

# October 2019

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>11am</u> The Art of Relaxation	2 World Cerebral Palsy Day	3	4 8:30 *Gardening Together	5
6	7 <u>No School for RUSD</u>	8 8:30 Hike with Us <u>11am</u> The Art of Relaxation	9	10 Check Your Mood	11 8:30 *Gardening Together	12
13 Metastatic Breast Cancer Awareness	14	15 Pregnancy and Infant Loss Remembrance <u>11am</u> The Art of Relaxation	16	17	18 8:30 *Gardening Together	19
20 World Osteoporosis Day	21	22 8:30 Hike with Us <u>11am</u> The Art of Relaxation	23	24	25 <b>October 25th Free Farmers Market 9:30 at NCHS 1:30 at First Congregational Church</b>	26
27	28	29 <u>11am</u> The Art of Relaxation	30 Lung Health Day	31 4-6 pm Merchant Safe Trick or Treat Main Street		

## RAMONA COMMUNITY EVENTS

Vista Hill  
 SmartCare Office  
 1012 Main Street Ste 101  
**Hiking Group**  
 Joanna Yanez (760) 803-1336  
 Trang Phan (760)834-1338

**The Art of relaxation**  
 Trang Phan (760)834-1338

**Gardening Together**  
 Tawnya Torres  
 (760) 803-8707  
 \*Registration is Required

For more events in your community visit:  
[www.sdcl.org](http://www.sdcl.org)  
[www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com)

In Partnership with **NCHS**  
 Ramona, Ca 92065



a california *health*.center

### This Months Wellness Themes:

Breast Cancer Awareness  
 Down Syndrome Awareness  
 Healthy Lung Month  
 Liver Awareness  
 National Orthodontic Health

National Spina Bifida Awareness  
 Rett Syndrome Awareness  
 SIDS Awareness

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
		1 <u>11am</u> The Art of Relaxation	2 Dia mundial de la paralisis cerebral	3	4 8:30 *Gardening Together	5
6	7 <u>No hay escuela para RUSD</u>	8 8:30 Hike with Us <u>11am</u> The Art of Relaxation	9	10 SanMente Comprobar su dia de estado de animo	11 8:30 *Gardening Together	12
13 Conciencia de cáncer de mama metastasico	14	15 Embarazo y Recuerdo de perdida infantil <u>11am</u> The Art of Relaxation	16	17	18 8:30 *Gardening Together	19
20 Dia mundia de las osteoporosis	21	22 8:30 Hike with Us <u>11am</u> The Art of Relaxation	23	24	25 25 de Octubre <b>mercado de agricultores gratis</b> 9:30 a.m. at NCHS 1:30 at First Congregational Church	26
27	28	29 <u>11am</u> The Art of Relaxation	30 Dia de salud pulmonar	31 4-6 pm Merchant Safe Trick or Treat Main Street		

## EVENTOS COMUNITARIOS

Vista Hill SmartCare Office  
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**The Art of Relaxation**  
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**Gardening Together**  
 Tawnya Torres  
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 \*Registration is Required

Visite los siguiente sitios para ver mas eventos en su comunidad :  
[www.sdcl.org](http://www.sdcl.org)  
[www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com)

En colaboración con: **NCHS**  
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### Mes de concientización sobre:

Concienciacion sobre el Cncer de mama  
 Concienciancion Nacional de la Espina Bifida  
 Conciencia del Síndrome de Downs  
 Conciencia del Síndrome de Rett  
 Salud de Ortodoncia nacional

Mes del Plumon saludable  
 Conciencia de muerto subita del lactante  
 (muerte subita de cuna)  
 Conciencia del higado