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

### This Months Wellness Themes:

- Mental Health Awareness Month**
- Military Appreciation Month**
- National Trauma Awareness**
- Better Sleep Awareness**
- Older Americans Month**

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



For more events in your community visit:

[www.sdcl.org](http://www.sdcl.org)  
[www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com)

# Mayo 2022

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

## EVENTOS COMUNITARIOS DE RAMONA

### 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 Mental
- El Trauma
- La Salud en la Edad Avanzada
- El Sueño Reparador
- El Agradecimiento al Militar

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



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