

October 2021

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 1:00 Fresh Rescue	2
3	4 6pm Free Dinner @ Ramona Grange	5 1:00 Fresh Rescue	6	7	8 Free Farmers Market 1:00 Fresh Res-	9 9am SOWED
10	11 6pm Free Dinner @ Ramona Grange	12 1:00 Fresh Rescue	13	14 1:00 Fresh Rescue	15 9 am Mobile Pantry 1:00 Fresh Rescue	16
17	18 6pm Free Dinner @ Ramona Grange	19 1:00 Fresh Rescue	20 8 am EFAP	21	22 1:00 Fresh Rescue	23 9am SOWED
24 31	25 6pm Free Dinner @ Ramona Grange	26 1:00 Fresh Rescue	27	28 1:00 Fresh Rescue	29 1:00 Fresh Rescue 4-6 Main Street Trick or Treat	30 8am Free Breakfast

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

This Months Wellness Themes:
 National Depression Screening Day
 National Bullying Prevention Month
 National Breast Cancer Awareness Month
 Domestic Violence Awareness Month
 Red Ribbon/Drug Prevention Awareness
 Pregnancy and Infant Loss Awareness
 National ADHD Awareness 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 1:00 Rescate Fresco	2
3	4 6pm Cena Gratis @ Ramona Grange	5 1:00 Rescate Fresco	6	7	8 12:30 mercado de agricultores 1:00 Rescate	9 9am SOWED
10	11 6pm Cena Gratis @ Ramona Grange	12 1:00 Rescate Fresco	13	14 1:00 Rescate Fresco	15 9 am Despensa Móvil 1:00 Rescate Fresco	16
17	18 6pm Cena Gratis @ Ramona Grange	19 1:00 Rescate Fresco	20 8 am EFAP	21	22 1:00 Rescate Fresco	23 9am SOWED
24 31	25 6pm Cena Gratis @ Ramona Grange	26 1:00 Rescate Fresco	27	28 1:00 Rescate Fresco	29 1:00 Rescate Fresco 4-6 Main Street Trick or Treat	30 8am Desayuno Gratis

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:

Día para Revisar su Estado de Animo

Concientización Prevención del Acoso Escolar/Bullying

Concientización sobre el Cáncer de Mama

Concientización sobre la Violencia Doméstica

Red Ribbon / Prevención del Abuso de Drogas

Concientización Sobre el Embarazo y Pérdida Infantil

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