

Mission Statement

The Neighborhood House Adult Day Health Care Center seeks to assist individuals achieve maximum functional independence while providing supportive services to caregivers.



The Roundup



Neighborhood House Association
Adult Day Health Care Center

March 2018
619 233-6691 619 233-6693 (fax)

851 South 35th St.
San Diego, CA 92113



March Menu

- 3/1 Pasta & Chicken
- 3/2 Bean/Beef Taco
- 3/3 Chicken & tomatoes
- 3/6 Baked Chicken
- 3/7 Beef Picadillo
- 3/8 Roasted Turkey
- 3/9 Black Bean Chili
- 3/12 Sicilian Pasta
- 3/13 Jerk Chicken
- 3/14 Beef Burger 😊
- 3/15 Herb Turkey
- 3/16 Tuna Sandwich
- 3/19 Chili w/ Beef
- 3/20 Chicken Curry
- 3/21 Taco Salad
- 3/22 Sesame Noodles
- 3/23 Beef Kabobs
- 3/26 Grilled Chicken
- 3/27 Beef Stew
- 3/28 Beef Burrito
- 3/29 Paprika Chicken
- 3/30 Red Bean Soup



Change of Seasons Ready, Set, March!



Brighter, longer days are on the horizon. Change your clocks for Daylight Savings time March 11 St. Patrick's Day is March 17, remember to wear GREEN! We will soon have a "Spring" in our steps starting March 20th.

New Medicare Numbers



The new Medicare Cards will now feature new Medicare numbers. **Medicare is removing Social Security Numbers from Medicare cards.** The new Medicare Cards will be sent to you in the mail. The change will greater serve to protect your identity.

Donate Your Books



Participants **Lavern Burton, Paula Stephens and Janice Langdon** are excited to start a Book Club at the center. They are eager to gather and organize the Lending Library. Send your donations in soon!

How Does Our Garden Grow?

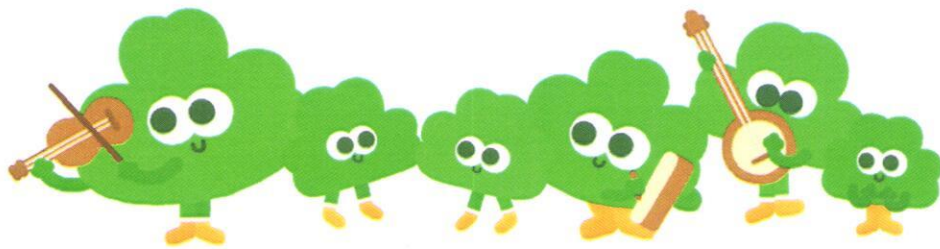


The center's garden has responded to the recent rains with a fast growth of lettuce, beets, broccoli, snapdragons and more. The kids & staff from Bandini School are very proud that their plantings had such good results for all of us to enjoy.



Isabel Marchan has joined the NHA/ ADHC staff as a **Certified Occupational Therapy Assistant (COTA).** Welcome!





MARCH

2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Daily Schedule: Coffee Social: 9am-11am Group Fitness: 11-11:45am Lunch: 12-1pm Group Recreation:</p>  			1 Purim Begins @ sundown Peanut Lovers Day BINGO	2 World Day of Prayer Stress Busting Moves w/ Suzi	3 IRISH AMERICAN MONTH 
4 	5 Book Club! Take a book Return a book!	6 Current Events Video of the Week	7 Music Therapy 	8 Group Exercise w/ Suzi BINGO	9 Morning Walks Arts & Crafts	10 NATIONAL NUTRITION MONTH RED CROSS MONTH
11 	12 Fit for Life w/ Ana! 	13 The Old School Platinum Group!	14 Music & Movement Art Therapy	15 Trivia Hour BINGO	16  St. Patrick's Day Fun! 	17 
18 Spiritual Group every Thursday @ 12:45! 	19 Group Fitness BINGO	20 Spring Begins! Colorful Crafts BINGO	21 Music & Memories w/ Jean 	22 The Old School Platinum Group!	23 Birthday Party Fun! 	24 SOCIAL WORKERS MONTH 
25 NATIONAL WOMEN'S HISTORY MONTH	26 Current Events w/ Suzi BINGO	27 Body Dynamics w/ Suzi	28 Reminisce through Music	29 	30 Current Events Arts & Crafts	31 

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