

September 2020

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

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*

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



a california *health* center

This Months Wellness Themes:

National Suicide Prevention Month
 World Suicide Prevention Day
 Childhood Obesity Awareness Month
 Healthy Aging Month

For more events in your community visit:

www.sdcl.org
www.ramonaseniorcenter.com

Septiembre 2020



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

EVENTOS COMUNITARIOS

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

EFAP (Emergency Food Assis-
 tance 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

En colaboración con: **NCHS**
 Ramona, Ca 92065



a california *health+* center

Temas De Bienestar De Este Mes:

Mes Nacional de Prevención del Suicidio
 Día Mundial de la Prevención del Suicidio
 Mes de Concientización de la Obesidad Infantil
 Mes del Envejecimiento saludable

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