



**January
2019
Volume 42**

RAMONA SENIOR CENTER NEWSLETTER

Seniors Serving Seniors Since 1974

434 Aqua Lane | Ramona, CA 92065



Open Monday - Friday 8 am to 4 pm

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Like us on Facebook at Ramona Senior Center Official

Senior Housing

On December 18, 2018, the Housing Authority of the County of San Diego opened the Project Based Voucher Waitlist for the Schmale Family Senior Residence, located at 430 16th Street in Ramona CA. The Project-Based Voucher program (PBV) allows rental assistance to be attached to a specific unit and/or development.



The Schmale Family Senior Residence is an affordable housing complex, which is currently under construction and will include 61 Project Based Voucher (PBV) assisted units for persons 62 years of age or older.

If you are interested in applying to the Ramona PBV Schmale Family Senior Residence waitlist , please visit www.sdhcd.org or contact 858-694-4801.

For more information on this development, please visit:

<https://www.chelseainvestco.com/>

Director's Corner January 2019



December is over and 2018 is gone and now we can look forward to some quiet time. The hustle and bustle has calmed down a little and your social calendar is looking much less busy. No more shopping list, gift research, decorating, wrapping or party commitments. Some of our bank accounts are still recovering from the holidays, but if there is anything you want, January has the best sales. The days are getting lighter and weekends are your own again. There will be those endless

thoughts about what your new year's resolution will be. New seasons of your favorite TV shows will begin and finally the grocery stores are back to normal and you can do your shopping in peace.



I look forward to spending another great year with all of you that attend the Ramona Senior Center and really look forward to welcoming many more new people.

Those of you that are familiar with our Ramona Meals on Wheels program probably know our Ramona route driver Melanie. Melanie had an exciting year with a new baby and will be leaving us to spend more quality time with her daughter. It will be sad to see her go after all these years but we wish her the best. I would like to welcome her replacement, Jim Nutting. If you get a chance to say hello and introduce yourself to Jim then please do so. We look forward to working with you Jim!

From my mouth to your ears,
Lora Cicalo
Executive Director

Senior Humor *"The Old Days"*

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I'd gotten to know you a lot sooner!"

January

Birthstone

Garnet



Flower

Carnation and

Snowdrop



Signs

Capricorn

December 22 - January 19

Aquarius

January 20 - February 18

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

From 1 pm to 4 pm

\$14 to Play

\$5 off First Time Players

16 Games

Doubles \$1each

Intermission Roundies \$1each

Anyone Over 18 Years of Age Welcome

Ramona Senior Center - 434 Aqua Lane, Ramona



Senior of the Month - George Trelikes

George was presented with a Quilt of Thanks by Carol Huff at the Ramona Senior Center on November 21st. During the presentation, we learned a lot about the extraordinary life that George has enjoyed for the past 103 years!

He was born in San Diego in December of 1915 and grew up in the same area. George was in middle school when the stock market crashed in 1929. His family moved to Julian for a short time where his father was able to find work building apple crates. After getting married, he worked for Rohr Aircraft assembling planes. During World War II, George was in the Army Air Corps and was stationed in Buffalo working on the aircraft known as the PBY airplane. After the war, he became an avid collector and reseller.

As you can imagine, a lot of mishaps can happen to a guy in 103 years! During childhood, George fell out of a second floor window which resulted in a loss of hearing in one ear and he lost a finger in a gun accident. He has fallen from a ladder, almost been run over by a 25 ton tractor trailer and battled and won against prostate cancer!

The Ramona Senior Center celebrated George's 103rd birthday with him last month with cupcakes and singing. He calls the center his "home away from home." Come by and say hi to George!



Stay Connected, Stay Informed

Want to stay in-the-know about your monthly SDG&E bill or energy spending? Enroll in our alerts via email or text. To participate, you'll need an online account.

Learn more at sdge.com/alerts. There are 4 types of alerts you can subscribe to. Choose one or choose them all!

Usage alerts – when your pre-set electric or gas use level was exceeded

Billing alerts – when you move into a higher-priced electric tier

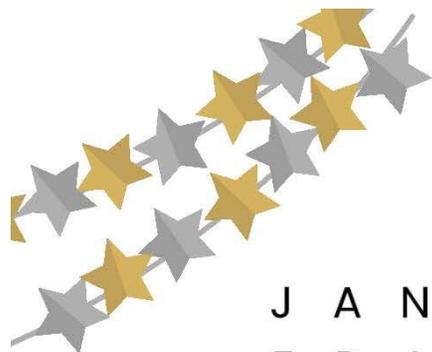
Budget alerts – when your pre-set spending goal was exceeded

Weekly energy use alert – a summary with energy-saving tips

If you're already signed up for alerts, please verify your contact info on myaccount.sdge.com is still current.



New Year's Word Search



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

BABY
 BALL
 CALENDAR
 CELEBRATION
 CLOCK
 CONFETTI
 COUNTDOWN
 EVE

FAMILY
 FRIENDS
 HAPPY
 JANUARY
 MIDNIGHT
 NEW YEAR
 NOISEMAKER
 PARTY

RESOLUTION
 TOAST



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