



The RoundUp

Neighborhood House Association
Adult Day Health Care Center

December 2018
619 233-6691 619 233-6693 (fax)
adhc@neighborhoodhouse.org

851 South 35th St.
San Diego, CA 92113



Support Our Annual Drawing too!
Join us for Holiday Family Night Dinner



December Menu

- 12/3 Turkey Sandwich
- 12/4 Rotini Bolognese
- 12/5 Chicken Soup
- 12/6 Baked Chicken
- 12/7 Bean/Beef Taco
- 12/8 Beef Kebob
- 12/10 Chicken Sandwich
- 12/11 Beef Picadillo
- 12/12 Balsamic Chicken
- 12/13 Roasted Turkey
- 12/14 Red Bean Chili
- 12/17 Sicilian Pasta
- 12/18 Jerk Chicken
- 12/19 BBQ Beef Burger
- 12/20 Roasted Turkey
- 12/22 Tuna Sandwich

- 12/24 ADHC Closed
- 12/25 ADHC Closed

- 12/26 Beef Taco Salad
- 12/27 Sesame Noodles
- 12/28 Beef Kabobs
- 12/31 ADHC CLOSED

The Annual Holiday Family Night is set for December 14. Time to celebrate with family and friends with a lovely dinner event.



The party will run from 6 to 8 pm at the Center. Ham, Turkey and all the trimmings will be provided. Our families are invited to share a potluck dish or dessert. No bus transportation will be provided to this evening dinner. Please be sure your participant has a ride home before the 8 pm close of the party .

Juan Robles will be here for lively musical entertainment. The Big Fundraiser drawing will also be held that evening. Be sure to turn in your tickets beforehand. Various gift cards, and other prizes will be drawn for lucky winners! Thank you for supporting our Enrichment Fund.

Let Us Know of Info Changes

It is important to inform staff know if a participant has a change of information such as telephone contact numbers, doctors, medical diagnosis or medications ! Give us a call at (619) 233-6691. Thank You.



Time, Talent and Treasure

The Daytime Santa Claus Party will be held December 21 at 1 pm. Please consider becoming Santa's Helper by sending in a unwrapped \$5 gift or a donation.

Making the Holidays Merry!





December 2018



Sun Mon Tue Wed Thu Fri Sat

Maybe Christmas
doesn't come
from a store.
Maybe Christmas,
perhaps, means
a little bit more.



Schedule of Events:

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



Arts &
Crafts w/
Jean

1
BINGO'S
BIRTHDAY
MONTH

2



Trivia
BINGO

4

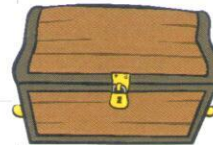
Christmas
Crafts!

5

Morning
Walks
Group
Crafts

6

Trash to
Treasure!



7

Range of
Motion
Arts &
Crafts w/

8



National
Fruit
Cake
Month

9

Spiritual
Group @
12:45
Every
Thursday

10

Brain
Fitness
Fun w/
Suzi

11



Old School
Platinum
Group!

12

Music &
Memories
w/ Jean

Effective
Communication
w/ Suzi

14

Holiday
Family
Night!
With Special
entertainer,
Juan Robles

15



16



17

Body
Dynamics
BINGO

18



Old School
Platinum
Group!

19

Group
Fitness
Music
Hour

20

Christmas
Caroling!



21

Daytime
Santa
Party!



22

23

24

The
Center
will be
CLOSED the
24th, 25th &
Mon 31st



25



26



Begins!

27

Current
Events
w/ Suzi

28

Birthday
Fun w/
Juan
Robles!

29



30