



851 South 35th St.  
San Diego, CA 92113

# The RoundUp

Neighborhood House Association  
Adult Day Health Care Center

December 2014  
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## Carols, Food, & Fun for All

## Family Night & Drawing Set for Dec. 12th



### DECEMBER MENU



- 12/1 Penne Pasta
- 12/2 Chicken Wrap
- 12/3 Beef Burer
- 12/4 Egg Scramble
- 12/5 Tuna Sandwch
- 12/8 Chili
- 12/9 Turkey Sandwch
- 12/10 Taco Salad
- 12/11 Sesame Noodles
- 12/12 Egg Scramble
- 12/15 Fajitas
- 12/16 Turkey Sndwch
- 12/17 Burrito
- 12/18 Bake Chicken
- 12/19 Turkey
- 12/22 Turkey Sndwich
- 12/23 Rotini Beef
- 12/24 Chicken Gumbo
- 12/25 Holiday
- 12.26 Beef Taco
- 12/29 Chicken Wrap
- 12/30 Thai Chicken

12/31  
Closed



Season's Greetings

**It's Holiday time again! Join us Friday, December 12th for the Annual Family Night. Our get-together brings everyone in for a fun evening and the Big Draw!**

**The party will run from 6 to 8 pm at the Center. Ham, Turkey and all the trimmings will be provided. Our families are invited to share a dish or dessert for the party. No bus transportation will be provided to the evening event.**

**Juan Robles will be on hand for musical entertainment. The Big Draw is our annual fundraiser. Be sure to turn in your opportunity tickets beforehand. Support the Center! Various VISA, gift cards, crafts and other prizes will be drawn for lucky winners! Happy Holidays to all!**



## SANTA CLAUS PARTY HELD IN DAYTIME



For some participants, the Holidays are challenging, especially when they reflect on past seasons, remember family/friends now gone or have reduced contact with. The daytime Santa Claus Party on December 19th offers cheer and a gift for

each participant. Please consider making a donation of \$5 or send in a gift suitable for a participant. Santa Claus & his energetic elves will be on hand and thank you gratefully for pitching in!  
**HO HO HO!**



# December 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 RD: 17TH</p>	<p>1 Group Fitness</p> 	<p>2 Video Of the Week Art Therapy</p>	<p>3 Healthy Living Music &amp; Movement</p>	<p>4 Endurance Activities BINGO</p>	<p>5 In the news w/ Suzi Arts &amp; Crafts</p>	
<p>7 MD: 17TH PSYCH: W</p> 	<p>8 Trivia Hour BINGO</p>	<p>9 Spa Day!</p> 	<p>10 Fitness Club Music &amp; Memories</p>	<p>11 Brain Fitness BINGO</p>	<p>12 Holiday Family Night @ 6 pm!</p> 	<p>13</p>
<p>14</p> 	<p>15 Effective Interactions Healthy Living</p>	<p>16 Video Of the Week Hooray for Hollywood!</p> 	<p>17 Get Fit w/ Jean Craft Hour</p>	<p>18 Current Events Trivia Hour</p>	<p>19 Daytime Santa Party</p> 	<p>20</p>
	<p>22 Stretches &amp; strength w/ Suzi</p>	<p>23 Morning Walks Art Expression</p>	<p>24 Magical music and memories w/ Jean</p>	<p>25 MERRY CHRISTMAS HAPPY HOLIDAYS</p>	<p>26 THE CENTER IS OPEN!</p>	<p>27</p>
<p>29 Get Fit w/ Suzi</p>  	<p>30 Video Of the Week</p>	<p>31</p> 	 <p><b>Daily Schedule:</b> Java Club: 9-11 Group Exercise: 1-11:45 Lunch: 12-1 Group Recreation: 1-4:30</p>			