

September 2021

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 1:00 Fresh Rescue	4
5	6 6pm Free Dinner SmartCare Closed	7 1:00 Fresh Rescue	8	9 1:00 Fresh Rescue	10 Free Farmers Market 1:00 Fresh Res-	11 9am SOWED
12	13 6pm Free Dinner @ Ramona Grange	14 1:00 Fresh Rescue	15	16	17 9 am Mobile Pantry 1:00 Fresh Rescue	18
19	20 6pm Free Dinner @ Ramona Grange	21 1:00 Fresh Rescue	22 8 am EFAP	23 1:00 Fresh Rescue	24 1:00 Fresh Rescue	25 8am Free Breakfast 9am SOWED
26	27 6pm Free Dinner @ Ramona Grange	28 1:00 Fresh Rescue	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
 12:30 First Congregational Church
 404 8th Street, Ramona

Mobile Pantry (Feeding America)
 Ramona Food and Clothes Closet
 773 Main Street, Ramona

Open Door Free Dinner /Breakfast
 Ramona Grange 632
 215 7th street Ramona

Free Breakfast
 Ramona Grange 632
 215 7th Street, Ramona

This Months Wellness Themes:

National Suicide Prevention Month
Pain and Cholesterol Awareness Month
World Suicide Prevention Day
National Recovery Awareness Month
Childhood Obesity Awareness Month
Healthy Aging Month

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



For more events in your community visit:

www.sdcl.org

www.ramonaseniorcenter.com

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

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

12:30 First Congregational Church
404 8th Street, Ramona

Despensa Móvil (Feeding America)

Ramona Food and Clothes Closet
773 Main Street , Ramona

Cena Gratis y desayuno

Ramona Grange 632
215 7th street Ramona

Mes de concientización sobre:

- Mes Nacional de Prevención del Suicidio
- Mes del Envejecimiento saludable
- Día Mundial de la Prevención del Suicidio
- Mes Nacional de la Recuperación
- Mes de Concientización de la Obesidad Infantil
- Mes de Concientización del dolor y el Colesterol

En colaboración con: **Truecare**
220 Rotanzi Street Ramona, Ca



Visite los siguiente sitios para ver mas eventos en su comunidad :
www.sdcl.org
www.ramonaseniorcenter.com