

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

2017

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

November has arrived! Don't forget to set your clocks BACK 1 hour on Sunday, 11/5. The Center will stay OPEN On November 10 to salute our **Veterans**. The **Thanksgiving Holidays** is November 23 & 24. We will enjoy a pre-Holiday meal & program prior to closing for Thanksgiving.



Annual Holiday

Opportunity Fundraiser

The BIG DRAW

is the Center's Annual Drive for the Enrichment Fund. Supporters of the BIG DRAW have made possible funds for the birthday party entertainment & cakes. Gift cards and donated prizes are to be awarded.

Appeal letters and tickets will be distributed soon to our families and friends in the mail. Your kind support is appreciated.

Mark your calendars as the drawing will be held on December 15 at Family Night. All tickets need to be turned in before the drawing.

Food, Fun, Friendship and an opportunity to win great prizes. See you all there!

LUNCH ENTREE

- 11/1 Taco Salad
- 11/2 Sesame Noodles
- 11/3 Beef Kabobs
- 11/6 Chicken Fajitas
- 11/7 Stewed Beef
- 11/8 Shredded Beef *
- 11/9 Smoked Chicken
- 11/10 Red Bean Soup
- 11/13 Turkey Sandwich
- 11/14 Bolognese Rotini
- 11/15 Lentil Soup
- 11/16 Hot Pesto Pasta
- 11/17 Been/Beef Taco
- 11/20 Salvador Chicken
- 11/21 Balsamic Chicken
- 11/22 Beef Picadillo
- 11/23 Roasted Turkey
- 11/24 Black Bean Chili
- 11/25 Penne Pasta
- 11/28 Jerk Chicken
- 11/29 BBQ Beef Burger
- 11/30 Herb Chicken



Leave Treats at Home

Reminder : After Halloween & during the Holiday season, perhaps treats, candies, and gums are around the home. Many of these items are potential choking risks and health restricted for some participants. Please make sure these edibles are not available to participants to share at the center.



Holiday Calendar

- Nov 23, 24 Closed for Thanksgiving
- Dec 15 Family Night
- Dec 20 Santa Party
- Dec 25 Closed for Holiday









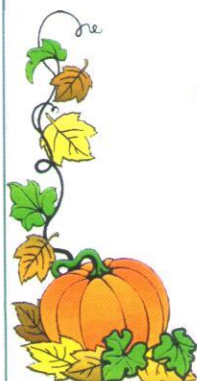

The Center is proud to provide services to Veterans in collaboration with the VAMC Home Base Program .



NOVEMBER



2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>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</p>			<p>1 <i>All Saints Day</i></p> 	<p>2 <i>All Souls Day</i></p> <p>Group Exercise</p> <p>BINGO</p>	<p>3</p> <p>Range of Motion Arts & Crafts w/ Jean</p>	<p>4</p>  <p>Native American Heritage Month</p>
<p>Daylight Savings Time ends!</p> 	<p>6</p> <p>Trivia Hour</p> <p>Arts & Crafts</p>	<p>7</p> <p>Election Day!</p> <p>Music Therapy w/ Jean</p>	<p>8</p> <p>Music and memories w/ Jean</p> 	<p>9</p> <p>News of the Day w/ Suzi</p> <p>BINGO</p>	<p>10</p>  <p><i>Veteran's Day!</i></p> <p>Birthday Party w/ Gus Meza!</p> 	<p>11</p>
<p>12</p> 	<p>13</p> <p>Group Fitness</p> <p>Healthy Aging</p>	<p>Video of the Week</p>	<p>Flex and Get Fit MUSIC w/ JEAN</p>	<p>16</p> <p>Old School Platinum Group!</p>	<p>17</p> <p>Heart Fitness W/ Jean Craft Therapy</p>	<p>18</p> <p>Peanut Butter Lovers Month</p>
<p>19</p> 	<p>20</p> <p>Healthy Heart Activities w/ Suzi</p>	<p>21</p> <p>Art Exploration</p> 	<p>22</p> <p>Ageless Fitness</p> <p>Brain Teasers</p>	<p>24</p> <p>25</p>  <p>See you on Monday!</p>		<p>27</p> <p>Current Events</p> <p>BINGO</p> 
		<p>28</p> <p>Fun Fitness w/ Jean</p> <p>Music Expression</p>	<p>29</p> <p>Music Therapy</p> <p>Fall Crafts</p>	<p>30</p> <p>Current Events</p> 