

November 2020

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 6pm Free Dinner @ Ramona Grange	3 1:00 Fresh Rescue	4	5	6 1:00 Fresh Rescue	7
8	9 6pm Free Dinner @ Ramona Grange	10 1:00 Fresh Rescue	11	12	13:00 Fresh Rescue Free Farmer's Market	14 9am SOWED
15	16 Free Dinner @ Ramona Grange	17 1:00 Fresh Rescue	18	19 Great American Smoke-Out-	20 9am Mobile Pantry 1:00 Fresh Rescue	21 International Survivors of Suicide Day
22	23 6pm Free Dinner @ Ramona Grange	24 1:00 Fresh Rescue	25	26	27 1:00 Fresh Rescue	28 9am SOWED
29	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

*1-3pm 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
215 7th Street, Ramona*

For more events in your community visit:
www.sdcl.org
www.ramonaseniorcenter.com

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



This Months Wellness Themes:

Alzheimer's Awareness Month
 Diabetes Awareness Month
 Family Caregivers Month

Great American Smoke-Out- Nov 19
 International Survivors of Suicide Day - Nov 21
 National Family Health History Month

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
1	26pm Cena Gratis @ Ramona Grange	31:00 Rescate Fresco	4	5	61:00 Rescate Fresco	7
8	96pm Cena Gratis @ Ramona Grange	101:00 Rescate Fresco	11	12	131:00 Rescate Fresco 1:30 mercado de agricultores gratis	149am SOWED
15	166pm Cena Gratis @ Ramona Grange	171:00 Rescate Fresco	18	19 El Gran Día De No Fumar	201:00 Rescate Fresco	21 Día de los Sobrevivientes de Pérdidas por Suicidio
22	236pm Cena Gratis @ Ramona Grange	241:00 Rescate Fresco	25	26	271:00 Rescate Fresco	289am SOWED
29	306pm Cena 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:

Mes de concientización del Alzheimer

Mes de concientización del Diabetes

Mes nacional de los Cuidadores Familiares

Mes Nacional de la Historia de la Salud Familiar

19/11/2020 - El Gran Día De No Fumar

21/11/2020 - Día Internacional de Sobrevivientes de Pérdidas por Suicidio

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