

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



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

Lunch Entrée

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 BBQ 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 Influenza 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

Sun

Mon

Tue

Wed

Thu

Fri

Sat



7

14

15

28



1

Fang-tastic Fitness w/ Suzi

8



The Center is OPEN

15

Special Appearance:
The Charger Band!

22

Get Fit w/ Suzi
BINGO

29

Bone Chilling moves w/ Suzi!

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

2

Creepy Crafts w/ Jean
Movie Hour

9

Autumn Crafts
Magnificent Movie Hour

16



23

Video of the week

30

Music & Memories w/ Jean

3



Magical Music w/Jean

10

Brain Teasers
Art Expression

17

Spooky Stretches
Music to soothe your soul

24

Hair Raising Crafts/ Jean!

31

Halloween Carnival!



4

Frightening Fitness w/ Suzi

11

Current Events
BINGO

18

Health Awareness

25

In the News w/ Suzi
BINGO



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

5

Oktoberfest
POLKA DOT CONTEST, POPCORN & ROOTBEER!

12

Special Guests:
La Rondalla

19

Hair-Raising Fun w/ Suzi & Jean!

26

Happy Boo Party w/ Juan Robles!

27



6

20

Breast Cancer Awareness Month

27

National Hispanic Heritage Month

National Domestic Violence Awareness Month

