua Lane | Ramona, CA 92065



Open Monday - Friday 8 am to 4 pm

Phone 760-789-0440

Email us at ramonaseniorcenter@gmail.com

Web site www.ramonaseniorcenter.com

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September

- 6th NewsCurrents
10:30 am
- 9th Ramblers Meeting
1:00 pm
- 16th Understanding
Alzheimer & Dementia
10:30 am
- 17th Legal Assistance by
appointment
- 18th Alzheimer's Support
10:00 am
- 18th Importance of Flu
Shots Talk
11:30 am
- 19th Flu Shot Clinic
10:00 am
- 20th Birthday Lunch
11:30 am
- 23th PEF Board Meeting
1:00 pm
- 24th Alzheimer Information
11:30 am
- 25th Weekly exercise class
returns
9:00 am

Legal Assist - 3rd Tuesday,
By Appointment only
(858) 565-1392 ext - 208

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

Mondays

Exercise on the Big Screen
9 am
Lace/Crochet Class 9:30 am
(No class 09/02 & 09/09)

Tuesdays

Yoga 9 am
Quilting 9 am
Computer Help 10:30 am
Movie Day 1 pm

Wednesdays

Pinochle 8:30 am
Watercolor 10:30 am
Bridge 12:30pm

Thursdays

Machine Embroidery 9am
Bingo 1pm

Friday

Pinochle 8:30 am
Yoga class 9 am
Movie Day 1 pm

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

Senior of the Month – Patricia Pike

Patricia was born in December, 1949 to Winnie and Oscar Pike. She was born and raised in Ramona, California. Patricia has two brothers, Robert and Randy. She went to school in the Ramona Unified School District. One great memory that she has is spending time with (and giving a hard time to) the same teachers that taught her father. Patricia has not been married, by choice. She says, “No, I didn’t do it, no I didn’t want it.” She attended some college classes and decided that it was not for her so she took an internship at SDG&E for a couple summers. She was then hired full time at SDG&E and worked as a surveyor. Eventually, Patricia took the exam to become a State Licensed Surveyor. She was one of the first 50 females to get a surveyor’s license in this State. She was told that no one ever passes the exam the first time, well . . . she did . . . and is very proud of that!! She worked for SDG&E for 20 years. After that she worked for Home Depot for 10 years until the Cedar fire came through. The fire burned down her parent’s home along with two rentals of her brother. Patricia then spent her time rebuilding her parent’s home and one of her brother’s rentals. One of her mother’s requests for her new home was to have 10 foot ceilings, to which Patricia gladly complied. Patricia’s hobbies are animals and fusing glass along with stained glass. Patricia brings her Mom every Wednesday to teach watercolor, helps set up, clean up after class and serves lunch. She also jumps in at every opportunity to help around the center in any way she can.



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Director's Corner September 2019



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 2nd.**

For those of you that don't already know, we have a new employee that has joined our Ramona Senior Center team. Her name is Sandy and she is our new activities coordinator. If you have not had the chance to meet Sandy then please stop by the Office, introduce yourself and say welcome. Also, as most of you know, Myra will no longer be working with us and

Ellen has taken over the bookkeeper position.

Just a reminder that the Ramona Senior Center is always looking for volunteers to help set up the dining room, serve tables and help clean up after lunch from 10am-1pm. A food handlers test is required and if you are interested please contact the Center for more details.

Car Show Sept 28th 10 AM-2 PM will be right here at the Ramona Senior Center. This event is brought to you by the Ramona American Graffiti Cruise and 100% of the proceeds go to the Ramona Senior Center nutrition program. Please come out and have some fun with us and see all the beautiful cars that will be here. We will have a raffle and also a silent auction. Don't forget that everyone gets a free hot dog meal and there is no admission fee.

It is almost time for **Ramona's third annual Grape Stomp**. This event will take place Saturday Sept 14th from 2-7pm at the rodeo grounds. Come out and support this community event and sample some wine & brews, listen to some music and watch the grape stomp competition. This is fun

for the whole family and the proceeds benefit the Ramona Senior Center, Ramona Valley Vineyard association and the Rotary Club.

Flu season is fast approaching, so don't let it sneak up on you! The Ramona Senior Center will be having our annual flu clinic on September 19th from 10:00-12:00 and everyone is welcome to come get your flu shot. All seniors please bring your red, white and blue Medicare card.

If you or someone you know is a senior citizen and is in need of a **free fan** from the county please call **1-800-339-4661 and press #6**. You will answer a few short questions and if you qualify they will mail it to you free of charge. Please take advantage of this while it last.

From my mouth to your ears,

Lora Cicalo
Executive Director



Senior Humor – "Hospital Regulations"

Hospital rules state that patients checking out must have a wheelchair.

One day a newly graduated nurse assistant came into the room to find an elderly man fully dressed. He was sitting on the bedside chair, with a piece of packed luggage at his side, all ready to go.

When he was shown the wheelchair, he was adamant that he was fully capable of walking himself to the parking lot.

But the assistant told him rules were rules, so he relented and let her wheel him out.

In the elevator, the assistant asked the elderly man if his wife was coming to meet him.

"I don't think so," he replied. "It takes her awhile to change her clothes, so she's probably still upstairs in the bathroom taking off of her hospital gown and getting dressed."

September

Birthstone



Sapphire

Flower



Aster and
Morning Glory



Signs

Virgo
August 23 - September 22

Libra
September 23 - October 22



5		3						
2			3					
	4		7	1		2		3
		5	4				7	1
		4	2		1	8		
6	8				7	5		
1		7		6	9		3	
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	5			2	9			
						1	7	
7	9	6			3	2		
				1	5		9	
3	6						2	1
	4		6	9				
		2	8			3	1	4
	1	8						
			2	7			5	

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◀ Joan Lunden, journalist,
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Ramona Senior Center, Ramona, CA

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What is Pacific Educational Facilities or PEF?

Pacific Educational Facilities, Inc., also known as PEF, is the non-profit corporate name of the Ramona Senior Center. There is a Board of Directors made up of local members of our community as well as seniors that are active at the Senior Center. We encourage all of our seniors and anyone in the community to become a member of PEF for \$5.00.

Becoming a member allows you to vote for board members or run for the board. Just fill out the form below and drop it off at the Senior Center between 8:30 a.m. and 4:00 p.m., Monday through Friday, or mail it to the center at 434 Aqua Lane, Ramona, California 92065. The board meetings are held every 4th Monday at the Senior Center at 1:00 p.m.

Everyone is welcome to attend.

P.E.F. MEMBERSHIP APPLICATION

FISCAL YEAR: July 1, 2018 – June 30, 2019 \$5.00 PER MEMBER

Make check payable to: Pacific Educational Facilities, Inc.

The Ramona Senior Center, 434 Aqua Lane. Ramona, CA 92065 (760) 789-0440

P.E.F. Membership gives you the right to attend monthly board meetings, a voice in the operation of the Ramona Senior Center, a vote in selecting the Board of Directors members. The Board of Directors oversees the Ramona Senior Center and its activities.

FIRST NAME: _____ LAST NAME: _____

Please print clearlyThank you

STREET ADDRESS: _____ SPC# _____ APT# _____

CITY: _____ STATE: _____ ZIPCODE: _____

TELEPHONE: _____ CELL: _____

EMAIL: _____

For Official use only: Membership: \$5.00 Date Paid: _____ Initial: _____

Wildfire season is here. Here's how you can be prepared.

Wildfires, earthquakes and flooding all pose serious risks to our community. Though we can't eliminate the threat of these emergency situations entirely, we can help you prepare for them. Here are 3 actions you can take today to get you started:

1. Create a personalized emergency supply kit for your home, car and office. You never know where you will be in the event of an emergency.
2. Develop an emergency plan for you and your family. Be prepared for the unexpected.
3. Update your contact information so you can stay informed. Be emergency-ready. Be prepared to keep yourself and your family safe.

Visit sdge.com/wildfiresafety today to make any changes to your personal information and learn more about what you can do to keep you and your family safe. Also, you'll be able to explore some of the projects SDG&E is working on now to keep you and the community safe.





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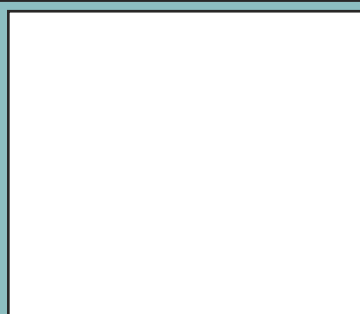
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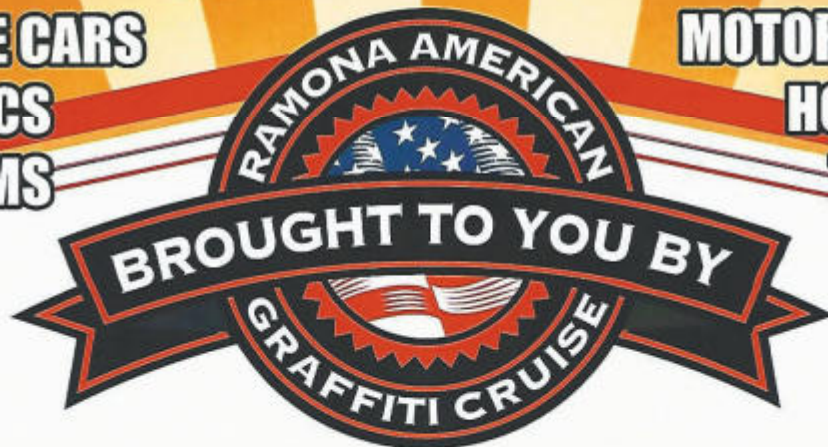
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