

March 2023

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 9:00 Gardening!	4
5	6 6pm Free Dinner @ Grange	7	8 10-12pm Bleeding Disorders Awareness @ SmartCare Office	9	10 9:00 Gardening! 12:00 Noon Free Farmers Market	11 9:00am SOWED
12	13 6pm Free Dinner @ Grange	14	15 10-12pm Colorectal Awareness @ SmartCare	16	17 9:00 Gardening! 9 am Mobile Pantry	18
19	20 6pm Free Dinner @ Grange	21	22 10-12pm Nat Kidney Month @ SmartCare	23	24 9:00 Gardening!	25 9:00am SOWED
26	27 6pm Free Dinner @ Grange	28	29 10-12pm Multiple Sclerosis @ SmartCare	30	31 9:00 Gardening!	

RAMONA COMMUNITY EVENTS

10:00-12:00pm SmartCare Office
 Wellness Events multiple topics
 1012 Main St. Suite 101, Ramona Ca. 92065

Gardening Wellness!
 Ramona Community Garden

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 & Clothes Closet
 773 Main Street, Ramona

Open Door Free Breakfast & Dinner
 Ramona Grange 632
 215 7th street Ramona

This Months Wellness Themes:

- Bleeding Disorders Awareness Month**
- National Colorectal Awareness Month**
- National Endometriosis Awareness Month**
- National Kidney Month**
- Multiple Sclerosis Education 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	3 9:00 Jardinería	4
5	6 6pm Cena Gratis @ Grange	7	8 10-12pm Trastornos Sanguíneos@ SmartCare Office	9	10 9:00 Jardinería 12:00pm Distribución de Comida	11 9:00am SOWED
12	13 6pm Cena Gratis @ Grange	14	15 10-12pm Cancer Colorectal @ SmartCare	16	17 9:00 Jardinería 9 am Distribu- ción de Comida	18
19	6pm Cena Gratis @ Grange	21	22 10-12pm Mes Nacional del Riñon @ SmartCare	23	24 9:00 Jardinería	25 9:00am SOWED
26	27 6pm Cena Gratis @ Grange	28	29 10-12pm Esclerosis Multi- ple @ SmartCare	30	31 9:00 Jardinería	

RAMONA COMMUNITY EVENTS

Eventos de Bienestar Varios Temas
Miercoles 10-12pm SmartCare
 1012 Main St. Suite 101, Ramona Ca. 92065

Actividad de Jardinería de Bienestar!
 Jardin Comunitario de Ramona
 Esquina de Calle 11 y San Vicente Road.

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

Dispensa de Comida (Feeding America)
 Ramona Food and Clothes Closet
 773 Main Street , Ramona

Cena & Desayuno Gratuitos
 Ramona Grange 632
 215 7th street Ramona

Mes de concientización sobre:

Trastornos Sanguíneos
El Cáncer del Colon y del Recto
La Endometriosis
Enfermedades de los Riñones
La Esclerosis múltiple

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