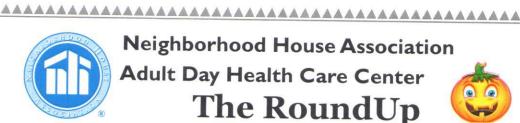
Mission Statement

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





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 <u>WILL NOT</u> be able to offer the "flu shot" this vear.

Please contact your doctor ASAP to receive this important vaccine.



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 Bolognase

Welcome to the Fall Festival!



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

and communities.

healthy children, families

Autumn Greetings! We are OPEN for Columbus Day. Get set for fun as we enjoy Octoberfest, Navy Day and

Halloween this month.



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





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



October 2014

Son	Mon	Tue	Wed	Thu	Fri	Sat
PT: M,TH OT: W, TH COTA: M-F RN: M-F LVN: M-F ST: M, TH MD: 15TH	Java Cl Group Fitr Lunch Group Recr	Schedule: ub: 9-11am ness: 11-11:45 : 12-1pm reation: 1-4:30	1 International Day of older persons Morning Walks Music Hour	Current Events w/ Suzi BINGO	Polka Dot Contest, popcorn & rootbeer!	
5 RD: 15TH PSY: W	Get Fit w/ Suzi! BINGO	Music Therapy	Ageless Fitness Craft Hour	9 Health Awareness BINGO	Move to Music Fall Crafts	
12 INA Meeting on the 15th @ 9am	The Center is OPEN!	Video of the Week	15 International I Love Lucy Day Singing for Wellbeing!	Boss's Day! Arts & Crafts	Birthday Jam w/ Gus Meza!	BREAST CANCER AWARENESS MONTH
19	Improve your concentration through BINGO!	Spa Day	Group Walks Art Therapy	Healthy Living w/ Suzi	Boost your mood & confidence w/ Stretches!	FAMILY HISTORY MONTH
26	Navy Day	Crafters	Happy songs means a happier you! Art Appreciation	30 National Candy Corn Day Flex your concentration muscle and join us for BINGO!	Halloween Carnival Dress to Spook!	NATIONAL APPLE MONTH