



**May
2019
Volume 46**

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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May

- 1st Turning Pointe Dance performance 12:00 pm
- 3rd Card Making Class 10:00 am
- 3rd Cinco de Mayo lunch 11:30 am
- 6th Ramblers Meeting 1:00 pm
- 10th NewsCurrents 10:30 am
- 10th Mother's Day lunch 11:30 am
- 15th Alzheimer Support Group 10:00 am
- 17th Birthday Lunch 11:30 am
- 20th Blood Pressure/Ask a Nurse 10:00 am
- 20th PEF Board Meeting 1:00 pm
- 21st Legal Assistance by appointment
- 24th Memorial Day lunch 11:30am
- 27th CLOSED
- 30th Dementia Talk 12:00 pm
- 31st Card Making Class 10:00 am
- 31st Volunteer Appreciation Lunch 11:30 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

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

Senior of the Month – John Neubarth

John was born in American Samoa. His father Raymond was from Chicago and had gone to American Samoa to be the chief of dentistry. He met John's mom, Talila, on the island. John grew up with 3 brothers and 1 sister. They moved back to Escondido in 1959 where John grew up and went to Escondido High School. John learned about the construction trade while helping his dad maintain a mobile home park that he owned in Escondido. After 5 years in the Marines, John worked for 35 years for Progressive Construction, doing everything from driving heavy equipment, grading, pouring foundations, and framing houses. John has been married 3 times and has 4 children, 2 boys and 2 girls. He was an avid surfer for 50 years. He is an animal lover and currently has 2 dogs, Kitty and Lilo. He likes helping people and often gives seniors rides to his church. He moved to Ramona a few months ago and has been volunteering at the Ramona Senior Center every day for the past 2 months. Come say Hi to John!



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Director's Corner May 2019



What does "April showers bring May flowers" mean? The rhyme was originally a short poem. It is a reminder that even the most unpleasant of things, in this case the heavy rains of April, can bring about very enjoyable things indeed, such as an abundance of flowers in May.

Please join us May 10th for our Mother's Day Celebration. You don't want to miss out on Chicken Cordon Bleu and Strawberry Shortcake. Invite your children or friends too.

We will be celebrating a special occasion every Friday in the month of May so check our Menu for some extra special meals.

Friday May 31st will be volunteer appreciation lunch. We will be honoring all of our volunteers that help run the Ramona Senior Center. We would love for all of you to come and relax and enjoy lunch with us. Remember the center cannot run without our volunteers!

It's that time of year when we are getting ready for our Ramona famous ALL YOU CAN EAT RIB & CHICKEN FEST on June 22nd . We are accepting cash sponsorships and raffle basket donations. Would you

or anyone you know like to help support the senior center for this event? We have sponsor packets in the office or just give us a call. We can't do this community event without your help! We also have Tickets for this event on sale now for \$15.00 at the Senior Center. Tickets the day of the event will be \$20.00 so don't wait until the last minute to get yours. We will also be selling kids Rib & Chicken tickets this year for \$12.00 (12 & under.)

We will be closed Monday, May 27th in observance of Memorial Day.

From my mouth to your ears,
Lora Cicalo
Executive Director

Senior Humor – Genie Joke

A man was walking down the beach and came across an old bottle. When he picked it up and pulled out the cork, a genie appeared.

The genie said, "Thank you for freeing me from the bottle. In return, I will grant you three wishes."

The man replied, "Great! I always dreamed of this and know exactly what I want. First, I want one billion dollars in a Swiss bank account."

Poof! There was a flash of light, and a piece of paper with account numbers appeared in his hand.

The man continued, "Next, I want a brand new red Ferrari."

Poof! There was a flash of light, and a new, bright red Ferrari appeared.

"Finally," the man said, "I want to be irresistible to women."

Poof! There was a flash of light, and he turned into a box of chocolates.

April

Birthstone

Emerald



Flower

Lily of the Valley



Signs

Taurus

April 20 - May 20

Gemini

May 21 - June 20

Ask a Nurse

Luanne Arangio-Law RN Med

Community Health Nurse Educator, Palomar Health

Question - How do I know if I have a cold or the flu?

Answer - We are still seeing flu in San Diego and the surrounding areas. Influenza is caused by a severe, highly contagious virus that infects your lungs. It usually comes on quickly with fever, chills, headache, severe body aches, chest congestion, coughing and a feeling of total exhaustion. The flu can lead to very serious health complications that may land you in the hospital. The best defense against the flu is the flu shot. If you do get the flu, call your doctor right away for a special prescription medicine. As long as you take it within 48 hours, this anti-viral drug may shorten the time you are sick. You will need to stay home and rest for a week or more.

A cold is caused by one of several hundred viruses, and it is milder than the flu. Colds will come on gradually and will be associated with tiredness, mild aches and pains, runny or stuffy nose, sneezing, sore throat and coughing. When you have a cold, it is best to stay home for a few days, rest and drink fluids. A cold can lead to sinus infections, ear infections or a persistent cough. You may need to see a doctor if symptoms worsen.

Flu and cold viruses enter your body through your eyes, nose or mouth. Don't touch your face, stay away from sick people and wash your hands frequently. It's still not too late to get your flu shot.

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Mother's Day

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

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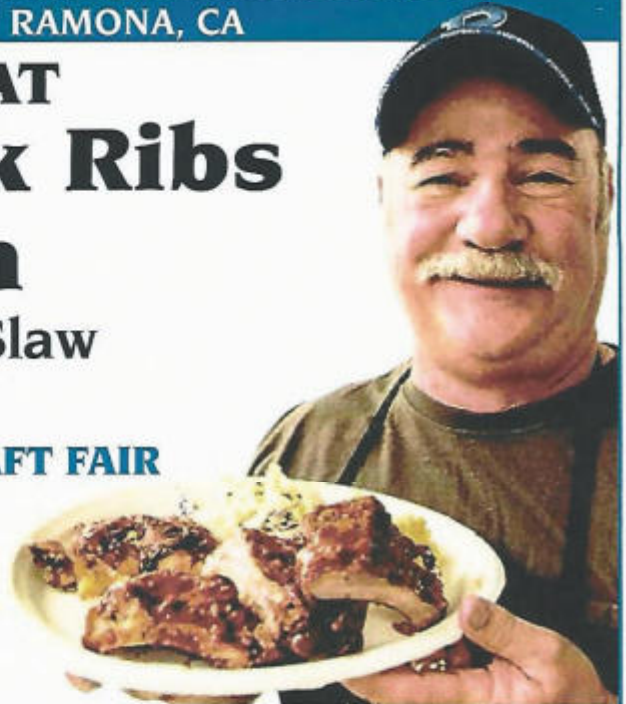
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Fundraiser Benefits the Ramona Senior Nutrition Program