

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
November 2016



851 SOUTH 35TH STREET, SAN DIEGO, CA 92113

adhc@neighborhoodhouse.org

(619) 233-6691

Change Your
Clocks Back &
Smoke Alarm
Batteries



November has arrived! Don't forget to set your clocks BACK one hour on Saturday night 11/5 The Center

will stay OPEN On November 11 to salute our **Veterans**. The **Thanksgiving Holidays** is November 24 & 25. We will serve an early pre-Holiday meal 11/17 prior to closing for Thanksgiving.



Lunch Menu



- 11/1 Chicken Italian Pasta
- 11/2 Beef Picadillo
- 11/3 Roasted Turkey
- 11/4 Black Bean Chili
- 11/7 Sicilian Penne Pasta
- 11/8 Asian chicken Wraps
- 11/9 BBQ Beef Burger
- 11/10 Herb Roasted Turkey
- 11/11 Tuna Salad Sandwich
- 11/14 Marie's Famous Chili
- 11/15 Curried Chicken Sandwich
- 11/16 Beef Taco Salad
- 11/17 THANKSGIVING LUNCH
- 11/18 Beef Kebobs
- 11/21 Chicken Fajitas
- 11/22 Stewed Beef & Grits
- 11/23 Thanksgiving Meal
- 11/28 Turkey Sandwich
- 11/29 Beef Bolognese
- 11/30 Chicken Gumbo



NHA ADHC

Presents

Our Annual

Opportunity Drawing!

The birthday party entertainment & cakes is possible from the Enrichment Fund. Appeal letters and tickets will be distributed soon in the mail. Your kind support of time and treasure is appreciated.

Mark your calendars as the drawing will be held on December 9th at **Holiday Family Night!** Participants have been expressing their artistic side while creating one of a kind crafts for you to win! As always our family style feast will not disappoint so come join us for Food, Fun, Friendship and an opportunity to win great prizes.

See you all there!



STAFF NEWS

















Welcome to the Center! Kelly Kennedy has joined our staff as RN. We also say hello to Renata Aidar-Currier, LCSW. New Program Aides include Lenny Johnson and Briana Bradford-Lowe.

CONGRATULATIONS

To staffer **Rosemary Eneje** who recently achieved her US Citizenship!

NOVEMBER

2016

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|--|--|----------------------------------|
|  | 1 All Saint's Day Video of the Week  | 2  | 3 Group Exercise BINGO | 4 Range of Motion Arts & Crafts w/ Jean |  Native American Heritage Month | |
| Daylight Savings ends!  | 7 Trivia Hour Arts & Crafts | 8  Election Day! Music Therapy w/ Jean | 9 Music and memories w/ Jean | 10 News of the Day w/ Suzi BINGO | 11  Veteran's Day! Center is <u>OPEN</u> | 12 Peanut Butter Lovers Month |
| 13  | 14 Group Fitness Healthy Aging | 15  Spa Day | 16 MUSIC W/ JEAN  | 17 Old School Platinum Group! | 18  <i>Celebrate</i> | |
| 20  | 21 Healthy Heart Activities w/ Suzi | 22 Art Exploration | 23 Ageless Fitness Brain Teasers | 24 25 26  | | |
| 27 | 28  | 29 30 NHA ADHC At a Glance: Coffee Club: 9-11 am Group Exercise: 11-11:45 am Lunch: 12-1pm Afternoon Recreation: 1-4:30 pm | |  |  | |