

*You are  
powerful,  
beautiful,  
brilliant  
and brave.*



**May  
2025  
Volume 114**

## **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**

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**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.**



## **BINGO-HISTORY OF THE GAME**

Bingo is a popular game that can be played for cash and prizes. Bingo games are won when the player matches numbers on their card with ones randomly drawn by a caller. The first person to complete a pattern yells, "Bingo." Their numbers are checked and a prize or cash awarded. The patterns can be varied throughout a gaming session, which keeps players interested and engaged.

### **Bingo's Ancestors**

The game's history can be traced back to 1530, to an Italian lottery called "*Lo Giuoco del Lotto D'Italia*," which is still played every Saturday in Italy. From Italy, the game was introduced to France in the late 1770s, where it was called "*Le Lotto*", a game played among wealthy Frenchmen. The Germans also played a version of the game in the 1800s, but they used it as a child's game to help students learn math, spelling, and history.

In the U.S., bingo was originally called "beano". It was a country fair game where a dealer would select numbered discs from a cigar box and players would mark their cards with beans. They yelled "beano" if they won.

### **Edwin S. Lowe and the Bingo Card**

When the game reached North America in 1929, it became known as "beano". It was first played at a carnival near Atlanta, Georgia. New York toy salesman Edwin S. Lowe renamed it "bingo" after he overheard someone accidentally yell "bingo" instead of "beano."

He hired a Columbia University math professor, Carl Leffler, to help him increase the number of combinations in bingo cards. By 1930, Leffler had invented 6,000 different bingo cards. They were developed so there would be fewer non-repeating number groups and conflicts when more than one person got Bingo at the same time.

Lowe was a Jewish immigrant from Poland. Not only did his E.S. Lowe company produce bingo cards, but he also developed and marketed the game Yahtzee, for which he bought the rights from a couple who played it on their yacht. His company was sold to Milton Bradley in 1973 for \$26 million. Lowe died in 1986.

### **Church Bingo**

A Catholic priest from Pennsylvania approached Lowe about using bingo as a means of raising church funds. When bingo started being played in churches it became increasingly popular. By 1934, an estimated 10,000 bingo games were played weekly. While gambling is banned in many states, they may allow bingo games to be hosted by churches and non-profit groups to raise funds.

*Article from: Bellis, Mary. "Bingo: History of the Game." ThoughtCo, Jun. 25, 2024, [thoughtco.com/history-of-bingo-4077068](https://www.thoughtco.com/history-of-bingo-4077068).*

## Director's Corner ~ May, 2025



### Springtime Table Topics Questions:

- What are some of your favorite springtime activities?
- What is your favorite spring flower?
- How does the warmer weather during spring make you feel?

**Thank you** to all of you that came out to support our Senior Center Car Show. As always, we want to thank all of the volunteers that donated so much of their time to make this another successful show. Also, a big thank you to all the businesses that supported our raffle with donations. Our community is amazing!

**Celebrate Mother's Day lunch with us.** Save the date of Friday, May 9<sup>th</sup>, for our Mother's Day

Celebration. You don't want to miss out on Chicken Cordon Bleu.

**Our Bingo Fundraiser** will be held on Friday, May 9<sup>th</sup>, right here at the Senior Center. Doors open at 3:30 p.m. and the first game starts at 5:00 p.m. Tickets are on sale now for \$35.00, call 760-789-0440 or visit the senior center to reserve your spot. **GRAB A FRIEND & COME ON OUT AND HAVE A FUN EVENING WITH US!** You will receive a free hot dog, chips & drink with your purchase of a bingo pack.

**Remember** we will be closed on Monday, May 26<sup>th</sup>, for Memorial Day.

### Did You Know:

**February 1865 is the only month in recorded history not to have a full moon.**

**In the last 4,000 years, no new animals have been domesticated.**

**If the population of China walked past you, in single file, the line would never end because of the rate of reproduction.**

**If you are an average American, in your whole life, you will spend an average of 6 months waiting at red lights.**

**What does it mean April showers bring May flowers?**  
As you can see, the rhyme was originally a short poem. There is meaning behind the words, as well. "April showers bring May flowers" 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 – in this case, an abundance of flowers in May.

*From my mouth to your ears,*

Lora Yule  
Executive Director



## Senior Humor

- Moms don't wish they could sleep like a baby. They wish they could sleep like a dad.
- I hate when I'm waiting for Mom to cook dinner—and then I remember I am Mom.
- Silence is golden. Unless you have kids, then silence is suspicious.
- My kids asked me what it was like to be a mom. So, I woke them up at 3 a.m. demanding to know where my lucky sock was.
- Why is a computer so smart? It listens to its motherboard.
- What did the mother rope say to her child? Don't be knotty.
- What did the digital clock say to its mother? "Look, Ma! No hands!"
- Why was it so hard for the pirate to call his mom? Because she left the phone off the hook.



Son: "Mom, can I have \$20?"

Mom: "Does it look like I am made of money?"

Son: "Well, isn't that what M-O-M stands for?"

## May

### Birthstone

Emerald



### Flower

Lily of the Valley



& Hawthorn



### Signs

Taurus  
04/20 to 05/20

Gemini  
05/21 to 06/20

## 5 WAYS TO HONOR THE FALLEN ON MEMORIAL DAY

### 1. Take a Walk Through Your Local Veterans Cemetery

Most states have national veterans cemeteries where you can pay a visit and honor the fallen. Many cemeteries might have adjusted hours or be only open to family members, but this varies across the country.



### 2. Brush Up on Your Memorial Day Knowledge

Many people easily confuse Memorial Day with Veterans Day or other military holidays.

### 3. Participate in a Memorial Day Walk or Running Race

There are many annual Memorial Day weekend running races – virtual or in-person – and you can participate in one of these races in your local community as a way to honor the fallen. From 5Ks to half marathons, there are plenty of options available through run-hosting organizations across the country – all it takes to find them is a quick internet search!

### 4. Learn About Gold Star Families

The designation “Gold Star Family” is reserved for families of military members who have died in the line of duty. This title is meant to honor the service member’s ultimate sacrifice while acknowledging their family’s loss, grief and continued healing. Spend a few moments this weekend learning about Gold Star Families in honor of Memorial Day.

### 5. Investigate Your Family’s Military History

When is the last time you asked family members about their connection to the U.S. military? Their answers might surprise you! Spend a few moments this weekend talking to relatives about family members that have served in the military. Do you or a family member have a World War II story?

**Memorial Day is not about the veteran or the active-duty soldier — it is about the men and women buried across this nation in countless veteran and local cemeteries.**

**Every day, America’s service members selflessly put their lives on the line to keep us safe and free. Please take a moment to let our troops know how much we appreciate their service and sacrifice.**

*Partial Article From: USO Web Page 05/22*

BEGINNING ON THE FIRST DAY OF THE MONTH COMPLETE THE CHALLENGE FOR THE DAY.

# 30 DAY GRATITUDE CHALLENGE

<p><b>1</b></p> <p>3 Things that make you special</p>	<p><b>2</b></p> <p>3 People you are grateful for and why</p>	<p><b>3</b></p> <p>3 Simple things you are grateful for</p>	<p><b>4</b></p> <p>A challenging experience that made you strong</p>	<p><b>5</b></p> <p>3 Ways to inject gratitude into a current challenge</p>
<p><b>6</b></p> <p>Describe the last time you did something nice</p>	<p><b>7</b></p> <p>A fear you have overcome</p>	<p><b>8</b></p> <p>3 Activities you enjoy most and why</p>	<p><b>9</b></p> <p>What made you smile today?</p>	<p><b>10</b></p> <p>3 Things you love about your family</p>
<p><b>11</b></p> <p>What is your favorite place and why?</p>	<p><b>12</b></p> <p>3 Things you love most about yourself</p>	<p><b>13</b></p> <p>The last time you were overcome with joy</p>	<p><b>14</b></p> <p>A risk you are grateful you took and why</p>	<p><b>15</b></p> <p>3 Everyday items you are grateful for</p>
<p><b>16</b></p> <p>3 Songs that bring you joy</p>	<p><b>17</b></p> <p>What skill are you grateful for and why?</p>	<p><b>18</b></p> <p>One luxury you are thankful for</p>	<p><b>19</b></p> <p>Describe a rejection you are grateful for</p>	<p><b>20</b></p> <p>3 Things about your body you are grateful for</p>
<p><b>21</b></p> <p>What you are most grateful for in your daily life?</p>	<p><b>22</b></p> <p>3 Things you are grateful for about where you live</p>	<p><b>23</b></p> <p>3 Items in your home you are grateful for</p>	<p><b>24</b></p> <p>Say thank you to someone</p>	<p><b>25</b></p> <p>Something in nature you are grateful for</p>
<p><b>26</b></p> <p>A person in your past you are grateful for</p>	<p><b>27</b></p> <p>Something at work you are grateful for</p>	<p><b>28</b></p> <p>Describe the last time you laughed so hard you cried</p>	<p><b>29</b></p> <p>What is your proudest accomplishment?</p>	<p><b>30</b></p> <p>3 Things you want to manifest</p>

## **Get Rewarded with the Power Saver Rewards Program**



This summer you have the power to make a difference! Join the Power Saver Rewards program and earn a bill credit while helping California's energy grid. It's a win-win.

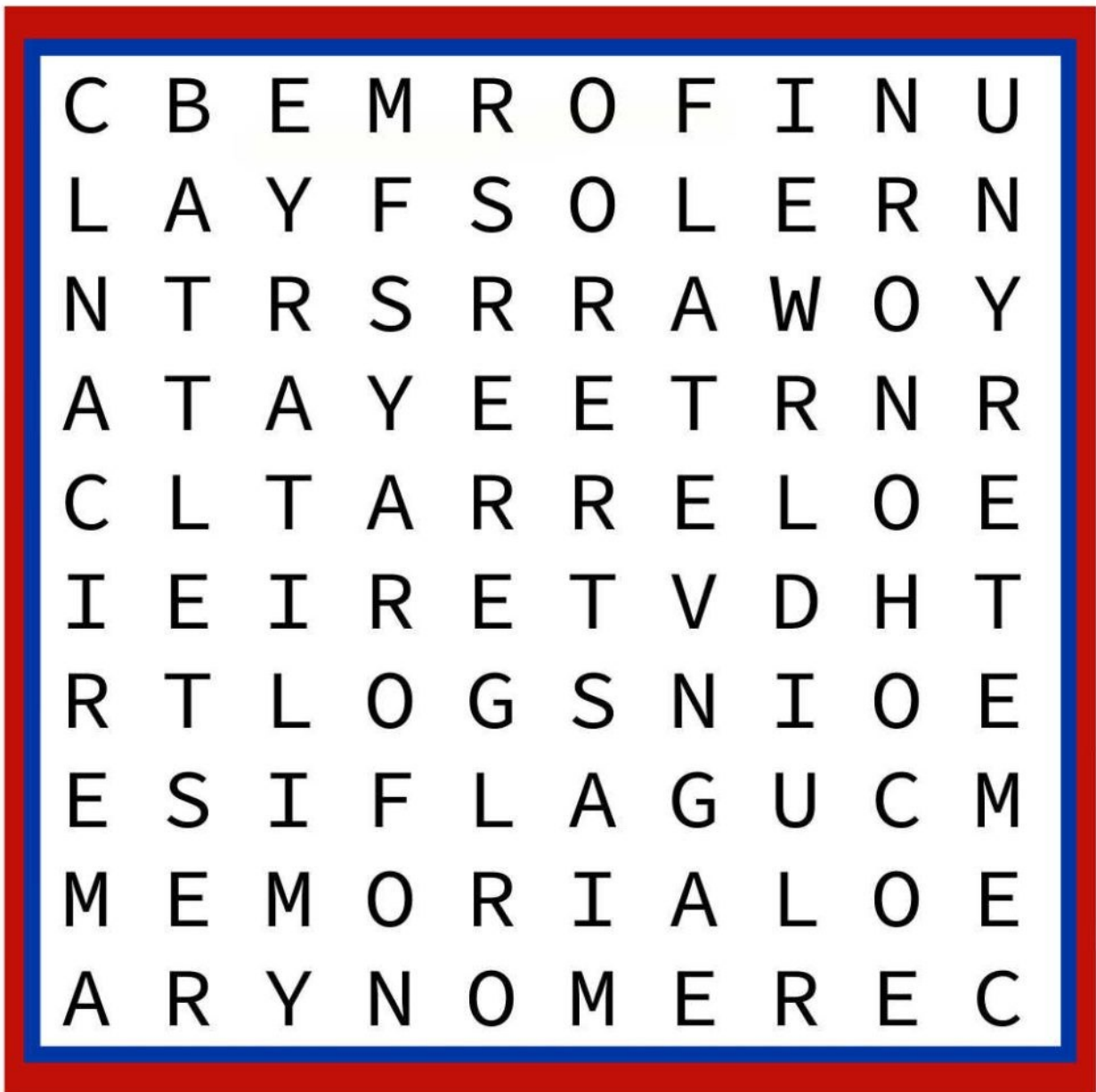
Here's how it works — on scorching hot summer days, the demand for electricity increases, putting pressure on the grid. But you can help! If you can reduce your energy use during a Power Saver event between 4 p.m. and 9 p.m., you may receive a bill credit as a reward. The more energy you save, the more you can earn!

There's no pressure and only rewards. Participation is completely voluntary, and there's no penalty if you don't reduce your energy use. Plus, you can opt-out at any time. It's a flexible way to make an impact when you can.

Enroll or learn more about SDG&E's Power Saver Rewards program by visiting [sdge.com/PowerSaver](https://www.sdge.com/PowerSaver) or call SDG&E's Customer Care Center at **1-800-411-7343**.

*Actual savings may vary and will depend on various factors, including geographic location, weather conditions, equipment installed, usage rates and similar factors.*

 Memorial Day   
**WORD SEARCH**



American  
Battle  
Cemetery  
Ceremony

Country  
Flag  
Freedom

Honor  
Memorial  
Military

Service  
Uniform  
War

