



July 2021

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RAMONA COMMUNITY EVENTS

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

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

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



This Months Wellness Themes:

- UV Safety
- Firework Safety
- National Parks and recreation Awareness
- National Eye Injury Awareness

For more events in your community visit:
www.sdcl.org
www.ramonaseniorcenter.com

Julio 2021

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

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
 Ramona Grange 632
 215 7th street Ramona

Desayuno Gratis
 Ramona Grange 632
 215 7th Street, Ramona

Temas De Bienestar De Este Mes:

Seguridad UV
Seguridad de fuegos artificiales
Parques Nacionales y recreación
Conciencia
Conciencia nacional de lesiones oculares

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

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

