

RAMONA SENIOR CENTER

March 2026 Newsletter - Volume 124

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.

March 2026 Events and Activities

March 4 at 10:00 am
Visit with Koda the
Therapy Dog

March 6 at 11:30 am
Live Music by Bob S

March 17 at 11:30 am
St. Patrick's Day Lunch
Wear Green!

March 18 at 10:00 am
Visit with Koda the
Therapy Dog

March 20 at 11:30 am
Birthday Lunch

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

March 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
(except 3rd Thursday of the month)

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

March Funnies

☘ How can you tell if March is happy? It has a little spring in its step.

☘ What kind of bow can't be tied? A rainbow.

☘ Why should you never iron a four-leaf clover?

You don't want to press your luck

☘ How did the leprechaun get to the moon? On a sham-rocket.



News to Know



Want your mail post-marked on the day you mail it?

For same day post-marks, you must bring your mail to the counter at the post office during normal operating hours. The post office does not guarantee they will post mark mail on the same day it is put in mailboxes.

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Director's Corner

Fun Facts About March

- ☘ It is the first month of spring which begins between March 19-21.
- ☘ Each year March and June end on the same day of the week.
- ☘ It's the time of year when animals start to wake up from hibernation.
- ☘ March is associated with the daffodil, a cheerful yellow flower.

This month we have an extra special lunch planned for you. On Tuesday March 17th, we will be having our St. Patrick's Day celebration lunch. We will be serving a delicious meal of corned beef and cabbage. I hope to see everyone decked out in green on this day.

Our Valentines lunch was such a great turn out and what an outstanding lunch we had. Thank you to everyone for the treats and cards that helped make our seniors feel so special.

Also thank you to everyone that came to our Valentines Bingo Fundraiser. All of you made it so much fun and a great evening. We want to also thank the San Diego Seniors Community Foundation for making it possible.

Amazing Abilities and Anatomy of Insects

Super Strength and Speed: Hercules beetles can lift 850 times their own weight.

Flies have reaction times 4x faster than humans.

Sensory Oddities: Butterflies and houseflies taste with their feet.

Breathing: Insects do not use lungs; they breathe through holes along their bodies called Spiracles

Eyesight: Compound eyes in insects are made of hundreds of tiny units, allowing them to see in many directions at once.

Regeneration: Stick insects can regrow lost limbs.

From my mouth to your ears,

Lora Yule



Senior Pets for Senior People



Owning a pet is good for you! Pet ownership can provide older adults with increased activity because pets, particularly dogs, require regular feeding, grooming, and exercise, which encourages seniors to stay physically active. Dog owners, for example, tend to walk more and maintain better mobility and balance, which helps reduce the risk of falls and chronic conditions such as obesity, diabetes, and certain cancers. Pets reduce loneliness and isolation by being a constant companion. The simple act of petting a dog or cat can lower levels of the stress hormone cortisol and boost levels of the mood-regulating hormones serotonin and dopamine.

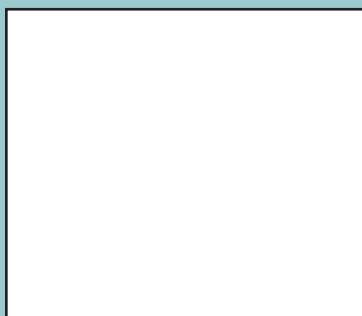
Many older adults worry about adopting a pet because of fears that they might be unable to care for the pet if they get sick or are under financial stress. Frosted Faces Foundation in Ramona is working to overcome those concerns. Their "Seniors to Seniors" adoption program supports adults ages 65+ who adopt through their organization. Volunteers are available to transport the pet to vet appointments and to deliver food, supplies, and medication. If the older adult becomes hospitalized, Frosted Faces will care for the pet for free.

Frosted Faces offers the opportunity for older adults to adopt a pet long term or for a two week "frosted fling." To learn more, visit www.frostedfaces.org or call 858-304.0204

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Ramona Senior Center Word Search

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

Koda Therapy Dog	St Patricks Day	Meals on Wheels	Van
Quilting Group	Birthday Lunch	Senior Center	
Chess Group	Shamrock	Rock Painting	
Watercolor	Pinochle	Chair Yoga	
Ramona	Craft	BINGO	
Lunch	Green	March	
Salad Bar	Soup		



Stay Cozy While Keeping Heating Costs Down

Colder weather is here, but that doesn't mean your heating costs have to rise. Try these simple ways to save while staying comfortable and in control of your bill this winter.

Choose the right pricing plan. Being on the right plan can make a difference on your bill. Compare your options by logging into MyEnergyCenter.com to ensure you are on the best plan for your household.

Shift appliance use. Use major appliances before 4 p.m. or after 9 p.m. when demand and costs are lower.

Get more predictable bills. Sign up for the Level Pay Plan at sdge.com/LPP. Level Pay averages your bill every three months; you don't pay less or more.

Let the sunshine in. Take advantage of the world's best heater – the sun! Open your curtains during the day to naturally warm your home.

Reverse your ceiling fan. Since hot air rises, set your ceiling fan clockwise, at the lowest speed. This helps push heat back down into the room.

Use less hot water. It takes energy to heat water. Wash your clothes in cold water and install low-flow faucets and shower heads.

Clear heating vents. Move furniture and belongings away from heating vents so warm air can circulate freely.

Explore assistance programs. If you're having trouble paying your energy bill, SDG&E® offers a variety of programs to help, including payment arrangements, discounts and financial assistance.

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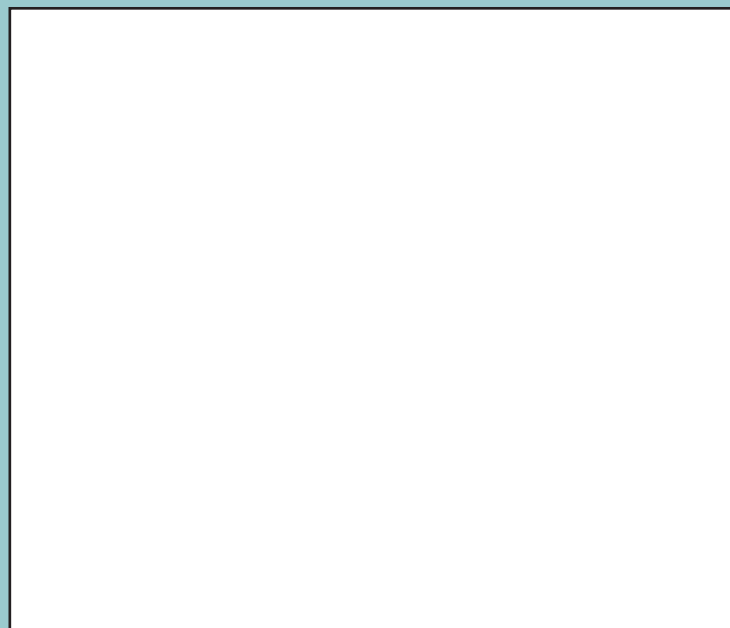
- Fun & Engaging Activities
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- Affordable

FOR OLDER ADULTS LIVING WITH

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Parkinson's	Stroke
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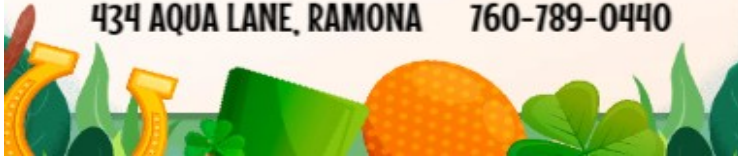




Ramona Senior Center's ST PATRICK'S DAY LUNCH

MARCH 17 | LETS BE IRISH FOR A DAY | 11:30 AM
WEAR GREEN

434 AQUA LANE, RAMONA 760-789-0440



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SATURDAY
APRIL 18TH, 2026
10 AM - 2 PM

- SILENT AUCTION
- RAFFLE PRIZES
- TROPHIES
- ALL PRO LIVE SOUND & D.J.
- FREE HOT DOGS
- DRINKS



GRACE COMMUNITY CHURCH
1234 BARGER PL, RAMONA
SAN VICENTE ROAD & BARGER PLACE

NO PREREGISTRATION NEEDED
DONATIONS FROM EACH VEHICLE ARE GREATLY APPRECIATED!
All Donations Go To Support The Ramona Senior Center
CONTACT LEROY CLUBB @ 619-980-3647 FOR MORE INFORMATION
Grace Community Church and promoters are not liable for any accidents that may occur at the car show.

Ramona Senior Center CHESS Club

Every
Monday
at
10:00

**BEGINNERS
WELCOME**

Ramona Senior Center
434 Aqua Lane in Ramona
760-789-0440



Ramona Senior Center's THURSDAY BINGO

EVERY THURSDAY AT 1:00 PM
MUST BE 18 TO PLAY
\$14 TO PLAY \$5 OFF FIRST GAME

