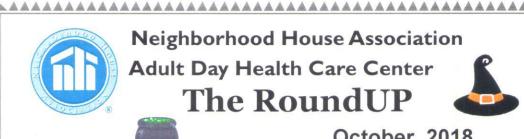
#### **Mission Statement**

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 2018



#### Lunch Entrée

4

10/1 Salvadorean Chicken

10/2 Baked Chicken

10/3 Beef Picadillo

10/4 Roasted Turkey

10/5 Black Bean Chili

10/8 Penne Pasta /w Meat Sauce

10/9 Baked Jerk Chicken

10/10 BBO Beef Burger

10/11 Herb Roasted Turkey

10/12 Tuna Salad Sandwich

10/15 Marie's Beef Chili

10/16 Chicken Curry Sandwich

10/17 Taco Salad

10/18 Sesame Noodles/Chicken

10/19 Beef Kabobs

10/22 Grilled Chicken w/ Tortilla

10/23 Stewed Beef

10/24 Beef Burrito

10/25 Chicken with Pasta

10/26 Red Beef Soup w/ Beef

10/29 Turkey Sandwich

10/30 Rotini Bolognese

10/31 Lentil Soup with Chicken





# HALLOWEEN CARNIVAL!

OCTOBER 31 1-2 p Neighborhood House ADHC MUSIC+MAGICAL FUN!

+GAMES

+PRIZES

+WITCHES BREW & BRITTLE BONES

+ COSTUME CONTEST!

SCARE YOU LATER!



### **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 Influ-

enza Vaccine, the ADHC program WILL NOT offer the "flu shot" this year. Please contact your doctor ASAP to receive this important vaccine.

#### **Reversing Diabetic Risks: Class Ongoing**

Two diabetic education classes are currently being held at the Center. Tonya L. Hale with the Diabetes Empowerment Program (DEEP) has been a dynamic instructor. Interns Graciela and Amy have been helping out as well. Certificate will be awarded upon completion.



# OCTOBER \*



2018

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Par Contract of the Contract o	Fang-tastic Fitness w/ Suzi	Creepy Crafts w/ Jean Movie Hour	Magical Music w/Jean	Frightening Fitness w/ Suzi	POLKA CONTEST, F ROOT	OPCORN &
7	COLUMBUS DAY The Center is OPEN	9 Autumn Crafts Magnificent Movie Hour	Brain Teasers Art Expression	Current Events BINGO	Special Guests: La Rondalla	
14	Special Appearance: The Charger Band!	HAPPY BOSS'S DAY!	17Spooky Stretches Music to soothe your soul	Health Awareness	Hair-Raisin Fun w/ Suzi & Jean!	g Breast Cancer Awareness Month
15	Get Fit w/ Suzi BINGO	Video of the week	Hair Raising Crafts/ Jean!	In the News w/ Suzi BINGO	Happy Boo Party w/ Juan Robles!	National Hispanic Heritage Month
28	Bone Chilling moves w/ Suzi!	Music & Memories w/ Jean	Halloween Carnival!		00	National Domestic Violence Awareness Month
Remember To: Wear Dots for ktoberfest & Dress up for Halloween!				Daily Sche Coffee Club: Group Exercise: Lunch: 12 Troup Recreation	9-11am 11-11:45am ?-1pm	