

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



October 2016

851 South 35th Street, San Diego, Cal 92113 (619) 233-6691 Fax (619) 233-6693

Farewell to our dedicated nurses, Susan Conrad, RN and Grace Williams, LVN . We were grateful to have them over 10 years in our program.!

What's For Lunch?

- 10/3 Sicilian Meat Pasta
- 10/4 Asian Chicken Wrap
- 10/5 BBQ Beef Burger
- 10/6 Potato Egg Scramble
- 10/7 Tuna Salad Sandwich
- 10/10 Marie's Famous Chili
- 10/11 Curried Chicken
- 10/12 Taco Salad
- 10/13 Sesame Noodles
- 10/14 Beef Kabob
- 10/17 Chicken Fajitas
- 10/18 Egg Salad Sandwich
- 10/19 Beef Burrito
- 10/20 Tomato Bake Pasta
- 10/21 BBQ Chicken
- 10/24 Turkey Cranberry Sandwich
- 10/25 Rotini alla Bolognese
- 10/26 Chicken Gumbo
- 10/27 Hot Pesto Pasta
- 10/28 Bean and Beef Taco
- 10/31 BBQ Chicken Wrap



Contact Your Doctor No Flu Shot Offered at the Center



Due to changes in the requirements for participating in the California State Department of Public Health Purchased Seasonal Influenza Vaccine, the ADHC program WILL NOT be able to offer the "flu shot" this year. Please contact your doctor ASAP to receive this important vaccine.

HALLOWEEN CARNIVAL!

Monday OCTOBER 31 1-2PM

Neighborhood House ADHC

MUSIC+MAGICAL FUN!

+GAMES

+PRIZES

+WITCHES BREW & BRITTLE BONES

+COSTUME CONTEST!

SCARE YOU LATER!



Happy Halloween



OCTOBER

2016

Sun

Mon

Tue

Wed

Thu

Fri

Sat



2



9

16




23

30

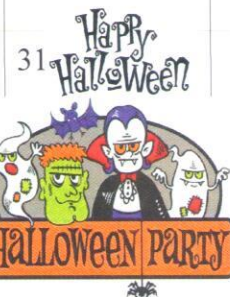


3 Rosh Hashanah
Healthy Living w/
Suzi
Breezy
Bingo!

10 Columbus Day

The Center is OPEN

17 Fang-tastic
Fitness
w/ Suzi

24 Bone
Chilling
moves w/
Suzi!




4

Autumn
Crafts

Magnificent
Movie Hour

11 Yom Kippur
Begins at sundown
Arts & Crafts

Movie of the
Week

18 Hand
Massage


25 Music &
Memories
w/ Jean

5

Brain
Teasers
Art
Expression

12 Yom Kippur

Spooky
Stretches
Music to
soothe your
soul

19 Creepy
Crafts w/
Jean

26 Mystical
Music w/
Jean

6

Current
Events

BINGO

13 Health
Awareness



20 In the News
w/ Suzi

BINGO


27 
BINGO!

7



POLKA DOT CONTEST,
POPCORN & ROOTBEER!

14 Hair-Raising
Fun w/
Suzi &
Jean!

21 
Birthday
Party w/
Juan
Robles!

28 Frankenstein
Friday!


1

15 **Breast
Cancer
Awareness
Month**

22 **National
Hispanic
Heritage
Month**

29 **National
Domestic
Violence
Awareness
Month**

Daily Schedule:
Coffee Club: 9-11am
Group Exercise: 11-11:45am
Lunch: 12-1pm
Group Recreation: 1-4:30pm

Remember To:

**Wear Dots for
Oktoberfest & Dress up
for Halloween!**

