

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**



November
2018

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



Don't miss out on FALL FUN ACTIVITIES

Autumn Days are here again! Don't forget to set your clocks BACK 1 hour on Sunday evening 11/4. Get the VOTE out on 11/6, The Center will stay OPEN On November 12 to salute our **Veterans**. The **Thanksgiving Holidays** is November 22 & 23. We will be **closed** both days.



Annual Holiday

Opportunity Fundraiser



The BIG DRAW

is the Center's Annual Drive for the Enrichment Fund. Supporters of the BIG DRAW have made possible funds for the birthday party entertainment & cakes. Gift cards and donated prizes will be awarded.

Appeal letters and tickets will be distributed soon to our families and friends in the mail. Your spirited support is appreciated.

Mark your calendars as the drawing will be held on December 14 at Family Night. All tickets need to be turned in before the drawing.

Food, Fun, Friendship and an opportunity to win great prizes.

LUNCH ENTREE

- 11/1 Pasta & Chicken
- 11/2 Beef /bean Taco
- 11/5 Salvadorean Chicken
- 11/6 Beef Picadillo
- 11/7 Balsamic Chicken
- 11/8 Roasted Turkey
- 11/9 Black Bean Chili
- 11/12 Meat Sauce& Pasta
- 11/13 Jerked Chicken
- 11/14 BBQ Burger
- 11/15 Herb Turkey
- 11/16 Tuna Sandwich
- 11/19 Famous Chili
- 11/20 Chicken Sandwich
- 11/21 Beef Taco Salad
- 11/22 Center Closed
- 11/23 Center Closed
- 11/26 Chicken Taco
- 11/27 Stewed Beef / Rice
- 11/28 Beef Burritos
- 11/29 Paprika Chicken
- 11/30 Bean/Beef Soup



Safety Tips

BE safety conscious during an earthquake **IF POSSIBLE;**

1. Drop onto your hands and knees and stay low. If you can not drop, try to hold on to something.
2. Cover your head with one arm and hand. Seek a nearby shelter.
3. Hold on until the shaking stops. Be ready to move if your shelter shifts.

Bye & Thank You
 Josefina Anderson, RN
 We bid a fond farewell to our nurse, Josefina Anderson. She is moving with her husband to Texas. We will miss your cheerful ways. Welcome to our new nurse, Sharon Hansen, RN!












The Center is proud to provide services to Veterans in collaboration with the VAMC ADHC Program. We Salute you.



NOVEMBER

2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>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</p>			1 <i>All Souls Day</i> Group Exercise BINGO	2 	3 World Kindness Day 
<p>Daylight Savings Time ends! 12  6</p>	5 Trivia Hour 	6 Election Day! Music Therapy w/ Jean	7 Music and memories w/ Jean 	8 News of the Day w/ Suzi BINGO	9 Effective Communication w/ Suzi Arts/Crafts	10 
11	12 The Center is OPEN!  VETERANS' DAY	13 Video of the Week	14 Flex and Get Fit MUSIC W/ JEAN	15 Trivia Hour 	16 Heart Fitness W/ Jean Craft Therapy	17 
18 World Vegan Month 	19 Healthy Heart Activities w/ Suzi	20 Art Exploration 	21 Ageless Fitness Brain Teasers	22 HAPPY THANKSGIVING The Center will be CLOSED 11/22 & 11/23	23 	
25 	26 Current Events BINGO	27 Fun Fitness w/ Jean Movie of the Week	28 Music Therapy Fall Crafts	29 Current Events 	30 Birthday Bash! 	

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