

**February
2026
Volume 123**

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.

February 2026 Events and Activities

February 2 at 1:00 pm
Rambler's Meeting

February 6 at 11:30 am
SOUPER Bowl Lunch
Dress Up for Sports Day

February 13 at 11:30
Valentines Day Lunch

February 13 at 5:00
Valentines BINGO

February 16
CLOSED

February 20 at 11:30 am
Birthday Lunch

February 24 at 2:00 pm
Age Well Drive Smart

February 25 at 10:00 am
Alzheimer's Caregiver
Support Meeting

February 25 at 1:00 pm
Board Meeting

**See Our Website for
Activity Calendar
and Menu**

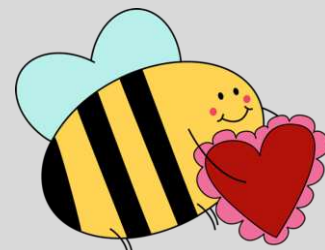
**[www.ramona
seniorcenter.com](http://www.ramona
seniorcenter.com)**

Ramona 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 Fun at the Senior Center

Monday

Chess Group 10:00 am

Tuesday

Chair Yoga 9:00 am

Wednesday

Pinochle 8:30 am

Computer Help 10:30 am Watercolor 10:00 am

Thursday

Quilting, Lace, Crochet, and
Machine Embroidery 8:30 am

Chair Yoga Level 2 9:00 am

Bingo 1:00 pm

Friday

Crafts 10:30 am

English Language Learners 10:30 am

Puzzles - After Lunch

Senior Center Services

- Free Computer and Internet access in the Computer Room
- Activities like Art, Games, Fitness, and More!
- Information and Referrals on Many Senior Related Topics
- Photocopies and Faxes (for small fee)
- Free Library Full of Books, Magazines, and Puzzles
- Meals are Served at the Center Monday thru Friday 11:30-12:30
- Reservations for Meals are Made by Calling (760) 789-0440
- Senior Meal Suggestion \$5.00, Non-Senior cost \$8.00

Valentines Funnies

What did the pickle say to its Valentine? You mean a great dill to me!

Where do hamburgers take their dates on Valentine's Day? A meat ball.

Are you a parking ticket? Because you've got fine written all over you.

What did the calculator say to its Valentine?
You can count on me!

What did the bacon say to the tomato on
Valentine's Day? Lettuce be together!

I hope you like Star Wars, because Yoda
only one for me!

What do squirrels say to each other on
Valentine's Day? I'm nuts about you!

Are you a cat? Cause you are purrfect.



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Director's Corner

Why Do People Love February?

February is often known for being a month dedicated to and all about love. But February is not only about valentines and sweethearts; instead, it can also be a month for self-love and self-care, fostering relationships with family and friends, and loving others. It is also the shortest month of the year and the third month of winter.

Our Bingo Fundraiser will be held the day before Valentines Day, February 13th right here at the Senior Center. Doors open at 3:30 and the first game starts at 5:00 pm. Tickets are on sale now. Call 760-789-0440. 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.

Our Valentines Day Lunch will be Wednesday, February 13th. You don't want to miss our special Chicken Cordon Bleu. As always, this meal, and all our meals are prepared fresh Monday through Friday in our very own kitchen and always prepared with love.



This Valentine's Day, it's likely that as a senior citizen, you know other seniors who are alone. To brighten the day of others who may be feeling the same as you, make Valentine's Day cards for them. This holiday is about love and letting people know that someone is thinking of them. You can make and send heartfelt cards or even make a phone call to others. This is a great way to spread love. If you don't know any other single seniors to make and send cards to, choose someone who inspires you or anyone you care about. Letting other

people know you are thinking about them is a beautiful way to share love.

REMEMBER!

We will be closed on February 16th to recognize Presidents' Day.



Did you know?

- **Octopuses have three hearts:** One pumps blood through the body, while the other two pump blood through the gills.
- **Cows have best friends:** They experience stress when separated from their preferred companion.
- **Male honeybee anatomy:** Their penises detach with an audible pop after mating.

Tongues are unique: Like fingerprints, everyone has a distinct tongue print.

Lora Yule
Executive Director

Remember, A Smile is a Curve that Sets Everything Straight





February is National Senior Independence Month!



February is a month to celebrate older adults' abilities and raise awareness about ways to maintain independence. Here are some tips for independence while aging:

Take care of your body by scheduling medical checkups, eating a balanced diet, and engaging in physical activities. The Ramona Senior Center provides balanced lunches on weekdays and free exercise classes with chair yoga on Tuesday and Thursdays.

Stay connected with friends and family through phone calls and visits. There are daily activities at the Ramona Senior Center where older adults can interact with their peers.

Make your home safe by installing grab bars in the bathroom, making sure there is adequate lighting, and removing trip hazards like loose rugs. If needed, use a walker or cane.

Keep the mind active to foster cognitive health and personal growth. Join a book club, enroll in a class, do activities to stretch the mind such as working on puzzles, or learn a new skill. Check the schedule at the Ramona Senior Center for daily activities such as chess, painting, language class, and puzzles.

Aging is a journey, and maintaining independence requires a proactive approach. By prioritizing health, social engagement, and home safety, seniors can live vibrant, self-sufficient lives.

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February

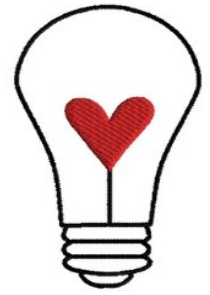
- AQUARIUS
- CANDLELIGHT
- CARNATION
- CHOCOLATE
- COZY
- CUPID
- FEBRUARY
- FIREPLACE
- FRIENDSHIP
- GROUNDHOG DAY
- HEART
- HUG
- KISS
- LEAP YEAR
- LOVE
- MARDI GRAS
- PINK
- PISCES
- PRESIDENTS DAY
- RED
- ROMANCE
- ROSES
- SKIING
- SNOW
- SWEETHEART
- VALENTINE
- WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

Energy Bill Assistance Programs: Help is Available

Managing energy bills can be challenging. But did you know that SDG&E offers several assistance programs to help customers reduce their energy costs and improve energy efficiency?



California Alternate Rates for Energy (CARE) Program

The CARE program provides a 30% or more discount on monthly energy bills for eligible households. Eligibility is based on household size and income, or participation in certain public-assistance programs. Applying is quick and easy, with no documentation required. Find out if you qualify at www.sdge.com/CARE.

Medical Baseline Allowance

Customers with certain medical conditions may qualify for additional energy at the lowest rates through the Medical Baseline Allowance program. This helps offset the cost of operating medical equipment or maintaining necessary heating and cooling. Learn more at www.sdge.com/Medical.

Program funds, including any funds utilized for rebates or incentives, will be allocated on a first-come, first-served basis until such funds are no longer available. These programs may be modified or terminated without prior notice.

Article provided by SDG&E

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RAMONA SENIOR CENTER
 BINGO FUNDRAISER

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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**Reserve Your Seat
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Ramona Senior Center's

THURSDAY BINGO

EVERY THURSDAY AT 1:00 PM

MUST BE 18 TO PLAY

\$14 TO PLAY \$5 OFF FIRST GAME

Ramona **Age Well Drive Smart**

CHP's Senior Driver Education Class
 Hosted by Senator Brian W. Jones

Save on Your Insurance!
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- ✓ Taught by Expert CHP Officers
- ✓ Support Lifelong Roadway Safety

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RAMONA SENIOR CENTER FEBRUARY 24 2026
 434 AQUA LANE RAMONA, 92065 FROM 2:30PM - 3:30PM

RSVP To
 858-547-3818
 Senator.Jones@senate.ca.gov

