



# April 2021

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## RAMONA COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 1:00 Fresh Rescue	3
4	5 6pm Free Dinner @ Ramona Grange	6 1:00 Fresh Rescue	7	8 1:00 Fresh Rescue	9 12:15 Free Farmers Market 1:00 Fresh Rescue	10 9am SOWED
11	12 6pm Free Dinner @ Ramona Grange	13 1:00 Fresh Rescue	14	15	16 1:00 Fresh Rescue	17
18	19 6pm Free Dinner @ Ramona Grange	20 1:00 Fresh Rescue	21 8am EFAP (Emergency Food Assistance Program)	22 1:00 Fresh Rescue  EARTH DAY	23 1:00 Fresh Rescue	24 9am SOWED
25	26 6pm Free Dinner @ Ramona Grange	27 1:00 Fresh Rescue	28	29	30 1:00 Fresh Rescue	

*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*

*1:30 First Congregational Church*  
*404 8th Street, Ramona*

*Mobile Pantry (Feeding America)*  
*Ramona Food and Clothes Closet*  
*773 Main Street, Ramona*

*Free Dinner*  
*Ramona Grange 632*  
*215 7th street Ramona*

*Free Breakfast*  
*Ramona Grange 632*  
*215 7th Street, Ramona*

For more events in your community visit:  
[www.sdcl.org](http://www.sdcl.org)  
[www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com)

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



**This Months Wellness Themes:**

- Alcohol Awareness Month
- Stress Awareness Month
- Child Abuse Prevention Month
- Sexual Assault Awareness Month
- World Autism Awareness Day
- Distracted Driver Awareness Month

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
				1	2 1:00 Rescate Fresco	3
4	5 6pm Cena Gratis @ Ramona Grange	6 1:00 Rescate Fresco	7	8 1:00 Rescate Fresco	9 12:15 mercado de agricultores 1:00 Rescate Fresco	10 9am SOWED
11	12 6pm Cena Gratis @ Ramona Grange	13 1:00 Rescate Fresco	14	15	16 1:00 Rescate Fresco	17
18	19 6pm Cena Gratis @ Ramona Grange	20 1:00 Rescate Fresco	21 8am EFAP Comida de Emergencia	22 1:00 Rescate Fresco  <b>DIA DE LA TIERRA</b>	23 1:00 Rescate Fresco	24 9am SOWED
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 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  
 12:15 First Congregational Church  
 404 8th Street, Ramona

Cena Gratis  
 Ramona Grange 632  
 215 7th street Ramona

Desayuno Gratis  
 Ramona Grange 632  
 215 7th Street, Ramona

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

### Temas De Bienestar De Este Mes:

- Mes de concientización del Alcoholismo
- Mes de concientización del Estrés
- Mes de concientización del la Agresión Sexual
- Mes de concientización del Abuso Infantil
- Mes de concientización del Autismo

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

