



**November
2020
Volume 62**

RAMONA SENIOR CENTER NEWSLETTER

Seniors Serving Seniors Since 1974

434 Aqua Lane | Ramona, CA 92065



Open Monday - Friday 8:30 am to 4:00 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

ALL ACTIVITIES SUSPENDED UNTIL FURTHER NOTICE

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 ALL ACTIVITIES SUSPENDED UNTIL FURTHER NOTICE

Mondays

Exercise on the Big
Screen 9:00 am
Lace/Crochet Class 9:30 am
Bridge 12:30 pm

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

Thursdays

Machine Embroidery 9:00 am
Bingo 1:00 pm

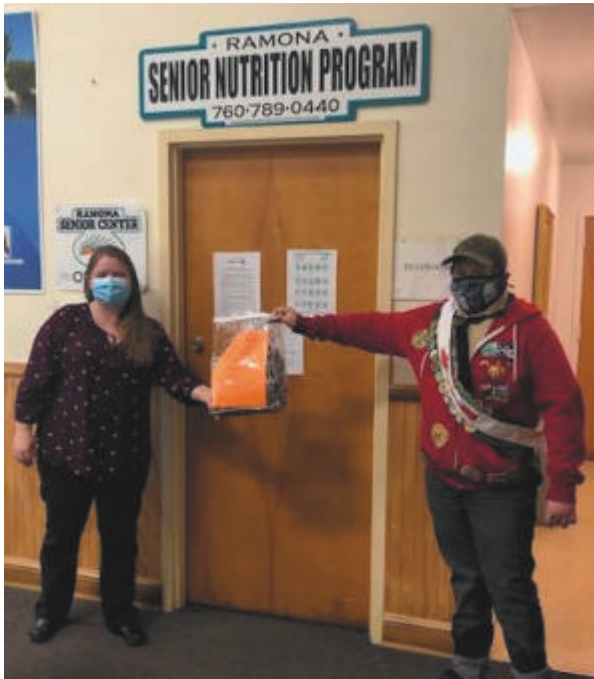
Friday

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
- Meals on Wheels for homebound seniors, call (760)789-0440

Brando M. Duran, Eagle Scout Project, from Troop 260. Thank you so much for making 50 masks to distribute to our seniors.



Girl Scout Junior Troop 2148 made, painted and donated these beautiful bird houses (along with bird food) to give to some of our seniors. Thank you so much for your thoughtfulness.

<p>Artistry in Hair</p> <p>Joanie Schall Hair Stylist 858-395-0119 1008 D St. • Ramona <i>Specializing in Senior Clients</i></p>	<p>RESIDENTIAL AGRICULTURAL INDUSTRIAL COMMERCIAL</p> <p>Fence Installations</p> <p>RAMONA FENCE, INC. 760-788-1538 CA LIC #534592</p>	 <p>#1 Medicare Advantage plan provider in America</p> <p>1-855-844-2078, TTY 711 ExploreUHC Medicare.com</p> <p>United Healthcare</p> <p>Y0066_200813_013109_M SPRJ58101</p>
<p>20% OFF THE BIRTHSTONE OF THE MONTH!</p> <p>Mountain Gypsy Unique CLOTHING, JEWELRY, ACCESSORIES & GIFTS 760-765-0643 2007 MAIN ST., JULIAN, CA 92036 • WWW.THEMOUNTAINGYPSY.COM</p>		
<p>➤ Reach the Senior Market</p> <p>ADVERTISE HERE</p> <p>CONTACT Christine Nicholls to place an ad today! cnicholls@lpiseniors.com or (800) 950-9952 x5841</p>		

Director's Corner November, 2020



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

Our Thanksgiving feast will be celebrated on Wednesday, November 25th. We will serve Turkey & Gravy, Stuffing, Mashed Potatoes, Green Bean Casserole, Cranberry Sauce, a Dinner Roll, Fresh Orange and Pumpkin Pie. Please come by and pick up a meal.



The Senior Center will be closed on Wednesday, Nov 11th in honor of Veterans Day and Nov 26th & 27th for Thanksgiving.



From my mouth to
your ears,
Lora Cicalo
Executive Director

What key won't open any door?
(A Tur-key!)



What should you wear to Thanksgiving dinner?
(A Har-vest!)



What's the most musical part of a turkey?
(The Drumstick!)



What is the scarecrow's favorite food?
(Straw-berries!)



What smells the best at Thanksgiving dinner?
(Your nose!)



Why did the turkey cross the road?
(It was the chicken's day off!)



November

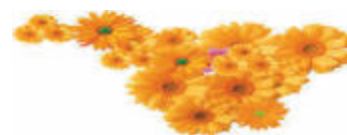
Birthstone

Citrine & Topaz



Flower

Chrysanthemum



Signs

Scorpio
October 23 - November 21

Sagittarius
November 22 - December 21

TIPS TO STAY SAFE DURING HEAT WAVES

Along with the extreme heat, our region is experiencing elevated fire danger – especially in the backcountry. Everyone is urged to avoid these situations that could spark fires (source – [National Fire Protection Association](#)):



1. Clear dead leaves and other flammable debris from gutters, eaves, porches and decks. This helps prevent embers from igniting your home.
2. Wind-borne embers can get into homes easily through vents, like exterior attic vents and other openings, and burn the home from the inside out. Walk around your house to see what openings you can cover with metal wire mesh no larger than 1/8 inch, or temporarily seal openings.
3. Remove flammable materials like firewood stacks, propane tanks and vehicles (anything that can act as a large fuel source) within 30 feet of your home's foundation and outbuildings, including garages and sheds. If it can catch fire, don't let it touch your house, deck or porch.
4. If you are ordered to evacuate, make sure all windows and doors are closed tightly and seal pet doors. Homes can be destroyed by embers entering these openings.
5. Don't let debris and lawn cuttings linger. Dispose of these items quickly and rake landscaping mulch to reduce fuel for fire.
6. Inspect shingles or roof tiles. Replace or repair those that are loose or missing to prevent ember penetration.

For more information on energy safety, efficiency tips and available programs to help with your SDGE bill, visit sdge.com/summer. For more information on wildfire safety and preparedness, visit sdge.com/wildfire-safety.

Economizers RAMONA'S BEST KEPT HARDWARE SECRET! ◆ Tools ◆ Rope ◆ Wire ◆ Plumbing ◆ Stain ◆ Paint ◆ Screws ◆ Nuts ◆ Bolts 760-789-4950 209 10th St. (Hwy 78), Ramona 10% Discount for Seniors 65+	NEVER MISS A NEWSLETTER ! Sign up to have our newsletter emailed to you at www.ourseniorcenter.com 	
SPREAD THE WORD A Thriving, Vibrant Community Matters  SUPPORT OUR ADVERTISERS		Ramona Disposal Service  (760) 789-0516 <i>"We'll Take Care of It"</i> ramonadisposal.com
Thrive Locally 	<p>A comfortable, enjoyable, and affordable home-like environment for our seniors. We ensure that our clients receive the care they deserve at affordable rates.</p>  <p>Please contact us today for lunch and tour! 1-760-440-9844 • rsm1236d@gmail.com 1236 D Street, Ramona, CA 92065 www.ramonasenior.com</p>	Ramona Ramblers Everyone Welcome 50 and over! Established 1980 434 Aqua Ln. • Ramona, CA Call Nancy Walker for your next Adventure!  760-789-0440



Telephone Scams

By: Jim Nutting

Because many seniors are spending more time at home due to the Covid-19 virus, they may become victims of telephone scammers who target folks with different telephone scams.

Many of these scammers are located outside the USA and very hard to locate. Even though there are many cellphone apps that catch some of them, many get through to our phones. There is little to no paper trail and the numbers they use are not the ones they are actually calling from. Some may come through our caller ID as familiar or with prefixes that are local. Many scammers use computers that generate phone numbers. Sadly, many of these scams go unreported.



According to the FBI, the following are just a few scams they use.

Sweepstakes/charity and lottery scams where the scammer pretends they're from a charitable organization and will request a donation for an entry into a raffle, lottery or sweepstake. They will offer a great prize if you donate to their great cause. There is no great prize.

Home repair scam where they give great prices for work on your home and request a deposit. They will never show up and folks lose their deposit.

Social Security or government debt scam where they threaten victims with police action and tell them they will be turned over to the police unless they give a credit card number or bank account information for payment. In reality, no government agency will call you for this information.

Credit repair scams where they claim to fix bad credit. This is another scam where they try to gain access to your social security number and your bank information.

There are many more scams and it would make this article look like a book. Never give your bank or credit card information over the phone unless you initiated the call and know the business or agency you are calling. Never give out your social security number, bank account information or credit card number. One way to find out if they are scammers is to ask them if they know your name and address. Because these are robocalls, they just call people based on the number their computer pulled up. There are some who actually received your information from personal data that may have been sold to them by businesses and organizations who obtained names from applications filled out in the past. This is a big business that profits on ripping off unknowing victims.

If you believe you were victimized by phone scammers and you lost money, contact the San Diego FBI office at (858) 320-1800. Their address is 10385 Sorrento Parkway San Diego, CA 92121. If you were threatened even though you didn't lose money, contact the San Diego County Sheriff.

Kahoots Feed and Pet Store

We want to give a big shout out and thank you to Kahoots Feed and Pet Store!! In September they held a pet food drive for the Senior Center's homebound participants. Aaron, the manager of the Ramona location, organized a 2-week collection drive resulting in a large variety of pet food AND \$1000 in gift cards to go towards the purchase of more pet food. We would like to thank Kahoots, along with all the community, that generously contributed. The food donated goes out with our drivers to seniors that have pets as companions. This helps to ensure that the seniors eat a nutritious meal themselves. In some cases, if they do not have food for their pet, some will feed their meal to the pet before they eat it themselves. Your continued support is invaluable!!



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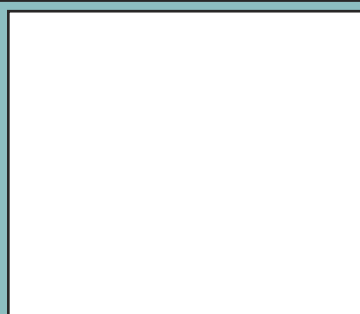

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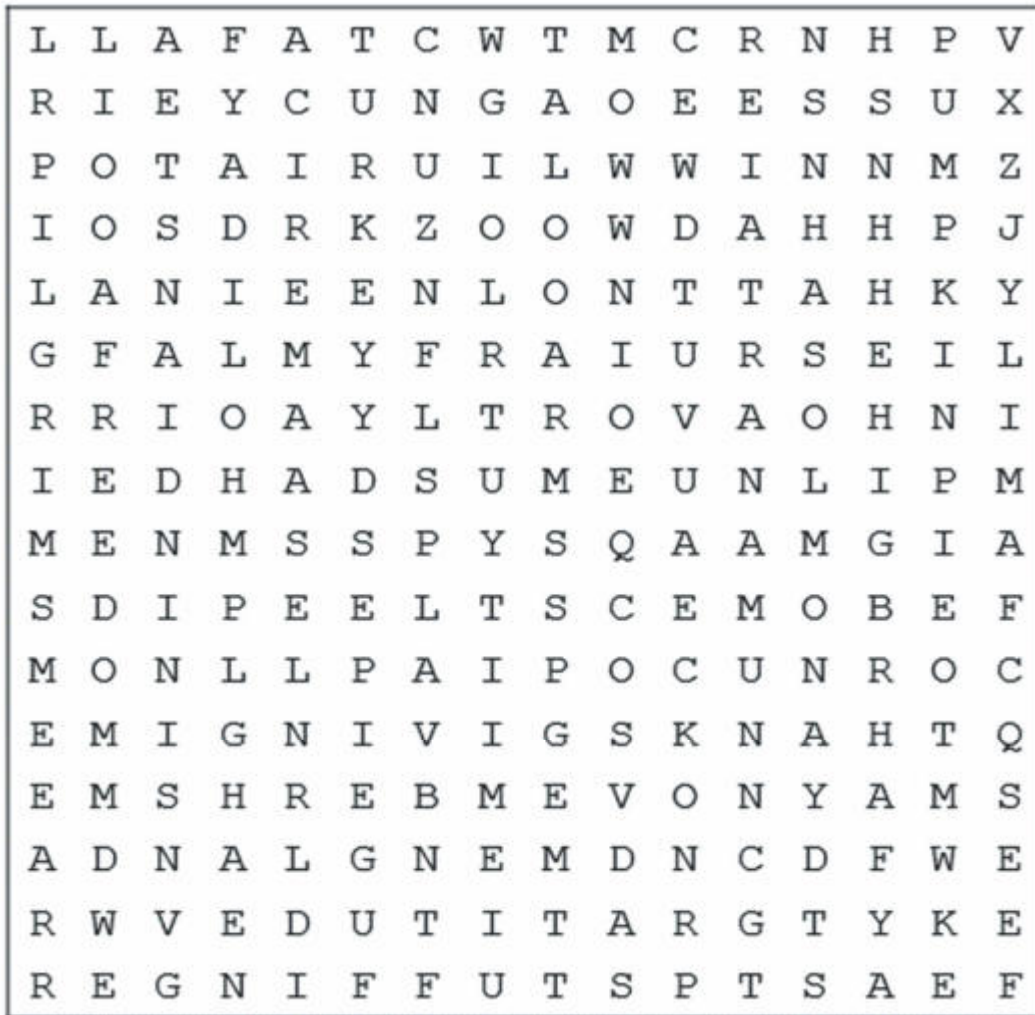
➤ Reach the Senior Market
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CONTACT
Contact Christine Nicholls to place an ad today!
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Thanksgiving Day

Fourth Thursday of November



AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS

