

September 2022

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

RAMONA COMMUNITY EVENTS

Spanish Women' s Group
 1012 Main St. Suite 101, Ramona

Growing Wellness!
 Ramona Community Garden

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:

- Childhood Obesity Awareness Month
- National Suicide Prevention Month
- Healthy Aging Awareness Month
- National Recovery Awareness Month
- Pain and Cholesterol 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	2 9:00 Sembrando Bienestar! Jardin Comunitario 1:00 Rescate	3
4	5 6pm Cena Gratis @ Ramona Grange	6 10am Grupo para Mujeres 1:00 Rescate Fresco	7 9:00am Sembrando Bienestar!	8 1:00 Rescate Fresco	9 Mercado de Agricultores 1:00 Rescate Fresco	10
11	12 6pm Cena Gratis @ Ramona Grange	13 10am Grupo para Mujeres 1:00	14 9:00am Sembrando Bienestar!	15	16 9 am Despensa Móvil 1:00 Rescate Fresco	17
18	19 6pm Cena Gratis @ Ramona Grange	20 10am Grupo para Mujeres 1:00	21 8 am EFAP 9:00am Sembrando Bienestar!	22 1:00 Rescate Fresco	23 1:00 Rescate Fresco	24 8am Desayuno Gratis
25	26 6pm Cena Gratis @ Ramona Grange	27 1:00 Rescate Fresco	28	29	30 1:00 Rescate Fresco	

EVENTOS COMUNITARIOS

Fresh Rescue Produce
 In His Stepsc Christian Homes
 1619 la Brea Street, Ramona

EFAP (Programa de Emergencia de Asistencia en Comida)
 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 & Clothes Closet
 773 Main Street , Ramona

Cena Gratis y desayuno
 Ramona Grange 632
 215 7th street Ramona

Grupo para Mujeres
 1012 Main St. Suite 101 Ramona

Sembrando Bienestar
 Jardin Comunitario de Ramona
 Al lado del la Iglesia Episcopal St. Mary' s

Mes de concientización sobre:

- Mes de concientización de la obesidad infantil
- Mes nacional de prevención del suicidio
- Mes del envejecimiento saludable
- Mes nacional de la recuperación
- Mes de concientización de el dolor y el colesterol

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