

October 2020

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 1:00 Fresh Rescue	3
4	5 6pm Free Dinner @ Ramona Grange	6 1:00 Fresh Rescue	7	8 1:00 Fresh Rescue	9 1:00 Fresh Rescue 1:30 Free Farmers	10 9am SOWED
11	12 6pm Free Dinner @ Ramona Grange	13 1:00 Fresh Rescue	14	15	16 9am Mobile Pantry 1:00	17
18	19 6pm Free Dinner @ Ramona Grange	20 1:00 Fresh Rescue	21 8am EFAP (Emergency Food Assistance Program)	22 1:00 Fresh Rescue	23 1:00 Fresh Rescue 1:30 Free Farmers Markert	24 9am SOWED
25	26 6pm Free Dinner @ Ramona Grange	27 1:00 Fresh Rescue	28	29	30 1:00 Fresh Rescue	31 8am Free Breakfast

RAMONA COMMUNITY EVENTS

- Fresh Rescue Produce*
In His Steps Christian Homes
1619 la Brea Street, Ramona
 - EFAP (Emergency Food Assistance Program)*
In His Steps Christian Homes
1619 La Brea Street, Ramona
 - S.O.W.E.D. (San Diego Food Bank)*
Calvary Chapel
114 14th St , Ramona
 - Free Farmers Market*
1:30 First Congregational Church
404 8th Street, Ramona
 - Mobile Pantry (Feeding America)*
Ramona Food and Clothes Closet
773 Main Street , Ramona
 - Free Dinner*
Ramona Grange 632
215 7th street Ramona
 - Free Breakfast*
Ramona Grange 632
- For more events in your community visit:
www.sdcl.org
www.ramonaseniorcenter.com

This Months Wellness Themes:

National Depression Screening Day
 Check your mood
 National Bullying Prevention Month
 National Breast Cancer Awareness Month
 Domestic Violence Awareness Month

Red Ribbon/Drug Prevention Awareness
 Pregnancy and Infant Loss Awareness
 National ADHD Awareness Month

In Partnership with **Truecare**
 220 Rotanzi Street Ramona, Ca





DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
				1	2 1:00 Rescate Fresco	3
4	5 6pm Cena Gratis @ Ramona Grange	6 1:00 Rescate Fresco	7	8 1:00 Rescate Fresco	9 1:00 Rescate Fresco 1:30 mercado de agricultores gratis	10 9am SOWED
11	12 6pm Cena Gratis @ Ramona Grange	13 1:00 Rescate Fresco	14	15	16 9 Despensa Móvil 1:00 Rescate Fresco	17
18	19 6pm Cena Gratis @ Ramona Grange	20 1:00 Rescate Fresco	21 8am EFAP Comida de Emergencia	22 1:00 Rescate Fresco	23 1:00 Rescate Fresco 1:30 mercado de agricultores gratis	24 9am SOWED SOWEED
25	26 6pm Cena Gratis @ Ramona Grange	27 1:00 Rescate Fresco	28	29	30 1:00 Rescate Fresco	31 8 am Desayuno gratis @ Ramona Grange

EVENTOS COMUNITARIOS

Fresh Rescue Produce
 In His Steps Christian Homes
 1619 la Brea Street, Ramona

EFAP (Emergency Food Assistance Program)
 In His Steps Christian Homes
 1619 La Brea Street, Ramona

S.O.W.E.D. (San Diego Food Bank)
 Calvary Chapel
 114 14th St , Ramona

Mercado de agricultores gratis
 1:30 First Congregational Church
 404 8th Street, Ramona

Cena Gratis
 Ramona Grange 632
 215 7th street Ramona

Desayuno Gratis
 Ramona Grange 632

Visite los siguiente sitios para ver mas eventos en su comunidad :

Temas De Bienestar De Este Mes:

Día Nacional de Evaluación de la Depresión
 Día para Revisar su Estado de Animo
 Concientización Prevención del Acoso Escolar/Bullying
 Concientización sobre el Cáncer de Mama

Concientización sobre la Violencia Doméstica
 Red Ribbon / Prevención del Abuso de Drogas
 Concientización Sobre el Embarazo y Pérdida Infantil

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