



**Vista Hill Office**  
1012 Main Street Ste 101

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

**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

**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 May 2017 SmartCare Community Calendar


| Sun   | Mon   | Tue  | Wed   | Thu  | Fri  | Sat   |
|---|---|--|---|--|--|---|
|  | <b>1</b><br>8am Walking Group<br>9:30 Mindful Monday<br>6pm Free Dinner<br><br>National Day of Action | <b>2</b><br>10:00 Line Dancing<br>1pm Fresh Rescue<br>2p Computer Basics | <b>3</b><br>8:00 Bread Distribution<br>9:00 Yoga<br>11 Circulo de Mujeres | <b>4</b><br>10 am Adult Coloring<br>11:15 am Women's Empowerment<br>American Graffiti-Main St. | <b>5</b><br>10:00am Seniors Empowering Seniors<br>1pm Fresh Rescue | <b>6</b><br>9:30 Exercise Dance Class<br>1:30 Family story time |

## \*Mental Health Awareness Month\*

|   |   |  |  |  |   |  |
|---|---|--|--|--|---|--|
| <b>7</b><br>2p Sunday Funday<br>4-6pm Car Show (Albertsons) | <b>8</b><br>8am Walking Group<br>9:30 Mindful Monday<br>6pm Free Dinner | <b>9</b><br>10:00 Line Dancing<br>1pm Fresh Rescue<br>2p Computer Basics | <b>10</b><br>8:00 Bread Distribution<br>9:00 Yoga<br>11 Circulo de Mujeres | <b>11</b><br>10 am Adult Coloring<br>11:15 am Women's Empowerment<br>1pm Fresh Rescue<br>American Graffiti-Main St.<br>6pm Concert | <b>12</b><br>10:00 Seniors Empowering Seniors<br>1pm Fresh Rescue | <b>13</b><br>9am S.O.W.E.D.<br>9:30 Exercise Dance Class<br>1:30 Family story time |
|---|---|--|--|--|---|--|



## \*National Women's Health Week\*


|   |  |   |   |  |   |  |
|---|--|---|---|--|---|--|
| <b>14</b><br>Happy Mothers Day!<br> | <b>15</b><br>8am Walking Group<br>9:30 Mindful Monday<br>6pm Free Dinner | <b>16</b><br>10:00 Line Dancing<br>1pm Fresh Rescue<br>2p Computer Basics | <b>17</b><br>8:00 Bread Distribution<br>EFAP-bring bags<br>9:00 Yoga<br>11 Circulo de Mujeres | <b>18</b><br>9am Mobile Pantry (Bring own bags/boxes)<br>10 am Adult Coloring<br>11:15 am Women's Empowerment<br>American Graffiti- Main St. | <b>19</b><br>10:00 Seniors Empowering Seniors<br>1pm Fresh Rescue<br>3:15 Ranger Talk Safe Hiking and Camping | <b>20</b><br>9:30 Exercise Dance Class<br>1:30 Family story time |
|---|--|---|---|--|---|--|



## \* High Blood Pressure Education\*

|  |  |   |   |  |   |   |
|--|--|---|---|--|---|---|
| <b>21</b><br>2p Sunday Funday<br>4-6pm Car Show (Albertsons) | <b>22</b><br>8am Walking Group<br>9:30 Mindful Monday<br>6pm Free Dinner | <b>23</b><br>10:00 Line Dancing<br>1pm Fresh Rescue<br>2p Computer Basics | <b>24</b><br>11 Circulo de Mujeres<br> | <b>25</b><br>10 am Adult Coloring<br>11:15 am Women's Empowerment<br>1pm Fresh Rescue<br>American Graffiti- Main St. | <b>26</b><br>10:00 Seniors Empowering Seniors<br>1pm Fresh Rescue | <b>27</b><br>8a Breakfast 9am S.O.W.E.D.<br>9:30 Exercise Dance Class<br>1:30 Family story time |
|--|--|---|---|--|---|---|

## \*National Physical Fitness and Sports Month\*

|  |   |   |  |
|--|---|---|--|
| <b>28</b><br>2p Sunday Funday<br>4-6pm Car Show (Albertsons) | <b>29</b><br><br><b>MEMORIAL DAY</b> | <b>30</b><br>10:00 Line Dancing<br>1pm Fresh Rescue<br>2p Computer Basics | <b>31</b><br>8:00 Bread Distribution<br>9:00 Yoga<br>11 Circulo de Mujeres |
|--|---|---|--|



## \* Older Americans Month\*