

# RAMONA SENIOR CENTER

June 2026 Newsletter - Volume 127

Celebrating 52 Years of Serving Seniors

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)  
Website is [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.

## June 2026 Special Events and Activities

See Page 6 for a  
Full List of Activities

June 1 1:00 pm  
Ramblers Meeting

June 3 1:00 pm  
Grief Support Group

June 12 1:00 pm  
Avoiding Scams  
Workshop

June 17 1:00 pm  
Grief Support Group

June 19 11:30 am  
Father's Day Lunch

June 24 10:00 am  
Alzheimer's Caregiver  
Group

June 24 1:00 pm  
PEF Board Meeting

June 26 11:30 am  
Birthday Lunch

**See Our Website for  
Activity Calendar  
and Menu  
[www.ramona  
seniorcenter.com](http://www.ramona<br/>seniorcenter.com)**

# Ramona Senior Center News

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## Senior Center Services

- Free Computer and Internet Access in the Computer Room
- Activities like Art, Games, Fitness, Workshops, 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 Ramona Senior Center Monday thru Friday 11:30-12:30
- Reservations for Meals are Made by Calling (760) 789-0440
- Senior (60+) Meal Suggested Donation \$5.00  
Non-Senior Cost \$8.00
- Meals on Wheels for Homebound Seniors in Some Zip-Codes. For Information, Please Call (760) 789-0440

## June Entrees

For the full menu including side dishes and sodium information, please visit [www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com) or call 760-789-0440

June 1: Chicken & Cheese Enchilada

June 2: Pork Loin

June 3: Chef Salad

June 4: Lemon Pepper Chicken

June 5: Beef Stroganoff

June 8: Chicken Alfredo

June 9: Ground Beef & Bean Chili

June 10: Ground Beef Meat Loaf

June 11: Hawaiian Chicken

June 12: Pork Rib Patty

June 15: Chicken & Broccoli Casserole

June 16: Pork Chop

June 17: Baked Fish

June 18: Spaghetti with Ground Beef Sauce

June 19: **Father's Day Lunch** Pulled Pork Sandwich

June 22: Tuna Casserole

June 23: Country Friend Steak

June 24: Beef Goulash

June 25: Beef Taco

June 26: **Birthday Lunch** Oven Fried Chicken

June 29: Parmesan Chicken

June 30: Beef Stew

Senior (60+) Meals: Suggested Donation \$5.00  
Non-Senior Meals: Cost \$8.00

Lunch is Served 11:30 am - 12:30 pm

For Reservations, Please Call 760-789-0440

*Menu is Subject to Change*

# Never miss our publication!

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### Economizers

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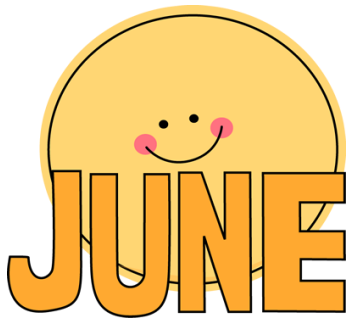
760-788-1538

CA LIC #534592  
209 Pine St,  
Ramona, CA 92065

## Advertise in Our Newsletter!

Contact Dave Hyde  
[dhyde@4LPi.com](mailto:dhyde@4LPi.com)  
(800) 950-9952 x5820





## Director's Corner June 2026

### FUN FACTS

June is primarily known for the official start of summer in the Northern Hemisphere, marked by the summer solstice—the longest day of the year (around June 20-21). It is widely celebrated as the start of summer vacation, a peak month for weddings, and for hosting significant observances like LGBTQ+ Pride Month, Juneteenth, and Father's Day.

### DID YOU KNOW

It's impossible to sneeze with your eyes open.

Leonardo Da Vinci invented the scissors.

Maine is the only state whose name is just one syllable.

No word in the English language rhymes with month, orange, silver, or purple, go ahead and try it for fun.

The Senior Center will be celebrating Father's Day on June 19<sup>th</sup>. We look

forward to sharing a great lunch with all of you.

Father's Day celebrates and honors the men who have embraced the essential role of fatherhood. On this day, we also thank fathers and father figures (uncles, grandfathers) for the sacrifices they make, for embracing the responsibility of nurturing and raising children, and for their devotion to their families.

Father's Day did not become a permanent national holiday for many years. The first bill was introduced in Congress in 1913, but in spite of encouragement from President Woodrow Wilson, it did not pass. In 1966, Lyndon Johnson issued a proclamation designating the third Sunday in June to honor fathers.

Finally, in 1972, President Richard Nixon signed a law declaring that Father's Day be celebrated annually on the third Sunday in June. It has been an official, permanent national holiday ever since.

From my mouth to your ears,  
Lora Yule  
Executive Director



## Art - It's Good for Your Body and Your Mind

Art is not just a leisure activity; it is a powerful tool for enhancing quality of life, boosting mental health, and improving physical health. Whether through painting, fabric art, or crafting, art offers a holistic approach to wellness that benefits seniors emotionally, physically, and socially.

Art engages the brain, which helps maintain cognitive vitality. Studies show that regular artistic creation can improve memory, attention span, and problem-solving skills. It is a mental "workout" that keeps the brain sharp and adaptable.

Participating in creative arts is known to lower stress, anxiety, and depression by reducing cortisol levels.

The physical act of creating art improve fine motor skills, dexterity, and hand-eye coordination. These activities stimulate blood flow to the hands and fingers, which can help alleviate the pain and stiffness associated with arthritis.

The Ramona Senior Center offers drawing classes on Mondays, watercolor on Wednesday, fabric arts (quilting, crochet, lace, and more) on Thursday, and crafts on Fridays.

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## June Activities

For activity details, please visit [www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com) or call 760-789-0440.

June 1: 10:00 am Chess Group, 10:00 am Art Class, 1:00 pm Ramblers Travel Club

June 2: 9:00 am Chair Yoga, 10:00 am Advance Planning Workshop, 10:30 am Computer Help, 12:30 pm Puzzle Group

June 3: 8:30 am Pinochle, 10:00 am Watercolor, 1:00 pm Grief Support Group

June 4: 8:30 am Sewing Group, 9:00 am Chair Yoga, 1:00 pm BINGO

June 5: 10:30 am Craft, 10:30 am English Language Learners, 12:30 pm Puzzle Group

June 8: 10:00 am Chess Group, 10:00 am Art Class

June 9: 9:00 am Chair Yoga, 10:30 am Computer Help, 12:30 pm Puzzle Group

June 10: 8:30 am Pinochle, 10:00 am Watercolor

June 11: 8:30 am Sewing Group, 9:00 am Chair Yoga, 1:00 pm BINGO

June 12: 10:30 am Craft, 10:30 am English Language Learners, 12:00 Dance Performance, 12:30 pm Puzzle Group

June 15: 10:00 am Chess Group, 10:00 am Art Class

June 16: 9:00 am Chair Yoga, 10:30 am Computer Help, 12:30 pm Puzzle Group

June 17: 8:30 am Pinochle, 10:00 am Watercolor, 1:00 pm Grief Support Group

June 18: 8:30 am Sewing Group, 1:00 pm BINGO

June 19: 10:30 am Craft, 10:30 am English Language Learners, 11:30 Father's Day Lunch, 12:30 pm Puzzle Group, 1:00 pm Avoiding Scams Workshop

June 22: 10:00 am Chess Group, 10:00 am Art Class

June 23: 9:00 am Chair Yoga, 10:30 am Computer Help, 12:30 pm Puzzle Group

June 24: 8:30 am Pinochle, 10:00 am Watercolor, 10:00 am Alzheimer's Caregiver Support Group, 1:00 pm Board Meeting

June 25: 8:30 am Sewing Group, 9:00 am Chair Yoga, 1:00 pm BINGO

June 26: 10:30 am Craft, 10:30 am English Language Learners, 11:30 Birthday Lunch, 12:30 pm Puzzle Group

June 29: 10:00 am Chess Group, 10:00 am Art Class,

June 30: 9:00 am Chair Yoga, 10:30 am Computer Help, 12:30 pm Puzzle Group

*All activities are subject to change*



## Ways to Save with SDGE

SDG&E offers several assistance programs to help customers reduce their energy costs and improve energy efficiency.

### **Energy Savings Assistance (ESA) Program**

ESA program provides no-cost energy-efficient home improvements to income-qualified customers. Services and products may include attic insulation, energy-efficient refrigerators, weatherstripping and more. The program aims to reduce energy use and help lower bills. Find details at [sdge.com/ESA](https://sdge.com/ESA).

### **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 [sdge.com/Medical](https://sdge.com/Medical).

### **Payment Arrangements**

If you're having trouble paying your energy bill, you can request an extension to help avoid interruptions to your service. Flexible payment arrangements are also available to help you pay down past due balances. Learn more at [sdge.com/](https://sdge.com/)



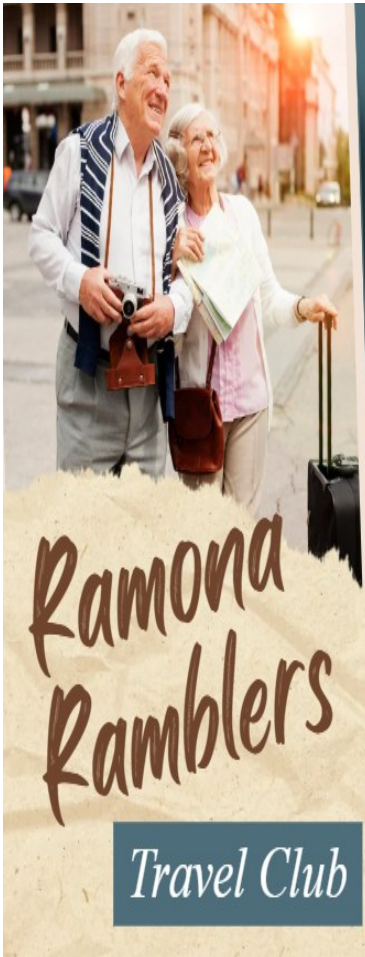
## Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952





Ramona  
Ramblers

Travel Club

Ramona Ramblers  
Travel Club for  
Adults 50+

Meetings are the  
1<sup>st</sup> Monday of the  
Month at 1:00  
at the  
Ramona Senior Center  
434 Aqua Lane  
Dues \$10 per Year  
Plus the Cost of Trips

# Art Classes

Ramona Senior Center  
434 Aqua Lane

Monday, Wednesday & Friday  
10:00 am  
Free for Seniors

For More Details, Please Visit  
[www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com)  
or Call 760-789-0440

## HAPPY BIRTHDAY

Seniors Who Celebrate Their Birthdays in June are Invited for a Special Birthday Lunch

Friday, June 26 at 11:30

Ramona Senior Center

# CHESS Club

Every Monday at 10:00

BEGINNERS WELCOME

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