



**February  
2019  
Volume 43**

# **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](mailto:ramonaseniorcenter@gmail.com)**

**Web site [www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com)**

**Like us on Facebook at Ramona Senior Center Official**

## Upcoming Events

- 1st NewsCurrents  
10:30 am
- 4th Ramblers Meeting  
1:00 pm
- 8th Card Making Class  
10:00 am
- 8th Medicare Seminar  
11:00 am
- 14th Valentine's Day lunch  
11:30 am
- 15th Birthday Lunch  
11:30 am
- 18th CLOSED
- 19th Legal Assistance by  
appointment
- 20th Alzheimer Support  
Group 10:00 am
- 22nd Card Making Class  
10:00 am
- 25th PEF Board Meeting  
1:00 pm

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

#### Tuesdays

Yoga 9 am  
Quilting 9 am  
Srs Empowering Srs 10:30 am  
Computer Class 10:30 am  
Movie Day 1 pm

#### Wednesdays

Pinochle 8:30 am  
Exercise class 9 am  
Watercolor 10:30 am  
Bridge 12:30pm

#### Thursdays

Machine Embroidery 9am  
Bingo 1pm

#### Friday

Pinochle 8:30 am  
Exercise on the Big Screen 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

Please welcome our new yoga instructor, Janice Reich!

Janice will be teaching the yoga class from now until summer, taking over for Joanna while she is student teaching.

Janice has been teaching yoga for 3 years. She took her 200 hour yoga certification class at Bright Yoga in Ramona, and was the oldest person in her class. She has lived in Ramona for 11 years and previously lived in Escondido. She moved to Southern California from the east coast in 1978. Janice has one pet, a chiweenie named Max.

Janice also teaches yoga at Bright Yoga on Thursday mornings, as well as at the Ramona Senior Manor and Changing Options in Ramona.

Please come in and say Hi to Janice, and come join our chair yoga class on Tuesday mornings at 9am.





## Director's Corner February 2019



### Here is a little history about February.

February was added to the Roman calendar in 713 BC. The length of the month changed over time and at one time it had as few as 23 days. When Julius Caesar remade the Roman calendar, the month was assigned 28 days during normal years and 29 days during leap years, which occurred every four years.

Our Valentine's Day celebration will be Thursday, February 14<sup>th</sup>. You don't want to miss Chicken Cordon Bleu with apple celery stuffing and strawberry blueberry crisp for dessert. As always, this meal, and all our meals are prepared fresh Monday-Friday in our very own kitchen and always prepared with love.

Just a reminder that we are always looking for volunteers to help in our dining room Monday-Friday from 10am-1pm. We usually need volunteers more on Tuesday and Thursday to help set up the dining room tables because we have groups that come and do it Monday, Wednesday & Friday. We are desperately in need of volunteers to help serve meals and stay after lunch is over and clear tables and fold table cloths Monday – Friday. Remember that our volunteers are very important and are the back bone of the Senior Center - without you things don't run smoothly. Even if you could pick one day a week to help out that would be greatly appreciated, or if you are going to be here for lunch one day maybe you can volunteer on that day. I would like to give a great big thank you to those of you that volunteer your time already!

Well it is that time of the year that the Rib Fest committee will start meeting to begin organizing our yearly ALL YOU CAN EAT CHICKEN AND RIB FEST. Those that are interested can attend our first meeting on

February 2<sup>nd</sup> at 9:00 am at the Senior Center. If you can't make this meeting you can stop by our office and leave your email so we can notify you of our next meeting. Hope to see you there!

Please remember, good or bad, if you have a suggestion about the Senior Center meals or activities, or anything else, we would love to hear about it. We have a suggestion box outside the office window and would appreciate your input.

Do you like to play checkers or chess? For those of you that don't already know, our card table converts to a checkers and chess board. If you are interested please feel free to just ask someone in the office and we can set that up for you.



From my mouth to your ears,  
Lora Cicalo  
Executive Director

## Senior Humor Better for Business

When a man's printer type began to grow faint, he called a local repair shop, where a friendly employee informed him that the printer probably only needed to be cleaned.

Because the store charged \$50 for such cleanings, the worker told him he might be better off reading the printer's manual and trying the job himself.

Pleasantly surprised by his candor, the man asked, "Does your boss know that you discourage business?"

"Actually, it's my boss's idea," the employee replied sheepishly. "We usually make more money on repairs if we let people try to fix things themselves first."

## February

### Birthstone

Amethyst



### Flower

Violet and  
Primrose



### Signs

Aquarius  
January 20 - February 18

Pisces  
Feb 19 - March 20

# Come Join the **FUN** ... Bingo Every Thursday

From 1 pm to 4 pm

\$14 to Play

\$5 off First Time Players

16 Games

Doubles \$1<sup>each</sup>

Intermission Roundies \$1<sup>each</sup>

Anyone Over 18 Years of Age Welcome

Ramona Senior Center - 434 Aqua Lane, Ramona



# Senior of the Month – Shirley Fischer



Shirley was born in Chicago, Illinois in 1925. Her father passed away in an auto accident when she was 5 years old, so she doesn't have many memories of him. Her mom worked at the water district. Shirley met her future husband, William (Bill) Fischer, ice skating when she was 14 years old. Bill's dad was a mortician and passed away at age 32. Bill's mom encouraged him to become a mortician like his dad. He graduated from Worscham College of Mortuary Science on the day of the Pearl Harbor attack, December 7, 1941, which was also his 19<sup>th</sup> birthday. Shirley and Bill married when she was 21 years old in 1946. Shirley worked as a private secretary for a Time/Life magazine executive for 18 years. Shirley and Bill had one son together named Bob. After Bill passed away, Shirley came to Ramona to live with Bob and his marvelous wife, Kim, and their 3 sons in 1994. Her grandsons have grown up and moved away, but Shirley still lives with Bob and Kim in Ramona. She started visiting the Ramona Senior Center about 23 years ago for lunch and Bingo. She still enjoys coming to the center for lunch and Bingo on Thursdays. She also enjoys reading, and watching game shows on TV. Come say Hi to Shirley!

"Getting old is like climbing a mountain...you get a little out of breath, but the view is much better!"- Ingrid Bergman



## Want to save energy at home this winter?

There are many steps you can take that will help reduce your overall energy costs. The more efficient your home is, and the less energy transferred from inside to outside, the less energy it'll take to keep your home comfortable.

Check out these winter energy-savings tips:

- *Sunshine is your friend!* Open the curtains and blinds on west- and east-facing windows during the day to allow sunshine and warmth into your home. Then close your curtains at night to insulate your home from the winter night chill.
- *Check your insulation.* Insulation is like the winter coat for your house. The heavier it is, the warmer it will be. If your home is poorly insulated, it may be time to add some eco-friendly insulation. Add insulation blankets to the attic floor or wrap your water heater in fiberglass insulation.
- *Seal leaks.* Find vulnerable areas of your home where cold air gets in and warm air escapes like unsealed doors and windows. Seal leaks with weather stripping and ensure seals around ducts are in good condition. Cover unused fireplaces to prevent passage of air through the flue.
- *Install a programmable thermostat.* Set the unit to run at one temperature when you're home and awake, another while you're sleeping, and another when you're not home.
- *Keep those toes warm.* Switch to underfloor heating which uses radiant heating to warm the entire room from the ground up. Heat travels upward which makes a floor heater more efficient than a heater with ducts placed near the ceiling.

# Valentine's Day

## word search

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

♥ valentine

♥ chocolate

♥ candy

♥ card

♥ cupcake

♥ heart

♥ happy

♥ love

♥ pink

♥ red

♥ teddy

♥ Valentine's Day

MommaDJane.com