



**April  
2019  
Volume 45**

# **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)**

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# April

- 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

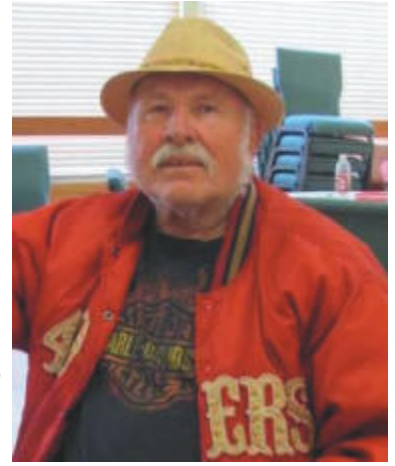
Pinochle 8:30 am  
Exercise on the Big Screen 9 am  
Movie Day 1 pm

# 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 – Andy Kirkpatrick

Andy Kirkpatrick was born in Fresno, California. He has one sister named Martha and they were raised in Riverside, California. Andy's dad worked at Goodwill and his mom stayed at home to raise the kids. Andy went to school through 10<sup>th</sup> grade and then started doing odd jobs. He worked at Denny's as a busboy and a dishwasher, and then was a window washer in high rises. Andy was married for 4 years but did not have children. Andy was in a serious car wreck when the tire to his van blew out, and he hit a sign, a mailbox, and split open his head. Later he was in a motorcycle crash on an unfamiliar road. He broke his collar bone and got road rash along one arm. Andy moved to Ramona around 3 years ago to be with his sister and her husband. He helps out by maintaining the property. He started visiting the Ramona Senior Center soon after moving here and almost immediately became a valuable volunteer. He comes in at 6am every morning and sets up the tables, chairs, and tablecloths for the day, and keeps the kitchen staff company. He picks up bread donations from Albertsons every Thursday, and often sets the tables when we are low on other volunteers. Andy loves movies and TV shows, especially the old ones like Laurel and Hardy, and the Three Stooges. Andy also loves to go on motorcycle rides. Come by and say Hi to Andy!



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## Director's Corner April 2019



### Fun Facts about April

- It is the second month of spring. It is a time of planting and spring cleaning.
- In the Southern Hemisphere, April is the same as October in the Northern Hemisphere.
- The diamond of April symbolizes innocence.
- The Boston Marathon is held during April.
- In Ancient Rome the month of April was sacred to the goddess Venus.
- In England there are many

cuckoo festivals. The arrival of the cuckoo bird in April is a signal that spring has arrived.

We have some very exciting news this month! The Senior Center has a new and improved Bingo Machine. Please come and join us on Thursdays from 1-4 pm for a fun filled afternoon of bingo. This is open to all of the community 18 years and older, and all games pay out cash prizes.

Spring is in the air and the flowers are in bloom. Speaking of flowers in bloom, did you know that we have a Ramona Ramblers Senior Travel Club? They have a great trip planned to go see the blooming Carlsbad

flower fields & will be stopping at the outlet stores on Saturday April 13<sup>th</sup>. Another popular trip they will be going on is to Sycuan Casino on Saturday May 18<sup>th</sup>. The Ramona Ramblers meet at the Senior Center on the first Monday of each month at 1:00 pm to discuss upcoming trips. For more information please contact Nancy Walker at (760) 803-4643.

Don't forget to come and join us for our Easter lunch celebration on Thursday April 18<sup>th</sup> starting at 11:30.

From my mouth to your ears,

Lora Cicalo  
Executive Director

## Senior Humor

### The Earthworm

One day, a boy and his grandma were digging for fishing bait in the garden. Uncovering a many-legged creature, the boy proudly dangled it before his grandma.

"No, honey, he won't do for bait," his grandma said.  
"He's not an earthworm."

"He's not?" the boy asked, his eyes wide. "What planet is he from?!"

### April

#### Birthstone



Diamond

#### Flower



Daisy

Sweet Pea



#### Signs

Aries

March 21 - April 19

Taurus

April 20 - May 20

# Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

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Ramona Senior Center, Ramona, CA

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# Ask a Nurse

Luanne Arangio-Law RN Med

Community Health Nurse Educator, Palomar Health

Question - It has been so cold lately, how do I stay warm and still save on heating bills?

Answer - We have had unusually cold weather this year. As people age, they become more sensitive to the changes in temperature. Here are some tips to stay warm until spring arrives:

1. Look around your house for cold air leaking under the doors or windows. Use a rolled towel in front of these spaces.
2. Call SDG&E for information on lower rates if you have a chronic illness. Your doctor will have to sign a special form.
3. Buy a space heater that has been approved by the Consumer Product Safety Commission. Do not place it near curtains, beds or other things that can catch fire.
4. Light your fireplace for extra warmth, as long as it has been inspected for safety.
5. Close the doors to any rooms you are not using.
6. Insulate your water heater and water pipes.
7. Open the blinds or curtains during the day and let the sunlight in.
8. Have your furnace inspected to make sure it is working properly.
9. Clean air vents and replace any filters.
10. Move around every day to help your blood circulate, which will make you feel warmer.
11. Use an electric blanket. If you have a sleeping partner, buy a dual control model, which means each person can control the temperature on their side of the bed.
12. Wear layers of clothing such as thermal underwear, an undershirt, thick socks, a warm hat, scarf, gloves and warm boots when going out. If you come home in wet clothes, change out of them as soon as possible.
13. Go to your doctor if you are unusually cold all the time, perhaps there is a health problem that needs to be checked.
14. Sleeping with your pets may keep you warmer. Be sure they are clean and free from fleas and ticks.
15. Talk with a neighbor or close friend and make a pact to check on each other every day.
16. Please don't be afraid to ask for help. Your local senior center or church is a good place to start.





# Ready to drive electric?



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