

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

## 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  
215 7th Street, Ramona*

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

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



### This Months Wellness Themes:

National Codependency Month  
 Cervical Health Awareness Month

Women's Self-Empowerment Month  
 Healthy Weight Week

# ENERO 2021

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

## 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](#)  
 12:15 First Congregational Church  
 404 8th Street, Ramona

[Cena Gratis](#)  
[Ramona Grange 632](#)  
 215 7th street Ramona

[Desayuno Gratis](#)  
[Ramona Grange 632](#)  
 215 7th Street, Ramona

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

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