



November 2021

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6pm Free Dinner @ Ramona Grange	2 1:00 Fresh Rescue	3	4	5 1:00 Fresh Rescue	6 9am SOWED
7	8 9-3pm COVID testing and Immunizations at the Library	9 1:00 Fresh Rescue	10	11 1:00 Fresh Rescue	12 Free Farmers Market 1:00 Fresh Res-	13 9-1 Lions Gift of Sight
14	15 6pm Free Dinner @ Ramona Grange	16 1:00 Fresh Rescue	17 8 am EFAP	18	19 9 am Mobile Pantry and Flu Shot Clinic	20 9am SOWED
21	22 6pm Free Dinner @ Ramona Grange	23 1:00 Fresh Rescue	24	25 SmartCare Closed	26 1:00 Fresh Rescue SmartCare Closed	27 8am Free Breakfast
28	29 9-3pm COVID testing and Immunizations at the Library	30 1:00 Fresh Rescue				

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

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

This Months Wellness Themes:

- Alzheimer's Awareness Month
- Diabetes Awareness Month
- Family Caregiver's Month
- Great American Smoke Out- Nov 18
- International Survivors of Suicide Day - Nov 20
- National Family Health History Month

Additional Events in the Community this Month:

Lions Gift of Sight
 Free eye exam, consultation and glass. No requirements and open to all ages. Event takes place at Mountain View Community Church 1191 Meadowlark Way Ramona, Ca 760-405-7385

COVID-19 Testing and Immunizations at the Ramona Community Library located at 1275 Main Street Ramona, Ca

Free Flu Shot Event at the Ramona Food and Clothes Closet 8am-Noon

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



Noviembre 2021

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DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
	1 6pm Cena Gratis @ Ramona Grange	2	3	4	5 1:00 Rescate Fresco	6 9am SOWED
7	8 9-3pm Prueba de COVID y vacunas en la librería	9 1:00 Rescate Fresco	10	11 1:00 Rescate Fresco	12 12:30 mercado de agricultores 1:00 Rescate	13 Lions Gift of Sight
14	15 6pm Cena Gratis @ Ramona Grange	16 1:00 Rescate Fresco	17 8 am EFAP	18	19 9 am Despensa Móvil Evento de vacuna de gripe	20 9am SOWED
21	22 6pm Cena Gratis @ Ramona Grange	23 1:00 Rescate Fresco	24	25 SmartCare Cerrado	26 1:00 Rescate Fresco SmartCare Cerrado	27 8am Desayuno Gratis
28	29 9-3pm Prueba de COVID y vacunas en la librería	30 1:00 Rescate Fresco				

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

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

Mes de concientización sobre:

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

18/11/2020 - El Gran Día De No Fumar

10/11/2020 - Día Internacional de Sobrevivientes de Pérdidas por Suicidio

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



Eventos adicionales en la comunidad:

Lions Gift of Sight - Examen de ojos, consulta, y lentes gratis. Sin requisito y abierto para todas las edades. Evento sera en Mountain View Community Church 1191 Meadowlark Way Ramona, Ca 760-405-7385

Pruebas de COVID-19 y vacunas Librería de Ramona localizada en 1275 Main Street Ramona, Ca

Evento gratis de vacuna del gripe en Ramona Food and Clothes Closet 8am-Medio día