

# NEIGHBORHOOD HOUSE ASSOCIATION



The Neighborhood House Association is San Diego County's largest multi-purpose human services agency. NHA helps thousands of individuals and families improve their quality of life by providing vital social services including employment, healthcare, child, family and senior services.

Neighborhood House Association programs and services include:

- *Adult Day Health Care*
- *The CONNECTION*
- *Child Development/State Preschool*
- *Emergency Services*
- *Head Start/Early Head Start*
- *HIV/AIDS Case Management and Peer Support Services/Transportation Services*
- *HUD Approved Housing Counseling*
- *InnoVisions*
- *Project Enable/Friendship Clubhouse*
- *Senior Service Center*

**Neighborhood House Association**  
5660 Copley Drive  
San Diego, CA 92111  
858-715-2642



**Neighborhood House Association**

*"A neighbor you can count on...since 1914"*

**Senior Service Center**  
**Neighborhood House Association**  
**795 South Boundary Street**  
**San Diego, CA 92113**  
**619-263-2108**

[www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)



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House  
Association**

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**Senior  
Service  
Center**



**A Home Away  
From Home for Those 60 Years  
of Age and Older**

## ABOUT SENIOR SERVICE CENTER



Neighborhood House Association's Senior Service Center provides daily breakfast and lunch meals to adults 60 years of age and older. The meals are prepared and served on-site. The Senior Service Center also provides socialization, recreation, education, health and nutrition services to assist in the independence and safety of persons 60 years of age and older.

Lunch deliveries are made to homebound seniors Monday through Friday in designated areas in San Diego. Transportation to and from the center is provided for seniors living in zip codes 92102, 92113 and 92114.

## DONATION

Neighborhood House Association's Senior Service Center suggested donation for meals is \$1.00 for breakfast, \$2.00 for lunch and \$2.15 for a homebound meal. Non-seniors fees are \$5.00 per meal.

## SERVICES

Neighborhood House Association's Senior Service Center provides a variety of activities, including:

- *Arts and crafts*
- *Dance classes*
- *Exercise*
- *Field trips*
- *Health and nutrition education*
- *Music classes*
- *On-site games*
- *Yoga*



## ADDITIONAL SERVICES

**Are You OK? Program:** Senior Service Center staff will call homebound seniors each weekday to check in and make sure the senior is o.k.

**Vial of Life:** A program in which a senior's medication information is put into a plastic box and placed on their refrigerator door. In case of emergency, the person responding will know the senior's medical conditions.

**Safe Return:** A nationwide identification system of the Alzheimer's Association that helps authorities locate, identify and safely return persons with dementia who have wandered and become lost.

## SERVICE AREA

Neighborhood House Association's Senior Service Center is open to San Diego County residents age 60 or older.

**HOURS:**

Monday to Friday  
8 a.m. to 3 p.m.

Funds to operate the NHA Senior Service Center are awarded by the County of San Diego Aging and Independence Services. The Senior Service Center does not discriminate because of race, color, handicap or national origin. No eligible person shall be denied a meal because of failure or inability to pay.