



Vista Hill Office
1012 Main Street Ste 101

Ramona Library
1275 Main St. (760) 788-5270
Women's Empowerment
Joanna Yanez (760) 803-1336
Circulo de Mujeres
Martha Rojas (760) 519-6660

Ramona Senior Center
434 Aqua Lane (760) 789-0440
Seniors Empowering Seniors
Kenya Taylor @ (760) 803-8809
Tawnya Torres @ (760) 803-8707

Ramona Health Clinic
217 E. Earlham - (760) 789-1223

Collier Park
Walking Group 626 E St
Martha Rojas (760) 519-6660

Grange Hall (Free Dinner)
Jun-Oct - 626 E St /Nov-May - 215 7th St
Angel Food Boxes - 215 7th Street

Ramona Food and Clothes Closet
773 Main Street - Vesna 760-789-4458

Calvary Chapel
S.O.W.E.D. Food Distribution
1145 14th Street - (760) 788-0204

Fresh Rescue Produce Distribution
Bread variety and bagels, EFAP
1619 La Brea Street

ALL CALENDAR EVENTS ARE FREE

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RAMONA

June 2017

SmartCare Community Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		★		1	2	3
		Starting June 12th: 11:30 Free Lunch for kids at Teens at the Ramona Library ★ ★		10 am Adult Coloring 11 am Women's Empowerment	10:00am Seniors Empowering Seniors 1pm Fresh Rescue	9:30 Exercise
PTSD Awareness Month						
4	5	6	7	8	9	10
Nat'l Cancer Survivors Day 4-6pm Car Show (Albertsons)	8am Walking Group 9:30 Mindful Monday 6pm Free Dinner	10:00 Line Dancing 1pm Fresh Rescue 2p Computer Basics	8:00 Bread Distribution 9:00 Yoga 11 Circulo de Mujeres	10 am Adult Coloring 11 am Women's Empowerment 1pm Fresh Rescue American Graffiti-Main St.	10:00 Seniors Empowering Seniors 1pm Fresh Rescue	9am S.O.W.E.D. 9:30 Exercise
National Men's Health Awareness Month						
						
				Last Day of School RUSD		
11	12	13	14	15	16	17
	8am Walking Group 9:30 Mindful Monday 6pm Free Dinner	10:00 Line Dancing 1pm Fresh Rescue 2p Computer Basics	8:00 Bread Distribution 9:00 Yoga 11 Circulo de Mujeres	9am Mobile Pantry (Bring own bags/boxes) 10 am Adult Coloring 11 am Women's Empowerment American Graffiti- Main St.	10:00 Seniors Empowering Seniors 1pm Fresh Rescue	9:30 Exercise
* National Migraine and Headache Month*						
18	19	20	21	22	23	24
Father's Day!	8am Walking Group 9:30 Mindful Monday 6pm Free Dinner	10:00 Line Dancing 1pm Fresh Rescue 2p Computer Basics	8:00 Bread Distribution EFAP-bring bags 9:00 Yoga 11 Circulo de Mujeres	10 am Adult Coloring 11 am Women's Empowerment 1pm Fresh Rescue American Graffiti- Main St.	10:00 Seniors Empowering Seniors 1pm Fresh Rescue	8a Breakfast 9am S.O.W.E.D. 9:30 Exercise
National Safety Month						
25	26	27	28	29	30	
2p Sunday Funday 4-6pm Car Show (Albertsons)	8am Walking Group 9:30 Mindful Monday 6pm Free Dinner	10:00 Line Dancing 1pm Fresh Rescue 2p Computer Basics	8:00 Bread Distribution EFAP-bring bags 9:00 Yoga 11 Circulo de Mujeres	10 am Adult Coloring 11 am Women's Empowerment 1pm Fresh Rescue American Graffiti- Main St.	10am Seniors Empowering Seniors 1pm Fresh Rescue	
Helen Keller Deaf-Blind Awareness Week						