



JULY 2026 NEWSLETTER

RAMONA SENIOR CENTER
Serving Seniors Since 1974



Get in Touch!

434 Aqua Lane
Ramona CA 92065

760-789-0440

www.ramonaseniorcenter.com

Social Media
[@RamonaSeniorCenterOfficial](https://www.instagram.com/RamonaSeniorCenterOfficial)

Mon-Fri 8:30 am - 4:00 pm

===== ★ ★ ★ ★ ★ =====
This program is partially funded by the Older American's Act awarded by the County of San Diego Aging and Independence Services.

Donations are gratefully accepted.



RAMONA SENIOR CENTER - JULY 2026

2 WELCOME – GET TO KNOW US

Contents

- 03 | What's on the Menu
- 04 | Director's Corner
- 05 | Program Highlight
- 06 | Classes, Activities, Programs, & Events
- 07 | Ways to Save
- 08 | Fun Stuff

Meet the Staff

Executive Director

Lora

Bookkeeper

Ellen

Activity Coordinator

Leslie

Transportation

Meagan, Dan, and Robert

Meals on Wheels Delivery

Mike, Tammy, Kim, Kelly, and Stacey

Kitchen

River, Devin, Tony, and Tim

Contact Us

760-789-0440

www.ramonaseniorcenter@gmail.com



Senior Center Special Events

FOR FULL LIST OF ACTIVITIES, PLEASE SEE PAGE 6 OR VISIT OUR WEBSITE, WWW.RAMONASENIORCENTER.COM

July 3 at 11:30 am
Independence Day Lunch, Ice Cream Party, and Live Music

July 13 at 1:00 pm
Rambler Travel Club Meeting

July 16 All Day
Fundraiser at Panda Express

July 17 at 11:30 am
Birthday Lunch and Derby Day
Wear a Fun Hat

July 22 at 1:00 pm
Board Meeting

July 29 at 10:00 am
Alzheimer's Caregiver Support Meeting

Senior Center Services

SERVICES ARE AVAILABLE MONDAY – FRIDAY

Lunch Served on Weekdays From 11:30 AM to 12:30 PM. For Lunch Reservations, Please Call 760-789-0440. Suggested Contribution is \$5.00 for Seniors (Ages 60+). Guest of a Senior (under 60 years old) is \$8.00.

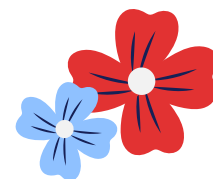
Activities like Art, Fitness, Workshops, Games, Clubs, and More! Visit www.ramonaseniorcenter.com for a Full List of Activities.

Free Use of Computers with Internet Access.

Information about Services and Referrals for Older Adults.

Photocopies and Faxes (for a small fee).

Free Library with Books, Magazines, and Puzzles.



July Entrees

FOR FULL MENU INCLUDING SIDE DISHES, PLEASE
VISIT WWW.RAMONASENIORCENTER.COM OR
CALL 760-789-0440

- July 1 - Pork Loin
- July 2 - Ground Beef Meat Loaf
- July 3 - **America's Birthday Lunch**
- Hot Dogs & Ice Cream Social
- July 6 - **CLOSED**
- July 7 - Hawaiian Chicken
- July 8 - Chicken Alfredo
- July 9 - Country Fried Steak
- July 10 - Beef Stroganoff
- July 13 - Baked Fish
- July 14 - Chicken and Cheese Enchilada
- July 15 - Pork Chop



- July 16 - Spaghetti
- July 17 - **Birthday Lunch & Crazy Hat Day**
- Oven Fried Chicken
- July 20 - Chef Salad
- July 21 - Pork Rib Patty
- July 22 - Beef Goulash
- July 23 - Chicken and Mushroom Gravy
- July 24 - Beef Taco
- July 27 - Chicken and Broccoli Casserole
- July 28 - Beef Stew
- July 29 - Tuna Casserole
- July 30 - Parmesan Chicken
- July 31 - Pulled Pork Sandwich

SENIOR (60+) MEALS: SUGGESTED DONATION \$5.00
GUEST OF A SENIOR (UNDER 60): COST \$8.00

LUNCH IS SERVED 11:30 AM - 12:30 PM

FOR RESERVATIONS, PLEASE CALL 760-789-0440

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4 NEWS AND UPDATES

Director's Corner

JULY 2026

What Temperature is Too Hot for Seniors?

Staying Safe When It's Too Darn Hot. When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool. Stay away from direct sun exposure as much as possible.

Older adults don't sweat or cool down as efficiently as younger people. Heat stress can worsen underlying conditions like heart, lung and kidney disease, and extreme heat can trigger delirium. Poor air quality makes it harder to breathe, especially among people who already have breathing difficulties.

Fun Facts

Sleepy Felines: Cats are professional sleepers, spending an average of 12 to 16 hours a day asleep. By the time a cat is 9 years old, it will have only been awake for about 3 years of its life.

Same Flavor: Despite their different bright colors, all Froot Loops are exactly the same flavor. Kellogg's confirmed that every colored loop blends the same mix of fruit flavors together.

Rare Sight: Green is the rarest eye color in the world. Only about 2% of the global population has green eyes, which get their unique shade from a low level of melanin and the way light scatters.

Did You Know?

August is a big month for peaches, celebrated as National Peach Month. It's the peak of peach season in the US, making it the perfect time to enjoy this delicious fruit.



More About Peaches:

Origins: Peaches originated in Northwest China, with evidence of cultivation dating back to 6000 B.C.

Types: There are two main types of peaches: clingstone (stone clings to the flesh, used for canning) and freestone (stone easily removed, mainly sold fresh).

Health Benefits: Peaches are a nutritious fruit, providing fiber, Vitamin C, Vitamin A, potassium, and antioxidants.

Global Production: China is the largest producer of peaches globally, followed by Italy. The US is the third largest producer.

The Peach State: While Georgia is known as the Peach State, California and South Carolina produce more peaches annually.

From my mouth to your ears,
Lora Yule

Chess Group

A FUN WAY TO KEEP YOUR MIND SHARP

Playing chess offers people a meaningful way to keep their minds sharp and engaged.

The game builds concentration, memory, and strategic thinking, all of which help maintain cognitive function and may slow age-related mental decline. By planning moves, anticipating outcomes, and solving problems, seniors exercise critical thinking skills in a fun and stimulating way.

Chess encourages patience and focus, helping players stay mentally active while enjoying a rewarding challenge.

In addition to its cognitive benefits, chess provides valuable social and emotional support. Playing with a group creates opportunities for seniors to connect with others, build friendships, and reduce feelings of loneliness.

Players of all ability are invited to join the Chess Group at the Ramona Senior Center on Mondays at 10:00 am.



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6 FUN THINGS TO DO AT THE SENIOR CENTER

July Activities

**FOR ALL ACTIVITY DETAILS, PLEASE VISIT
WWW.RAMONASENIORCENTER.COM OR
CALL 760-789-0440**

July 1 – 8:30 am Pinochle, 10:00 am Watercolor Class, 1:00 pm Grief Support Group

July 2 – 8:30 am Quilting Group, 9:00 am Chair Yoga, 1:00 pm BINGO

July 3 – 10:30 am Craft, 10:30 am English Learners, 11:30 am Happy Birthday America Lunch & Ice Cream Social, 12:30 pm Puzzle Group

July 6 – CLOSED

July 7 – 9:00 am Chair Yoga, 10:30 am Computer Help, 12:30 pm Puzzle Group

July 8 – 8:30 am Pinochle, 10:00 am Watercolor

July 9 – 8:30 am Quilting Group, 9:00 am Chair Yoga, 1:00 pm BINGO

July 10 – 10:30 am Craft, 10:30 am English Learners, 12:30 pm Puzzle Group

July 13 – 10:00 am Chess Group, 10:00 am Art Class, 1:00 pm Ramona Ramblers Travel Club

July 14 – 9:00 am Chair Yoga, 10:30 am Computer Help, 12:30 pm Puzzle Group

July 15 – 8:30 am Pinochle, 10:00 am Watercolor Class, 1:00 pm Grief Support Group

July 16 – 8:30 am Pinochle, 10:00 am Watercolor Class, 10:30 am (no chair yoga), ALL DAY Panda Express Fundraiser

July 17 – 10:30 am Craft, 10:30 am English Learners, 11:30 am Birthday Lunch and Derby Day (Wear a Crazy Hat!), 12:30 pm Puzzle Group

July 20 – 10:00 am Chess Group, 10:00 am Art Class

July 21 – 9:00 am Chair Yoga, 10:30 am Computer Help, 12:30 pm Puzzle Group

July 22 – 8:30 am Pinochle, 10:00 am Watercolor, 10:00 am Alzheimer's Caregiver Support Meeting, 1:00 pm Board Meeting

July 23 – 8:30 am Quilting Group, 9:00 am Chair Yoga, 1:00 pm BINGO

July 24 – 10:30 am Craft, 10:30 am English Learners, 12:30 pm Puzzle Group

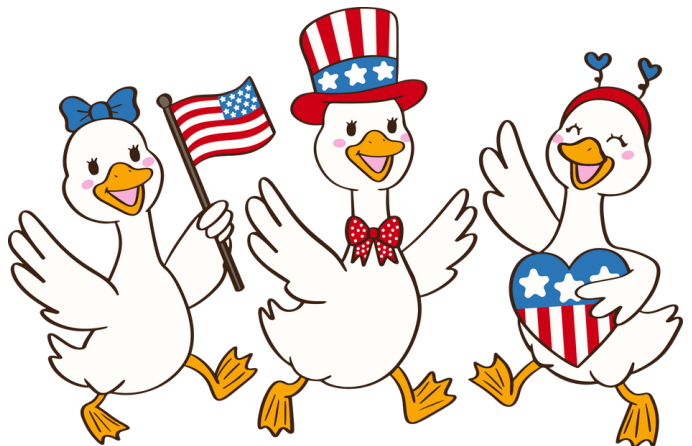
July 27 – 10:00 am Chess Group, 10:00 am Art Class

July 28 – 9:00 am Chair Yoga, 10:30 am Computer Help, 12:30 pm Puzzle Group

July 29 – 8:30 am Pinochle, 10:00 am Watercolor

July 30 – 8:30 am Quilting Group, 9:00 am Chair Yoga, 1:00 pm BINGO

July 31 – 10:30 am Craft, 10:30 am English Learners, 12:30 pm Puzzle Group



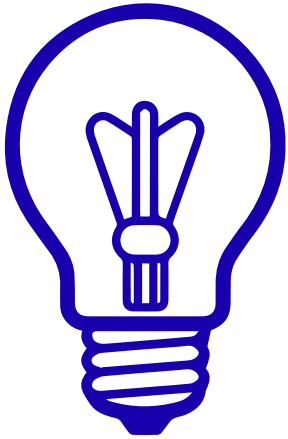
ACTIVITIES ARE SUBJECT TO CHANGE

Ways to Save

SAVE WITH SDG&E

Family Electric Rate Assistance (FERA) Program

FERA offers an 18% discount on electric bills for households with three or more people who exceed CARE income limits but still meet FERA guidelines. This program helps larger families manage their energy expenses more effectively.



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.

Payment Arrangements

If you're having trouble paying your energy bill, you can request an extension to help avoid interruptions to your service.

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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

