

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**



**April
 2018**

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

IMPORTANT MTS UPDATES



Many of our participants use MTS bus services for traveling to and from the Center. Enclosed, please read important updates from MTS. **Among changes is to allow for up to a 30 minute window.** If you have any questions regarding the changes, you may call the center at (619) 233-6691.



OUR GARDEN BOXES were planted by the young children at Bandini Emerson School next door. It is now thriving with many vegetables and flowers. Recently the kids came by and brought **ROCKS!**

They painted them at the Center. **Guess What?** They took the colorful,

decorated rocks and placed them in the garden!



**CITY HEIGHTS
 LAW DAY**



The 3rd Annual City Heights Law Day is on Saturday, April 28. Free classes and free consultations will be available with volunteer attorneys! The event will be held at the City Heights Weingart Library located at 3795 Fairmount Avenue, San Diego, CA 92105.



PiNK

ALeRT!

The Center is seeking the return of our pink or white marked Gait Belts. The safety items inadvertently go home with our participants by mistake. **FYI: Books & magazines are being accepted for use in our lending library.**

MAIN LUNCH ENTRÉE

- 4/2 Turkey Sandwich
- 4/3 Rotini w/ Beef
- 4/4 Lentil Soup
- 4/5 Pasta w/ Chicken
- 4/6 Beef & Beef Taco

- 4/9 Chicken Sandwich
- 4/10 Baked Chicken
- 4/11 Beef Picadillo
- 4/12 Roasted Turkey
- 4/13 Bean & Beef Chili

- 4/16 Sicilian Pasta
- 4/17 Jerk Chicken
- 4/18 Beef Burger
- 4/19 Herb Turkey
- 4/20 Tuna Sandwich









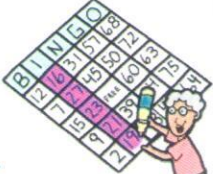

- 4/23 Chili with Beef
- 4/24 Chicken Sandwich
- 4/25 Taco Salad
- 4/26 Sesame Noodles
- 4/27 Beef Kabobs
- 4/30 Grilled Chicken



april

2018



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|--|---|--|
| 1  | 2 Group Fitness BINGO w/ Ronnie | 3 Video of the Week Sports Club w/ Larry! | 4 Music Therapy Spring Crafts | 5 Group Exercise  OUT OF MY WAY! I'M GOING TO BINGO! | 6 Heart Fitness W/ Jean Craft Therapy | 7  |
| 8 Spiritual Group every Thursday @ 12:45 w/ Henrietta | 9 Trivia Hour  w/ Laverne | 10  Old School Platinum Group! | 11 Art Expression  Table games | 12 Brain Games  BINGO | 13 Table Games Music Hour | |
| 15  <i>please grow</i> | 16 Brain Aerobics BINGO w/ Ronnie | 17 Table Games  | 18 MUSIC & MEMORIES | 19  Old School Platinum Group | 20 Effective communication w/ Suzi Arts & Crafts | 21 National Humor Month |
| 22 Earth Day  | 23 Healthy Heart Activities w/ Suzi | 24 Recreation Activity Counsel Meeting  | 25 Ageless Fitness English Class | 26 Live Well w/ Suzi BINGO | 27 Birthday Party w/ Juan Robles!  | |
| 29 | 30 Ageless Fitness  | |  <i>Hello Spring</i> | 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 Lunchtime DJ: Peggy | | |

NHA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. NHA is an equal opportunity provider and employer.