

**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 2017**

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

**Lunch Entrée**

- 10/2 Chicken Fajitas
- 10/3 Stewed Beef
- 10/4 Shredded Beef
- 10/5 Smoked Chicken
- 10/6 Red Bean Soup 
- 10/9 Turkey Sandwich
- 10/10 Rotini alla Bolognese
- 10/11 Lentil Soup
- 10/12 Hot Pesto Pasta
- 10/13 Beef and Bean Taco
- 10/16 Salvadorean Chicken
- 10/17 Balsamic Chicken
- 10/18 Beef Picadillo
- 10/19 Roasted Turkey
- 10/20 Black Bean Chili
- 10/23 Penne Pasta
- 10/24 Baked Jerk Chicken
- 10/25 BBQ Beef Burger
- 10/26 Herb Roasted Turkey
- 10/27 Tuna Salad Sandwich
- 10/30 Marie's Famous Chili
- 10/31 Chicken Curry Sandwich

**Contact Your Doctor**

**No Flu Shot Offered Here**



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 offer the "flu shot" this year. Please contact your doctor ASAP to receive this important vaccine.



**HALL O W E E N C A R N I V A L !**

**TUESDAY, OCTOBER 31 1-2PM**  
Neighborhood House ADHC

**MUSIC+MAGICAL FUN!**

- +GAMES
- +PRIZES
- +WITCHES BREW & BRITTLE BONES
- +COSTUME CONTEST!
- SCARE YOU LATER!





# OCTOBER

2017



Sun

Mon

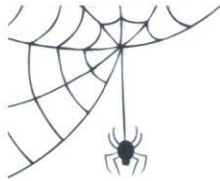
Tue

Wed

Thu

Fri

Sat



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



2



Healthy Living w/ Suzi  
 Breezy Bingo!

3

Autumn Crafts  
 Magnificent Movie Hour

4

Brain Teasers  
 Art Expression

5 Full Moon Current Events  
 BINGO

**Oktoberfest**

POLKA DOT CONTEST, POPCORN & ROOTBEER!

8



9 Columbus Day  
 The Center is OPEN

10

Arts & Crafts  
 Movie of the Week

11



Spooky Stretches  
 Music to soothe your soul

12 Health Awareness



19 In the News w/ Suzi  
 BINGO

13

Hair-Raising Fun w/ Suzi & Jean!

14

Breast Cancer Awareness Month

16 National Bosses Day  
 Fang-tastic Fitness w/ Suzi

17

Hand Massage



18

Creepy Crafts w/ Jean

19

In the News w/ Suzi  
 BINGO

20

Frankenstein Friday!



21

National Hispanic Heritage Month

22



23 Bone Chilling moves w/ Suzi!

24

Music & Memories w/ Jean

25

Mystical Music w/ Jean

26

**BOO**  
 BINGO!

27

Birthday Party w/ Danny Lopez!



28

National Domestic Violence Awareness Month

29



30

31



**HALLOWEEN PARTY!**

**Remember To:  
 Wear Dots for  
 Oktoberfest & Dress up  
 for Halloween!**

