

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

June

2017

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



June Entrees

- 6/1 Roasted Turkey
- 6/2 Bean Chili
- 6/5 Penne Pasta
- 6/6 Jerk Chicken
- 6/7 Beef Burger
- 6/8 Roasted Turkey
- 6/9 Tuna Sandwich
- 6/12 Beef, Bean Chili
- 6/13 Chicken Wrap
- 6/14 Chicken Pasta
- 6/15 Beef Picadillo
- 6/16 Roast Turkey
- 6/19 Black Bean Chili
- 6/20 Sicilian Pasta
- 6/21 Asian Chic Wrap
- 6/22 BBQ Beef Burger
- 6/23 Egg Scramble
- 6/26 Tuna Sandwich
- 6/27 Marie's Chili
- 6/28 Chicken Salad
- 6/29 Taco Salad
- 6/30 Sesame Noodles

June is the month for honoring dear ol' dad. We will have our annual **Father's Day Bash** on June 16 featuring lovely **Serena and the Belly Dance Company** at 1 pm. The men of the Center will enjoy a special treat afterwards for a rip roaring good time!

♥ A Fond Farewell

The Center says goodbye to **Nicole Millilken, COTA.**, She has been with the adhc for over two years. Her military husband has received new orders and so off the family goes. Good Luck, thank you and we will miss you Nicole!



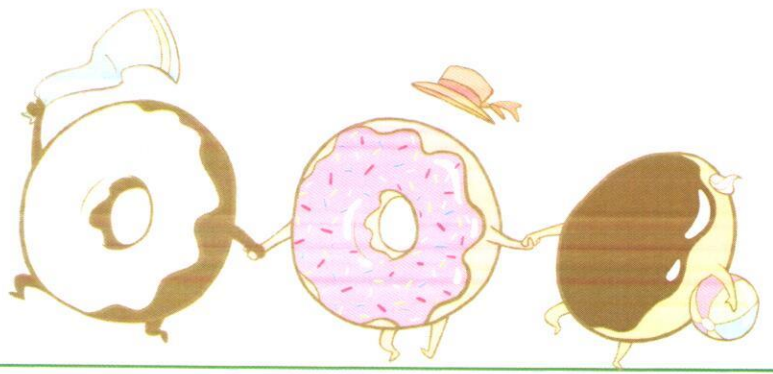
Our sister program, NHA Senior Nutrition Center is celebrating JUNETEENTH on June 16th 10 am. with a delicious luncheon! Among the menu is BBQ ribs, chicken, collard greens, and peach cobbler. Donation is \$10. The program is located at 795 South Boundary, San Diego. RSVP 858-221-3004.

Welcome Youth Works



Once again, the YouthWorks, Inc. program will be sending teams of young volunteers to help out at our Center this summer. The teens are from all over the United States who are interested in providing community service and enjoying fun San Diego. The teens will add a spark of youthful energy for us all!

JUNE 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><u>Daily Lineup:</u> Coffee Club: 9-11am Group Exercise: 11-11:45am Lunch: 12-1pm Group Recreation 1-4:30 pm</p>	<p><u>Daily Lineup:</u> Coffee Club: 9-11am Group Exercise: 11-11:45am Lunch: 12-1pm Group Recreation 1-4:30 pm</p>			<p>1 Morning News</p> <p>BINGO</p>	<p>2 3</p> <p>Happy National Donut Day!</p> 	
<p>4 Spiritual Group every Thursday @ 12:45pm</p>	<p>5 Trivia Hour</p> 	<p>6 Video of The Week</p>	<p>7 Music & Memories w/ Jean</p>	<p>8 Current Events</p> 	<p>9 On the Move w/ Suzi Arts & Crafts</p>	<p>10 Dairy Month</p> 
<p>11</p> 	<p>12 Fit & Happy w/ Suzi</p> <p>BINGO</p>	<p>13 Old School Platinum Group!</p> 	<p>14 Group Fitness</p> <p>Music Therapy</p>	<p>15 The Old School Platinum Group</p>	<p>16 Father's Day Celebration w/ The Belly Dancers!</p> 	<p>17</p>
<p>18 HAPPY FATHER'S DAY</p>	<p>19 Group Fitness</p> <p>BINGO</p>	<p>20 Music Therapy</p> <p>Arts & Crafts</p>	<p>1 Summer Begins</p> <p>Mindful Music w/ Jean</p>	<p>22 Spiritual Group @ 12:45</p> <p>BINGO</p> 	<p>23 Fit Club w/ Jean</p> <p>Sounds of Music</p>	<p>24 Cataract Awareness Month</p>
<p>25 Alzheimer's & Brain Awareness Month</p>	<p>26 Active Aging w/ Suzi</p> 	<p>27 In the News w/ Suzi</p> <p>Art Exploration</p>	<p>28 Music Expression</p>	<p>29 National Handshake Day</p> 	<p>Birthday Bash!</p> 	<p>Birthstone: Pearl Flower: Rose</p> 

NHA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. NHA is an equal opportunity provider and employer.