



**November
2019
Volume 52**

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

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.

November Upcoming Events

- 1st NewsCurrents 10:30 am
- 4th Talk on the Census 11:30 am
- 4th Ramblers Meeting 1:00 pm
- 6th SDG&E Talk on Time of Use 11:30 am
- 7th Heart & Hooves ~ Mini-Horses 10:00 am
- 8th Veterans Day Celebration 11:30 am
- 11th Veterans Day CLOSED
- 15th Birthday Lunch 11:30 am
- 19th Legal Assistance by appointment
- 20th Alzheimer Support 10:00 am
- 20th Myths About Hospice 11:30 am
- 22th Medicare Seminar 10:30 am
- 25th PEF Board Meeting 1:00 pm
- 27th Thanksgiving Celebration 11:30 pm
- 28 & 29 Thanksgiving CLOSED

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.

Table of Contents

Senior of the Month	- - - - -	3
Director's Corner	- - - - -	4
Senior Humor	- - - - -	4
Medical Alert Pendants	- - - - -	5
Word Search	- - - - -	6
SDG&E	- - - - -	7
Car Show	- - - - -	8

Weekly Events

Mondays

- Exercise on the Big Screen 9:00 am
Lace/Crochet Class 9:30 am

Tuesdays

- Yoga 9:00 am
Quilting 9:00 am
Computer Help 10:30 am
Movie Day 1:00 pm

Wednesdays

- Pinochle 8:30 am
Exercise 9:00 am
Watercolor 10:30 am
Bridge 12:30 pm

Thursdays

- Machine Embroidery 9:00 am
Bingo 1:00 pm

Friday

- Pinochle 8:30 am
Yoga class 9:00 am
Movie Day 1:00 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 – Dorothy Coen

Dorothy was born in Yoder, Wyoming. When she was young she was involved in sewing and cooking with her local 4-H club. In fact, this is where she first learned how to sew. Sewing actually became a big part of her life as she sewed for all her children, grandchildren, her husband, mother and herself. Through 4-H, Dorothy won a couple trips. One was to Chicago for records that she kept for food preparation. Another was to Colorado to put on a poultry demonstration. She was sent to show that a chicken could be cut up, put in a bag and sold at your local market. This was cutting edge at the time.

After high school Dorothy attended business school in Denver, Colorado. During World War II she worked as a clerk typist. Once she married she became a homemaker and focused on her family. She was married to her love, Cliff, for 53 years and has 3 daughters, 8 grandchildren and 10 great-grandchildren. Her children, grandchildren and great-grandchildren all live in Colorado. Dorothy and her husband moved from Colorado to Ramona 41 years ago for the benefit of her husband's health.

Dorothy has six siblings, three are still living. In fact, her sister is 98 and her brother is 101. Dorothy is happy to share that she is a young 96 years old.

Dorothy's hobbies include reading, knitting, bingo and playing cards. She knits for kids all over the world for the World Vision Project. Dorothy also enjoys going to exercise class every morning and staying busy.



Here are 10 reasons November is the best month of the year.

- Sweater/scarf/hat/boot season is in full swing
- Fall Back
- The colorful leaves
- Scented candles
- A well-loved book-turned-movie franchise usually releases its next installment. ...
- Thanksgiving specials of your favorite TV show
- Thanksgiving
- Black Friday
- Once Thanksgiving is over, you can decorate for Christmas
- And finally we can listen to Christmas music

To Honor our Veterans, the Ramona Senior Center will be having a special Chicken Cordon Bleu lunch on Nov 8th. What a great deal for just a suggested donation of \$5.00 for seniors and an \$8.00 charge for the guest of a senior.

The Senior Center will be closed on Monday, Nov 11th in honor of Veterans Day and Nov 28th & 29th for Thanksgiving.

Ramona Senior Center Car Show Fundraiser Nov 16th 10:00AM-2:00PM. Mark your calendars for this fun event right here in our parking lot. Free admission and we will have a DJ playing music and everyone will receive a free hot dog meal. Don't forget that there will be a raffle every 20 minutes while you're looking at all those beautiful vehicles, and we also have silent auction items. Make sure to bring some cash so you don't miss out on some great items.

Our Thanksgiving Feast will be here sooner than you think so save the date November 27th. I would love to see everyone come and get together as one big family full of smiles and laughter.



If you have family members that would like to join us then please bring them also. The more the merrier! This has always been one of our biggest celebrations of the year and I look forward to seeing you all.

As always please feel free to drop a suggestion in the suggestion box for us, we would love to hear your input.

From my mouth to your ears,
Lora Cicalo

Senior Humor

Q: If pilgrims traveled on the Mayflower, what do college students travel on?

A: Scholar ships.

Q: What key has legs and can't open doors?

A: A Turkey.

Q: Why did the turkey cross the road?

A: It was the chicken's day off!

Q: What's the best dance to do on Thanksgiving?

A: The turkey trot

Q: What smells the best at a Thanksgiving dinner?

A: Your nose.

Asked to write a composition entitled, "What I'm thankful for on Thanksgiving," Little Johnny wrote, "I am thankful that I'm not a turkey."

November

Birthstone
Citrine & Topaz



Flower
Chrysanthemum



Signs

Scorpio
October 23 - November 21

Sagittarius
November 22 - December 21

Medical Alert Pendants /Bracelets by Jim Nutting

Are you home alone? If so, and you are a senior who may have issues with disability, or even if you are healthy, but concerned about your safety, it could be a good idea to have instant access to help when you need it.



It is always important to have instant communications with emergency services to keep you safe in case your phone is not close or you are unable to make a call. Panic button pendants and bracelets have been around for years and are getting better. The technology is great. These pendant button companies have trained dispatchers to contact the proper agencies when you need them.

There are monitored and unmonitored alert pendants and bracelets, some are strictly for in the home and some are portable and work wherever you go. Monitored alert products have live dispatchers tracking your activity constantly and can call 911 instantly which minimizes accidental alarms. Unmonitored products have certain phone numbers programmed to call when the button is activated, or a fall is detected. If no number is reached, 911 is then called. If a fall is detected with a monitored service, the dispatcher will contact the customer right away to insure that the right call is made.

If you are home alone and hear glass breaking, or smell smoke, and cannot safely get to the phone, your medical alert pendant or bracelet can be a way to contact emergency services. If you want to do some gardening and worry that you may fall, this product can be your piece of mind. It is also a piece of mind for your loved ones who may feel better knowing help is readily available.



These pendants and bracelets have saved lives. Unfortunately, Medicare may not cover these products. Prices range from \$19.95 and up per month. AARP has medical alert system recommendations, and according to their website, they may offer discounts.



Happy Thanksgiving

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

Word List:

THANKSGIVING

NUTS

PIE

TURKEY

FRIENDS

THANKFUL

HOLIDAY

FIREPLACE

BREAD

POTATOES

STUFFING

FOOD

FAMILY

VEGETABLES

YAMS

PUMPKIN

SALAD

LOVE

FOOTBALL

HAM



STAY SAFE. TAKE ACTION.



Think smart. Don't leave your safety to chance. Take steps to prepare for any emergency now. Here are some ways to get ready for an emergency..

Update your contact information: Go to sdge.com/MyAccount. Click on “Manage My Account” to update your contact information, including email address.

Sign up for power outage notifications: Click on the “Alerts and Subscriptions” tab. Select “Outage Notifications” from the drop-down menu. Select how you want to stay informed, e.g. email, text and/or phone.

Develop an emergency plan: Identify a place to meet with family including safe routes and shelters, as well as what actions you will take. Discuss and practice the plan with your family, including your kids.

Prepare an emergency kit: Keep the essentials on hand. Make sure your kit is stocked with items you and your family need, including for your pets, seniors and those with a disability. Store items in easy-to-carry containers such as backpacks or plastic crates.

Help your neighbors: Being a good neighbor takes more than sharing the occasional cup of sugar or hosting a potluck. It's important to help our neighbors during emergencies, especially the elderly and disabled.

RAMONA SENIOR CENTER CAR SHOW

★ MUSCLE CARS
★ CLASSICS
★ CUSTOMS

MOTORCYCLES ★
HOT RODS ★
TRUCKS ★

**RESCHEDULED
TO SATURDAY
NOVEMBER 16, 2019
10 AM TO 2 PM**

**RAMONA SENIOR CENTER PARKING LOT
434 AQUA LANE, RAMONA
NEXT TO THE FAIRGROUNDS**

Raffle Prizes

\$300 IN CASH PRIZES
(FOR CARS ONLY)

Silent Auction

Free Hot Dogs



Free Drinks

**SPONSORED BY THE BUSINESSES OF RAMONA
DONATIONS FROM EACH VEHICLE ARE GREATLY APPRECIATED!**

All Donations Go To Support The Ramona Senior Center

CONTACT LEROY CLUBB @ 619-980-3647 FOR MORE INFORMATION

Ramona Senior Center and promoters are not liable for any accidents that may occur at the car show.

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