

SMALL STEPS  
EVERY DAY



**April  
2025  
Volume 113**

## **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](mailto:ramonaseniorcenter@gmail.com)**

**Web site [www.ramonaseniorcenter.com](http://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.**

## April Upcoming Events

- 2nd Random Fun Facts Discussion  
10:30 a.m.
- 7th Ramblers Meeting  
1:00 p.m.
- 12th Car Show  
10:00 a.m.–2:00 p.m.  
@Grace Community Church
- 17th Easter Lunch  
11:30 a.m.
- 18th CLOSED
- 23rd Alzheimer Support Group  
10:00 a.m.-11:30 a.m.
- 23rd PEF Board Meeting  
1:00 p.m.
- 25th Birthday Lunch  
11:30 a.m.

SEE OUR WEB SITE  
**www.ramonaseniorcenter.com**  
FOR ACTIVITY CALENDAR  
AND FOR ALL OTHER  
ACTIVITIES.

# Senior Center News

Our nutrition program helps feed seniors who sometimes would not be able to afford a meal otherwise.

## Table of Contents

Pacific Educational Facilities-	---	3
Director's Corner--	---	4
Senior Humor --	---	4
Adult Protective Services--	---	5
BINGO Fundraiser --	---	6
SDG&E -	---	7
Word Search --	---	8

## Weekly Events

### Monday

Chess Group 10:00 am

### Tuesday

Chair Yoga 9:00 am  
Computer Help 10:30 am

### Wednesday

Pinochle 8:30 am  
Watercolor Supplies  
Available 10:00 am  
Movie Day 1:00 pm

### Thursday

Quilting/Lace/Crochet/  
Machine Embroidery 8:30 am  
Bingo 1:00 pm

### Friday

Cornhole Available  
(2nd/4th Friday) 10:00 am

## 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

## What is Pacific Educational Facilities or PEF?

The Ramona Senior Center is run by the non-profit group called Pacific Educational Facilities Inc., also known as PEF. There is a Board of Directors made up of local members of our community as well as seniors that are active at the Senior Center. We encourage all of our seniors and anyone in the community to become a member of PEF for \$10. The board meetings are held every 4<sup>th</sup> Wednesday at the Senior Center at 1:00 p.m. Our current board members are:

Sara Allen – President

Jim Phillips – Vice President

David White – Treasurer

Debi Fraser – Secretary

Pegge Guevara – Director

Tom McKelvey – Director

Lynn McNees – Director

Beverly J. Smith – Director

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to reach your community



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## Director's Corner ~ April, 2025



### What cool things happen in spring?

- The Earth's axis starts to tilt towards the sun.
- Days start to get longer.
- Snow begins to melt as the weather gets warmer.
- Plants begin to grow and flowers to bloom.
- Animals awaken from hibernation.
- Babies - not just human babies are often born in spring.

### Car Show Fundraiser

Please save the date and come join us on Saturday,

April 12<sup>th</sup> from 10 a.m.– 2 p.m. in the parking lot of Grace Community Church, 1234 Barger Place in Ramona for a free car show. There will be a lot of cars, trucks and motorcycles for you to look at. You will be offered a free hot dog meal with chips and a drink and of course there will be great music played. Tickets will be sold for raffle prizes and drawings will be held every half hour. There will be lots of great prizes and we also will have a silent auction. Come and hang out with some great company and remember that 100% of all money raised by Ramona American Graffiti Cruise goes back to the Ramona Senior Center nutrition program. Ramona American Graffiti Cruise on Main St. resumes on Thursday, April 17<sup>th</sup>, and you will be able to purchase your shirts and other items at the booth on Main St. in front of the old Bank of America.

### Did You Know

- Your generosity can continue to make a difference in our community long after your lifetime through a planned gift.
- Consider leaving a bequest in your Will to ensure our mission continues to thrive for generations to come.
- By naming Pacific Educational Facilities, Inc. dba Ramona Senior Center as a beneficiary of your life insurance policy, you can create a significant impact on the senior nutrition program.

Please plan to join us for our Easter lunch on Thursday, April 17<sup>th</sup>, at 11:30 a.m. and remember we are closed Friday April 18<sup>th</sup>.



From my mouth to your ears,  
**Lora Yule**

## Senior Humor



A young grandson asked his grandfather how old he was, and the grandpa teasingly replied, "Well, I'm not exactly sure how old I am."

The little boy advised, "You have to look in your underwear, Grandpa. Mine says I'm 4 to 6."

\*\*\*\*

A shopkeeper was dismayed when a store opened next door with a huge sign that said, BEST DEALS!"

To make things worse, another store opened on the other side with a huge sign reading "LOWEST PRICES!"

He nearly panicked until he had the idea to put up his own sign, bigger than the other two, that read, "MAIN ENTRANCE."

\*\*\*\*

An older lady passed away recently. She'd never been married, and she specifically asked that her casket service not have any male pallbearers. Her contract with the funeral parlor stated: "They never took me out when I was alive, so they sure won't be taking me out when I'm dead."

## April

### Birthstone

Diamond



### Flower

Daisy



### Signs

Aries  
03/21 to 04/19

Taurus  
04/20 to 05/20

## ADULT PROTECTIVE SERVICES (APS)

Each California County has an Adult Protective Services (APS) agency to help elder adults (60 years and older) and dependent adults (18-59 who are disabled), when these adults are unable to meet their own needs, or are victims of abuse, neglect or exploitation. County APS agencies investigate reports of abuse of elders and dependent adults who live in private homes, apartments, hotels, hospitals, or who are, or soon will be, experiencing homelessness.

**To report abuse from any County**, call 1-833-401-0832 and when prompted enter your 5-digit zip code to be connected to the Adult Protective Services in your county, 7 days a week, 24 hours a day.

APS staff also provides information and referral to other agencies and educates the public about reporting requirements and responsibilities under the Elder and Dependent Adult Abuse Reporting laws.

San Diego County handles over 10,000 reports of elder and dependent adult abuse each year. Many other incidents go unreported, leaving vulnerable adults in distressing, potentially life-changing, even dangerous, situations.

Abuse often escalates if there is no intervention. Victims will live in silent desperation, unwilling to seek assistance because they believe their cries for help will go unanswered and they fear retaliation from their abusers. Many remain silent to protect abusive family members from the legal consequences of their crimes, or they are too embarrassed to admit that they have fallen victim to predators.

**Reporting Elder and Dependent Adult Abuse.** If a situation appears to be life threatening or a crime is in progress, call 9-1-1 or your local law enforcement agencies such as police and Sheriff's departments. Some agencies have specialized units that focus on crimes involving elder and dependent adults. If you believe elder or dependent abuse has occurred, call Adult Protective Services at 1-800-339-4661, 24 hours a day, 7 days a week.

*Information from the California Department of Social Services and San Diego District Attorney web sites.*

### Economizers

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Ramona Senior Center, Ramona, CA

B 4C 05-0664

# **MAY BINGO FUNDRAISER**

## **(MAY 9TH)**

**ALL PROCEEDS GO TO THE RAMONA SENIOR CENTER NUTRITION PROGRAM.**

Doors open at 3:30 pm & the first game starts at 5:00 pm.

You must be at least 18 years old.  
434 Aqua Lane Ramona, Calif 92065



**\$35.00 BUY IN**

**RESERVE YOUR SPOT BECAUSE SEATS ARE LIMITED**

**760-789-0440**

**THERE WILL BE RAFFLE TICKETS AVAILABLE TO PURCHASE AND YOU WILL BE PROVIDED A FREE HOT DOG MEAL**

SDG&E'S ACCESSIBLE INFORMATION,  
RESOURCES AND SERVICES

SDG&E is committed to supporting customers and making sure that everyone is offered equal access to information, resources and services. To learn more, visit [sdge.com/AFN](http://sdge.com/AFN). Customers are also encouraged to share their household's individual needs using the form found at [sdge.com/AFN-survey](http://sdge.com/AFN-survey).

Let us know whether you or someone in your household:

1. Has a disability;
2. Uses an electronic medical device for health, safety or independence;
3. Is blind or has low vision;
4. Is deaf or hard of hearing; and/or
5. Requires the use of assistive technology or durable medical equipment.

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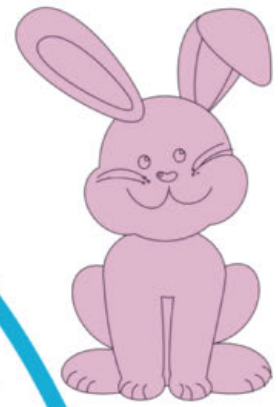
**800.809.3570** \* [md-medalert.com](http://md-medalert.com)

BBB A+ Rating



# Easter

## Word Search



Word list:

BASKET  
BOUQUET  
BUNNY  
CARROTS

CELEBRATION  
CHICKS  
CHOCOLATE  
COTTONTAIL

DYE  
EGGS  
FIND  
FLOWERS

HIDE  
HOP  
PEEP  
RABBIT