

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

May

2018

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



May Day! May Day! Get Set for Fun



LUNCH MENU



- 5/1 Beef Stew with green peppers
- 5/2 Burrito
- 5/3 Smoked Paprika Chicken
- 5/4 Red Bean Soup w/ Beef
- 5/7 Turkey Sandwich & Soup
- 5/8 Rotini alla Bolognese w/ Beef
- 5/9 Lentil Soup with chicken
- 5/10 Pasta with Chicken
- 5/11 Beef & Bean Taco
- 5/14 Salvadoran Chicken
- 5/15 Baked Chicken
- 5/16 Beef Picadillo & Brown Rice
- 5/17 Roast Turkey & Cranberry Salad
- 5/18 Black Bean Chili
- 5/21 Sicilian Sauce & Pasta
- 5/22 Jerk Chicken
- 5/23 BBQ Beef Burger
- 5/24 Roasted Chicken
- 5/25 Tuna Sandwich
- 5.28 HOLIDAY—CENTER CLOSED
- 5/29 Chicken Curry Sandwich
- 5/30 Taco Salad
- 5/31 Sesame Noodles with Chicken



It's one of our favorite times of the year! We get to celebrate **Cinco de Mayo**, honor our moms plus recognize our hardworking nurses. **Cinco de Mayo** will feature the pleasing voice of **Danny Lopez**.

Ladies get ready for the **Annual Mother's Day Tea**. Wear your best and share your memories of motherhood. Families you can send in your tributes of mom too! We recognize our Nurses, **Josefina Anderson, RN** and **Vicki Cydell, LVN** for all your kind, caring ways!



Thank You SDSU Interns

Our interns **Regina Nolte-Ware, Alex Talon and Edelberto Mendoza** is graduating this month from SDSU, They have contributed a whole year of service to our program. Regina and Eddie will be entering the world of work. Alex was recognized as the Undergraduate Social Work Student of the Year. He is pursuing his graduate degree in social work. Congrats & Thank You all!



May 2018



Sun Mon Tue Wed Thu Fri Sat

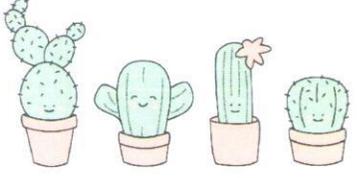
<p>ADHC Schedule: Coffee Club: 9-11am Group Fitness: 11-11.45am Lunch: 12-1pm Group Activities: 1-4.30pm</p>		<p>1 Video of the Week</p> 	<p>2 Workout your worries w/ Jean!</p>	<p>3 Garden Meditation Day Current Events BINGO w/ Ronnie</p>	<p>4 CINCO DE MAYO w/ Danny Lopez!</p>	<p>5 OLDER AMERICANS MONTH</p>
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<p>6 </p>	<p>7 Group Exercise BINGO w/ Ronnie</p>	<p>8 National Teachers Day!  Old School Platinum Group!</p>	<p>9 Music Expression</p> 	<p>10 Fabulous Fitness BINGO</p>	<p>11 Mother's Day Tea!</p> 	<p>12</p>
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<p>13 </p>	<p>14 Book Club w/ Laverne</p> 	<p>15  Wear Purple for PEACE Day!</p>	<p>16 Music & Memories w/ Jean</p>	<p>17  Old School Platinum Group</p>	<p>18  Birthday Celebration!</p>	<p>19</p>
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<p>20 Meetings: INA on the 16th</p>	<p>21 Easy Does it Exercise w/ Suzi</p>	<p>22 Table Games</p> 	<p>23 Group Fitness Craft Hour</p>	<p>24 Brain Teasers</p> 	<p>25 Effective communication w/ Suzi</p>	<p>26 NATIONAL BLOOD PRESSURE MONTH</p>
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<p>27</p>	<p>28  The Center will be CLOSED</p>	<p>29 Recreation Activity Counsel Meeting</p>	<p>30 Morning Walks Group Crafts</p>	<p>31 Current Events w/ Suzi BINGO</p>	<p>Be gentle with yourself, you're doing the best you can</p>	
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<p> Geminis</p> <p>Taurus is clever, artistic, romantic, practical, determined, stable and loyal. They are known for solidity, strength of will and perseverance.</p>	<p> Taurus</p> <p>Gemini is ambitious, kind, thoughtful, open-minded and has strong leadership qualities. They are curious about everything and love being part of the action.</p>	<p></p>
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