



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

May
2017

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

May-Menu



"I brought my whole self to you. I am your mother" Maya Angelou



- 5/1 Sicilian Pasta
- 5/2 Jerk Chicken
- 5/3 BBQ Beef Burger
- 5/4 Herb Roast Chicken
- 5/5 Tuna Sandwich
- 5/8 Marie's Fam Chili
- 5/9 Chicken Sandwich
- 5/10 Taco Salad
- 5/11 Sesame Noodles
- 5/12 Beef Kabobs

May is the month that we honor mothers and all that they do for us. Friday, May 12, the Center will host a Ladies Tea Party. Women are certainly a force to be reckoned with here. We highlight the efforts of our volunteer, **Joyce Cummings**. She is retired and volunteers with us. She helps greet participants in the morning and also performs clerical assistance. Another beautiful lady is **Donna Borrowy**. She spent a morning here in the garden amending our garden soil. A star in song is **Henrietta Fulmore**. Our talented participant sings for us beautifully. The Tea Party fun starts at 1 pm!

Is it time to renew Your Medi-Cal eligibility? Participants need to redetermine their eligibility periodically. It is important to update your eligibility in timely fashion as failure to do so could affect program participation. If help is needed with the renewal application, please notify the center.



- 5/15 Chicken Fajitas
- 5/16 Stewed Beef
- 5/17 Beef Taco
- 5/18 Chicken Pasta
- 5/19 Bean/Beef Soup
- 5/22 Turkey Sandwich]
- 5/23 Rotina and Beef
- 5/24 Lentil Soup
- 5/25 Pesto Chicken Pasta
- 5/26 Beef/Bean Taco
- 5/29 Closed
- 5/30 Baked Chicken
- 5/31 Beef Picadillo

WISH LIST

- Markers
 - Plantings
 - Socks
 - Nail Polish
 - Bingo Prizes
- Please check at home for any pink gait belts marked with NHA and return to program.

Farewell Intern Alex !

We say goodbye to our social work intern, Alex Ocegueda as the SDSU school year is ending. She has made valuable contributions to our program. Her friendly ways, kind compassion and bilingual abilities will take her far in the field of Social Work. Alex has a few more classes to finish up before graduating. We are excited she will be accepting a new role as a Fundraiser for the SW Council. Congratulations and we all thank you and will miss you!





MAY



2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat																									
	1 Loyalty Day Healthy Aging w/ Suzi	2 Video of the Week	3 Workout your worries w/ Jean!	4 Current Events BINGO	 Cinco de Mayo	 National Nurses Day!																									
7 	8 Group Exercise BINGO	9 National Teachers Day!  Old School Platinum Group!	10 Music Expression 	11 Fabulous Fitness BINGO	12 Mother's Day Tea! 																										
14 Spiritual Group on Thursdays @ 12:45	15 Morning Moves w/ Suzi BINGO <table border="1" data-bbox="365 1123 495 1270"> <tr><td>12</td><td>18</td><td>41</td><td>47</td><td>61</td></tr> <tr><td>7</td><td>26</td><td>39</td><td>54</td><td>70</td></tr> <tr><td>4</td><td>27</td><td>32</td><td>49</td><td>63</td></tr> <tr><td>5</td><td>23</td><td>35</td><td>58</td><td>73</td></tr> <tr><td>3</td><td>30</td><td>32</td><td>52</td><td>75</td></tr> </table>	12	18	41	47	61	7	26	39	54	70	4	27	32	49	63	5	23	35	58	73	3	30	32	52	75	16 Wear Purple for PEACE Day 	17 Music & Memories w/ Jean 	18 Old School Platinum Group	19 Birthday Party w/ Juan Robles! 	20
12	18	41	47	61																											
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21 Meetings: INA on the 17th @ 9am 	22 Easy Does it Exercise w/ Suzi  MEMORIAL DAY The Center will be CLOSED	23 Ana's Nail Spa @ 1! Video of the Week	24 Group Fitness Spring Crafts	25 Brain Teasers 	26 Sally Ride Day 1st American Woman in space! Effective communication	27 Ramadan NATIONAL BLOOD PRESSURE MONTH																									
		30 Movie of the Week	 ADHC Schedule: Coffee Club: 9-11am Group Fitness: 11-11:45am Lunch: 12-1pm Group Activities: 1-4:30pm			OLDER AMERICANS MONTH	ARMED FORCES DAY																								

Neighborhood House ADHC is an equal opportunity provider and employer.