

Mission Statement

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



The Roundup



Neighborhood House Association
Adult Day Health Care Center

March 2016
619 233-6691 619 233-6693 (fax)
adhc@neighborhoodhouse.org

851 South 35th St.
San Diego, CA 92113



- 3/1 Chicken Pasta
- 3/2 Beef Picadillo
- 3/3 Roasted Turkey
- 3/4 Black Bean Chili
- 3/7 Penne Pasta
- 3/8 Chicken Wraps
- 3/9 BBQ Burger
- 3/10 Egg Scramble
- 3/11 Tuna Sandwich
- 3/14 Marie's Chili
- 3/15 Chicken Sandwich
- 3/16 Taco Salad
- 3/17 Sesame Noodles
- 3/18 Egg Scramble
- 3/21 Chicken Fajitas
- 3/22 Egg Sandwich
- 3/23 Beef Burrito
- 3/24 Baked Chicken
- 3/25 Veg & Hummus
- 3/82 Turkey Sandwich
- 3/29 Rotini & Beef
- 3/30 Chicken Gumbo
- 3/31 Baked Chicken



March into Springtime! A Fresh Start



Brighter days are on the horizon. Change your clocks on Daylight Savings time March 13. St. Patrick's Day is March 17, remember to wear GREEN! We will soon have a "Spring" in our steps mid month starting March 20.

Trees in the Garden

A tiny orchard grows in the garden. Peach, apple and lime are among the newly planted trees.

Welcome Spring!

Rocking At the ADHC



Some of our participants and staff are of the baby boomer age with a fondness for rocking out. The program has acquired two rockers and a lawn glider to enable folks to rock & relax at the same time. Rock On!



Partners for Person Centered Care

The Program embraces the person centered care concept. Core staff members are paired with participants to serve as personal "go to" persons for promotion of participant activation and empowerment. Two Peas in a Pod!












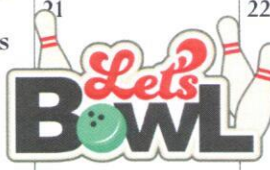


Let us know! Our licensing regulations require staff to follow up on the status of any participant not present on their scheduled days. Be sure to call the program when there is a change in your schedule.

MARCH 2016



NEIGHBORHOOD HOUSE ADULT DAY HEALTH CARE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Daily Schedule: Coffee Social: 9am-11am Group Fitness: 11-11:45am Lunch: 12-1pm Group Recreation: 1-4:30pm</p>		<p>1 Morning Stretches Video of the Week</p>	<p>2 Music & Memories w/ Jean</p>	<p>3 <i>Spiritual Group @ 12:45</i> Brain Games BINGO</p> 	<p>4 Stress Busting Moves w/ Suzi</p>	<p>5 IRISH AMERICAN MONTH </p>
<p>6 <i>Spiritual Group every Thursday @ 12:45!</i></p>	<p>7 Healthy Living w/ Suzi</p>	<p>8 Current Events Video of the Week</p>	<p>9 Music Therapy </p>	<p>10 Empowering Exercise w/ Suzi BINGO</p>	<p>11 Johnny Appleseed Day Morning Walks Arts & Crafts</p>	<p>12 NATIONAL WOMEN'S HISTORY MONTH</p>
<p>13 Daylight Savings Spring Forward! </p>	<p>14 Fit for Life w/ Suzi Game Day</p>	<p>15 Spa Day </p>	<p>16 Music & Movement Art Therapy</p>	<p>17 St. Patrick's Day </p>	<p>18 Birthday Fun w/ Danny Lopez </p>	<p>19 NATIONAL NUTRITION MONTH RED CROSS MONTH</p>
<p>20 Spring Begins Int'l. day of happiness</p>	<p>21  Let's BOWL BINGO</p>	<p>22 Colorful Crafts BINGO</p>	<p>23 Music Expression</p>	<p>24 Mental Aerobics w/ Suzi Game Day</p>	<p>25 Good Friday Easter Celebration </p>	<p>26 SOCIAL WORKERS MONTH</p>
<p>27  Happy Easter!</p>	<p>28 RELAX & Blow Bubbles!</p>	<p>29 Body Dynamics w/ Suzi</p>	<p>30 National Doctor's Day Reminisce through Music</p>	<p>31 Cesar Chavez Day The Center is <u>OPEN</u></p>	<p>Did you know? March was named for the Roman God "Mars"</p>	

This institution is an equal opportunity provider.