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’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

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.

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.

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.