



# The Roundup

Neighborhood House Association  
Adult Day Health Care Center

March 2014  
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San Diego, CA 92113



## March Menu

- 3/3 Marie's Chili
- 3/4 Turkey Sandwich
- 3/5 Taco Salad
- 3/6 Sesame Noodles
- 3/7 Swiss Scramble
- 3/10 Chicken Fajitas
- 3/11 Turkey Sandwich
- 3/12 Burrito
- 3/13 Baked Chicken
- 3/14 Pork Chop
- 3/17 Turkey Sandwich
- 3/18 Beef and Rotini
- 3/19 Chicken Gumbo
- 3/20 Egg Scramble
- 3/21 Bean/Beef Taco
- 3/24 Chicken Wrap
- 3/25 Thai Chicken
- 3/26 Beef Picadillo
- 3/27 Roasted Turkey
- 3/28 Black Bean Chili
- 3/31` Meat Sauce/Pasta



## March- Make Time for Fun

It will soon be Daylight Savings time on March 9. Be sure to turn your clock forward one hour! The long awaited rains came and the ADHC garden is growing greener and healthy. Send in your seedlings to add to the garden. Mardi Gras will be celebrated Tuesday March 4th. Yellow and purple with lots of shiny beads is the garb of the day. Time to let loose and have fun! St. Patrick's Day is March 17th. GREEN is the color of the day. The lively San Diego



Charger's Band will perform for us that day. Ana's shamrock punch will be on tap!

UPDATE US WITH  
ANY MEDICAL OR  
CONTACT CHANGES



Did you know that the nurse sends updated medical information & progress notes every six months to your doctor? Please keep us informed of any changes in condition and who your doctor is for accuracy.



*May the Lord  
keep you in his  
hand but not close  
his fist too tight!*















# MARCH



2014

SUN	MON	TUE	WED	THU	FRI	SAT
PT: M,TH OT: W,TH COTA: M-F RN: M-F LVN: M-F ST: M, TH	Monthly Meetings: INA on the 12th @ 9am	 <b>ADHC LINEUP:</b> <b>JAVA CLUB: 9-11AM</b> <b>GROUP FITNESS: 11-11:45</b> <b>LUNCH: 12-1</b> <b>GROUP RECREATION: 1-4:30</b>			1 Share a smile day!   Irish American Month	
2 RD: MD:	3 Eastern Orthodox Lent Begins  	4 Shake & Move w/ Jean  Arts & Crafts	5 Ash Wednesday Stress-busting w/ Jean & Music Therapy	6  Brain Games  BINGO	7  Get Fit w/ Suzi  Art Therapy	8  Women's History Month
9 Daylight Savings Begins  	10 Healthy Living  	11 Current Events  Video of the week	12 Plant a Flower Day  Music Therapy  	13 Mood Boosting Moves w/Suzi	14 Feel Good Fitness  Art Expression	15  Red Cross Month
16	17  The Charger Band!	18 Johnny Appleseed Day  	19 Rejuvenate w/ a walk!  Group Crafts	20 International Earth Day Spring Begins!  	21 Birthday Bash!  	22  Social Workers Month  
23	24 Chocolate covered Raisin Day  <b>BINGO</b>	25 <b>Spa Day</b>  Video of the Week	26  Super Spring Crafts	27  Trivia Hour  	28  Flex for Fitness  Arts & Crafts	
30  Doctor's Day  	31 Brain Teasers  <b>BINGO</b>	 <b>Wise words to put a spring in your step!</b> 1. We rise by lifting others. 2. Buy less, choose well! 3. Do all things with kindness.		4. Authenticity is magnetic. 5. Don't find fault, find a remedy. 6. See the beauty around you. 7. Manners cost nothing. 8. Don't forget to be awesome!		