

Mission Statement

The Neighborhood House Adult Day Health Care Center seeks to assist individuals achieve maximum functional independence while providing supportive services to caregivers.



**Neighborhood House Association
Adult Day Health Care Center
The RoundUp**



October 2014

851 South 35th Street, San Diego, Cal 92113 (619) 233-6691 Fax (619) 233-6693



**Contact Your Doctor
No Flu Shot Offered
at the Center**

Due to changes in the requirements for participating in the California State Department of Public Health Purchased Seasonal Influenza Vaccine, the ADHC program WILL NOT be able to offer the "flu shot" this year.

Please contact your doctor ASAP to receive this important vaccine.



**Congratulations
to staffers,
Emilia Ayala &
Gloria Galvin on
achieving US
Citizenship!**



Welcome to the Fall Festival !



Autumn Greetings! We are OPEN for Columbus Day. Get set for fun as we enjoy Oktoberfest, Navy Day and Halloween this month.

A DAY OF SERVICE

A Presentation " Successful Aging: A Family Affair " was recently given by the ADHC at The Neighborhood House Assoc. Community Fair. The event celebrated healthy children, families and communities.



Lunch Entree



10/1 Taco Salad

10/2 Sesame Noodles

10/3 Swiss Egg Scramble

10/6 Chicken Fajitas

10/7 Turkey Swiss Sandwich

10/8 Beef Burrito

10/9 Oven Bake Chicken

10/10 Sliced Turkey

10/13 Turkey Sdwich

10/14 Rotini Bolognese

10/15 Chicken Gumbo

10/16 Egg Scramble

10/17 Beef & Beef Taco

10/20 BBQ Chicken Wrap

10/21 Thai Coco Chicken

10/22 Beef Picadillo

10/23 Roasted Turkey

10/24 Black Bean Chili

10/27 Meat Sauce & Pasta

10/28 Asian Chicken Wrap

10/29 BBQ Beef Burger

10/30 Potato Egg Scramble

10/31 Tuna Salad Sandwich



October

2014

Sun Mon Tue Wed Thu Fri Sat

<p>PT: M,TH OT: W, TH COTA: M-F RN: M-F LVN: M-F ST: M, TH MD: 15TH</p>	<p>Daily Schedule: Java Club: 9-11am Group Fitness: 11-11:45 Lunch: 12-1pm Group Recreation: 1-4:30</p>	<p>1 International Day of older persons Morning Walks Music Hour</p>	<p>2 Current Events w/ Suzi BINGO</p>	<p>Oktoberfest Polka Dot Contest, popcorn & rootbeer!</p>	
<p>5 RD: 15TH PSY: W</p> 	<p>6 Get Fit w/ Suzi! BINGO</p>	<p>7 Music Therapy</p> 	<p>8 Ageless Fitness Craft Hour</p>	<p>9 Health Awareness BINGO</p>	<p>10 World Mental Health Day Move to Music  Fall Crafts</p> 
<p>12 INA Meeting on the 15th @ 9am</p>	<p>13  COLUMBUS DAY The Center is OPEN!</p>	<p>14 Video of the Week</p> 	<p>15 International I Love Lucy Day Singing for Wellbeing!</p>	<p>16  Boss's Day! Arts & Crafts</p>	<p>17 Birthday Jam w/ Gus Meza! </p> <p>18 BREAST CANCER AWARENESS MONTH </p>
<p>19</p>	<p>20 Improve your concentration through BINGO!</p>	<p>21 Spa Day</p> 	<p>22 Group Walks Art Therapy</p>	<p>23 Healthy Living w/ Suzi</p>	<p>24 Boost your mood & confidence w/ Stretches!</p> <p>25 FAMILY HISTORY MONTH</p>
<p>26</p>	<p>27 Navy Day BINGO! </p>	<p>28 Video of the Week Crafters Unite!</p>	<p>29 Happy songs means a happier you! Art Appreciation</p>	<p>30 National Candy Corn Day Flex your concentration muscle and join us for BINGO!</p>	<p>31 Halloween Carnival  Dress to Spook! NATIONAL APPLE MONTH</p>