



JANUARY

**January
2026
Volume 122**

RAMONA SENIOR CENTER NEWSLETTER
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

Website is 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.

Cold Weather Knock-Knock Jokes

"Knock, knock!" "Who's there?" "Snow." "Snow who?" "This weather is snow joke!"

"Knock, knock!" "Who's there?" "Icy." "Icy who?" "Icy you!"

"Knock, knock!" "Who's there?" "Snow." "Snow who?" "Snow use telling, I can't remember!"

"Knock, knock!" "Who's there?" "Atch." "Atch who?" "Bless you!"



"Knock, knock!" "Who's there?" "Snow." "Snow who?"
"Snowbody home."

"Knock, knock!" "Who's there?" "Lettuce." "Lettuce who?"
Lettuce in, it's cold out!"

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Director's Corner

December is over and I don't know about you but I have no idea where 2025 went. 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. Now we can all start to think about and make our New Year's Resolutions going into the New Year.

DID YOU KNOW

Many animals, including bears and bats, hibernate during January in colder climates.

In the Southern Hemisphere, January is prime time for wildflower blooms. Monarch butterflies overwinter in Mexico and California during January.

The Northern Lights are often visible in northern latitudes during January nights. Many cultures have developed unique traditions and superstitions associated with January, often centered around ensuring good luck for the coming year.

In Scotland, "first-footing" is practiced on New Year's Day, where the first person to enter a home brings gifts for luck.

Eating 12 grapes at midnight on New Year's Eve is a Spanish tradition believed to bring good luck.

In Japan, people eat Toshi Koshi soba (year crossing noodles) on New Year's Eve for good luck.

Many cultures believe that what you do on January 1st sets the tone for the entire year.

In some parts of the United States, eating black-eyed peas on New Year's Day is thought to bring prosperity.

Going forward into the new year I have a lot

of thanks to give for last year.

First, I would like to thank each and every one of my staff that always give so much of their time here at the center. Also, a great big thank you to all the volunteers that show up day after day to keep things running smoothly here at the Ramona Senior Center - without them we can't do what we do! Let's not forget about all the different community members and groups that partnered with us to make the holiday wishes for our homebound seniors come true this year.

I want to make sure to thank the San Diego Seniors Community Foundation and their no Senior Alone for the Holidays program. They granted us the funds to be able to host our holiday activities along with our party and give aways for our congregate seniors. It is always so special to see the smiles and appreciation on everyone's faces.

I definitely can't forget to thank the American Graffiti Cruise group for all the fundraising they do for us throughout the year. To all of you that contributed items or money to us we also thank you. WOW what a community we have! I guess we have a lot to be thankful for.

Last but not least I would like to welcome our new assistant cook Devin to the team. Please make sure to stop and say hello!

Lora Yule,
Executive Director



New Year = New Skills

Lifelong learning not only keeps the brain sharp, but it also boosts mood, confidence and independence. Whether you want to learn a new skill or dig deeper into a favorite hobby, here are some ways you can grow your skills this new year:

* **Step Outside Your Comfort Zone:** To get on a path to learning, try stepping outside of your comfort zone, so you're not just doing what you've always done. For example, if you do a daily crossword puzzle, you try a harder crossword puzzle or an entirely different style, like Sudoku. If you like puzzles, you can choose one with more pieces. The Ramona Senior Center has puzzles for you to take home or you can work on one in the craft room.

* **Read as Often as You Can:** There's a benefit to always having your nose in a book: People who read at least twice a week are less likely to have cognitive decline over the long-term, according to research in *International Psychogeriatrics*. Reading can help preserve brain function as you age. It's also something you can do solo in the quiet of your own home, at a local park, or in the afternoon at the Senior Center. The most important thing is that you're reading. Choose a genre you love so you stay motivated to read. The Ramona Senior Center has a large collection of books to choose from.

* **Sign Up for Classes Designed for Seniors:** Whether you're aiming to learn yoga, watercolor painting, learn to play chess, sewing, or another activity, find classes at the Ramona Senior Center. You can check the Activity Calendar on our website (www.ramonaseniorcenter.com) or by picking up a copy of the calendar in the lobby.

Economizers

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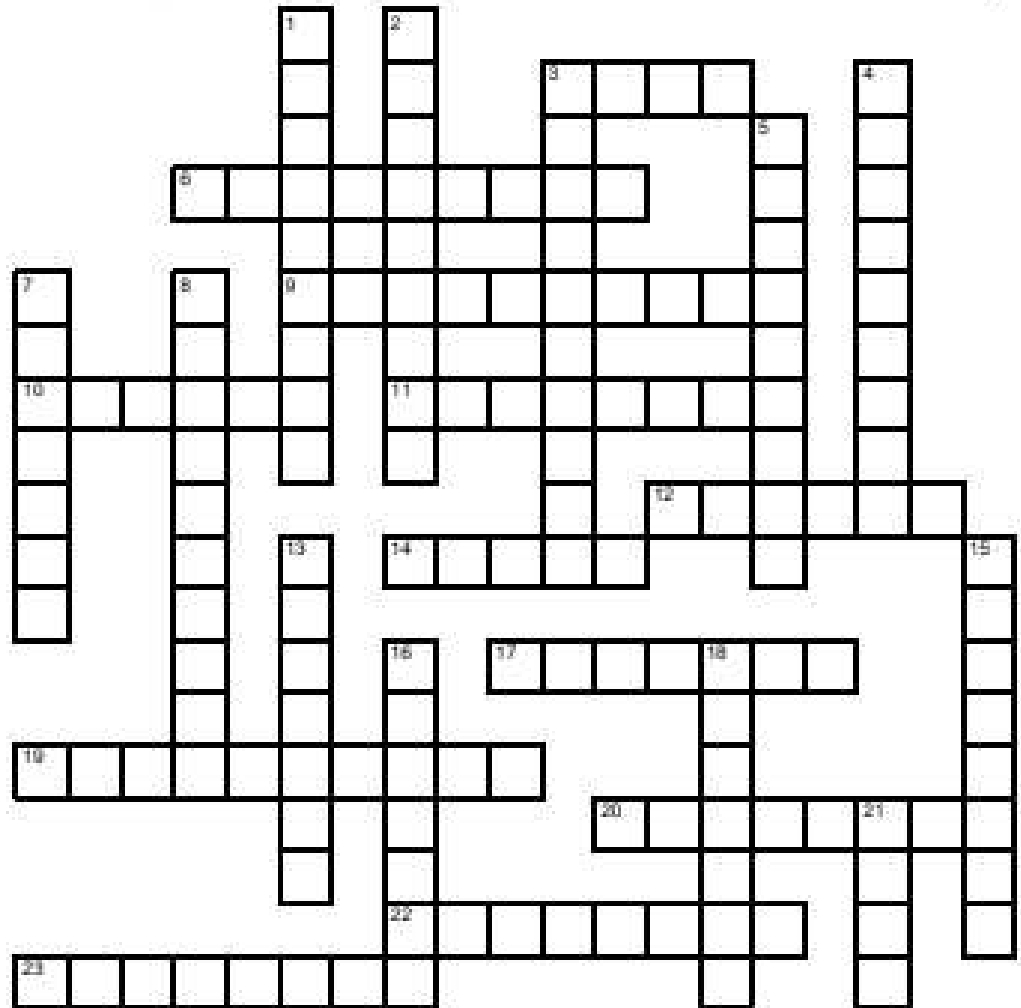
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ACROSS

- 3. Wintry precipitation common in January
- 6. January's birth flower
- 9. Restlessness from staying indoors
- 10. Season in full swing during January
- 11. Zodiac sign for late January birthdays
- 12. January's birthstone
- 14. Icy coating on January mornings
- 17. Frosty figure built after fresh snowfall
- 19. Wintertime activity on frozen ponds
- 20. Comforting chocolate drink for cold days
- 22. Christian feast day on January 6th
- 23. Cozy coverings for chilly nights



DOWN

- 1. Zodiac sign for early January birthdays
- 2. Arctic mammal taking January swims
- 3. Unique ice crystals falling from winter skies
- 4. Cozy spot for gathering on cold evenings
- 5. Popular destination for winter sports enthusiasts
- 7. January 1st celebration

- 8. Winter plunge for warm relaxation
- 13. First month of the new year
- 15. Severe January snowstorm
- 16. Frozen water droplets hanging from roofs
- 18. Hand warmers for snowy days
- 21. Typical January weather condition

Aquarius	Hot Springs
Blankets	Ice Skating
Blizzard	Icicles
Cabin Fever	January
Capricorn	Mittens
Carnation	New Year
Cold	Polar Bear
Epiphany	Ski Resort
Fireplace	Snow
Frost	Snowflakes
Garnet	Snowman
Hot Cocos	Winter

BE PREPARED AND STAY SAFE DURING NATURAL DISASTERS



California is known for its beautiful landscapes, but it's also home to a variety of natural disasters, including earthquakes, wildfires, floods and tsunamis. Being prepared for these events is crucial; here are some steps you can take to stay safe:

- 1. Stay informed Alerts and warnings:** Sign up for emergency alerts that provide real-time information on impending disasters through **local government websites** or on **MyEnergyCenter.com**. Log in to My Energy Center, select Account, Notifications, then Outages & Gas Leaks. You can also download the My Energy Center app or the Alerts by SDG&E app.
- 2. Create a plan** Establish a communication plan with your family. Decide on meeting places and ensure everyone has emergency contact numbers. Evacuation routes: Familiarize yourself with local evacuation routes and have a plan for where to go if you need to leave your home quickly. Keep your vehicle's gas tank at least half full or your electric vehicle at least half charged.
- 3. Build an emergency kit Essential supplies:** Pack a disaster kit with essentials like water, non-perishable food, medications, flashlights, batteries, radio and a first-aid kit. Don't forget supplies for your pets. Keep personal documents in a waterproof/fireproof container (items like passports, birth certificates, deed to your home and other identification).

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Valentine Bingo

FEBRUARY **13th** AT 5:00 PM

\$35 BUY IN INCLUDES 14 GAMES, HOT DOG, CHIPS AND A DRINK

Must be 18 or Older to Play

DOORS OPEN AT 3:30 PM
GAME STARTS AT 5:00 PM

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BEGINNERS WELCOME

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Ramona Senior Center's

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MUST BE 18 TO PLAY

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