



August 2022

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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
7	8 6pm Free Dinner @ Ramona Grange	9 1:00 Fresh Rescue	10	11 1:00 Fresh Rescue	12 1:00 Fresh Rescue Free Farmers Market	13
14	15 6pm Free Dinner @ Ramona Grange	16 1:00 Fresh Rescue	17 8 am EFAP	18	19 9 am Mobile Pantry 1:00 Fresh Rescue	20
21	22 6pm Free Dinner @ Ramona Grange	23 1:00 Fresh Rescue	24	25 1:00 Fresh Rescue	26 1:00 Fresh Rescue	27 8am Free Breakfast
28	29 6pm Free Dinner @ Ramona Grange	30 1:00 Fresh Rescue	31			

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:

Children's Eye Health and Safety Month
National Immunization Awareness Month
National Breast Feeding 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 6pm Cena Gratis @ Ramona Grange	2 1:00 Rescate Fresco	3	4	5 1:00 Rescate Fresco	6
7	8 6pm Cena Gratis @ Ramona Grange	9 1:00 Rescate Fresco	10	11 1:00 Rescate Fresco	12 mercado de agricultores 1:00 Rescate Fresco	13
14	15 6pm Cena Gratis @ Ramona Grange	16 1:00 Rescate Fresco	17 8 am EFAP	18	19 9 am Despensa Móvil 1:00 Rescate Fresco	20
21	22 6pm Cena Gratis @ Ramona Grange	23 1:00 Rescate Fresco	24	25 1:00 Rescate Fresco	26	27 8am De-sayuno Gratis
28	29 6pm Cena Gratis @ Ramona Grange	30 1:00 Rescate Fresco	31			

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 de salud y seguridad de los ojos de os niños
 Mes nacional de inmunización
 Nacional de lactancia materna

En colaboración con:
Truecare



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