

January 2022

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

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

For more events in your community visit:

www.sdcl.org
www.ramonaseniorcenter.com

This Months Wellness Themes:

Cervical Health Awareness Month
 National Codependency Month
 National Stalking Awareness Month
 National Birth Defects Awareness Month
 Thyroid Awareness Month

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



Enero 2022

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DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
2	3 6pm Cena Gratis @ Ramona Grange	4 1:00 Rescate Fresco	5	6	7 1:00 Rescate Fresco	8
9	10 6pm Cena Gratis @ Ramona Grange	11 1:00 Rescate Fresco	12	13 1:00 Rescate Fresco	14 mercado de agricultores 1:00 Rescate Fresco	15
16	17 6pm Cena Gratis @ Ramona Grange	18 1:00 Rescate Fresco	19 8 am EFAP	20	21 9 am Despensa Móvil 1:00 Rescate Fresco	22
23	24 6pm Cena Gratis @ Ramona Grange	25 1:00 Rescate Fresco	26	27 1:00 Rescate Fresco	28 1:00 Rescate Fresco	29 8am De-sayuno Gratis
30	31 6pm 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

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:

- La Salud Cervical
- La Codependencia
- El Acecho
- La Malformación Congénita
- Las enfermedades de la Tiroides

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