

### 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

February  
2016

851 South 35th Street, San Diego, CA 92113 (619) 233-6691



### Dress In the Layers For the Weather

If you are like Owen here, you are perfectly

comfortable wearing T-shirts and shorts all year long. However, if cold and rainy weather adversely affects you, dress in layers for warmth and comfort. Please be sure to mark your coats and sweaters with your name. If it needs to be retrieved, staff will have an easier time determining the owner of the winter wear.



### What's for Lunch?

- 2/1 Sicilian Pasta
- 2/2 Chicken Wraps
- 2/3 BBQ Burger
- 2/4 Egg Scramble
- 2/5 Tuna Sandwich
- 2/8 Marie's Chili
- 2/9 Chicken Sndwch
- 2/10 Taco Salad
- 2/11 Noodles
- 2/12 Egg Scramble
- 2/15 Chicken Fajitas
- 2/16 Egg Sandwich
- 2/17 Beef Burrito
- 2/18 Bake Chicken
- 2/19 Veg Hummus
- 2/20 Turkey Sndwch
- 2/23 Rotini & Beef
- 2/23 Chicken Gumbo
- 2/25 Baked Chicken
- 2/26 Beef Taco
- 2/28 BBQ Wrap

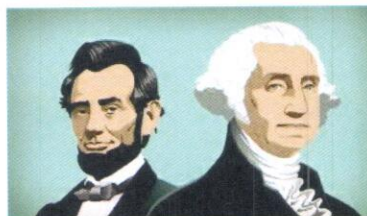
### Changing of the Guard

#### Bye Butch Hello Maxine

The Center said farewell to our long time staff psychologist, **Dr. Butch Amaral**. He has been our warm hearted clinician since the late 1990's. Dr. Amaral continues on as Director of Counseling at Southwestern College. He and his family remains the proud owner of a black Labrador who he met here when Okelani was with the Canines for Independence Program. We will miss you Butch!

We welcome our new clinician, **Maxine Fisher, LCSW**. She comes with many years of adult day health care experience. She has already met many of our participants.

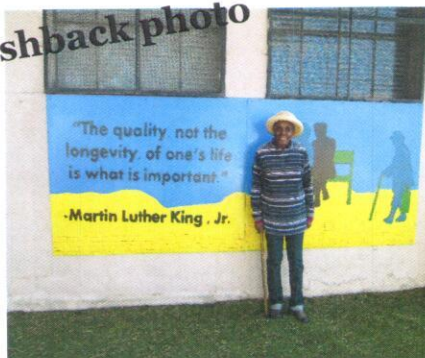
Nan smiles when mural was newly painted. We honored Dr. King on his Holiday in January.

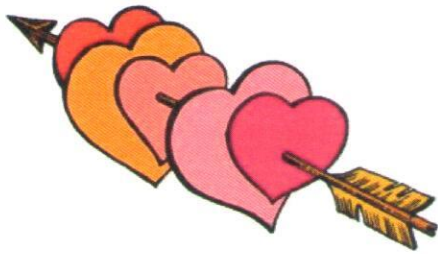


The Center will remain **OPEN** for all the **President's Holidays**. Come enjoy historical trivia plus word on **US political party races!** It should be very interesting.



### Flashback photo





# February



I only have eyes 4 you!

2016

Sun

Mon



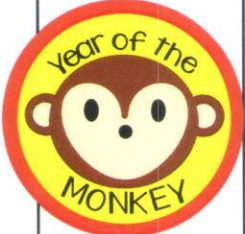







Tue

Wed

Thu

Fri

Sat

	1 <b>NATIONAL FREEDOM DAY</b>	2 Ground Hog's Day 	3 Music Appreciation Craft Hour	4 Heart Healthy Exercise w/ Suzi BINGO	5 National Wear Red Day Bubble Blowing Contest	6 American Heart Month 	
7	8 	9 MARDI GRAS & The Old School Platinum Group!	10 Ash Wednesday Body Dynamics Creative Arts w/ Jean	11 Current Events BINGO 	12 Lincoln's Birthday Valentines Day Strawberries & Cream Social!	13 <b>BLACK HISTORY MONTH</b>	
14 <i>Happy Valentine's Day</i>	15 President's Day The Center is <b>OPEN</b>	16 J-E-L-L-O Social 	17 LOVELY Arts & Crafts w/ Jean	18 Morning Walks 	19 Live well w/ Suzi Music & Memories		
21 	22 Washington's Birthday 	23 Video of the Week	24 Group Fitness Sing for Your Health!	25 French Cooking Demo!	26 Birthday Party w/ Juan Robles!	27 	
28	29 Leap Day/ Crazy Day! Wear your craziest outfit to the Center!	<b>DAILY SCHEDULE:</b> Java Club: 9-11am Group Exercise: 11-11:45am Lunch: 12-1pm Group Recreation: 1-4:30pm					

Neighborhood House ADHC is an equal opportunity provider and employer.