

### Mission Statement

The Neighborhood House Adult Day Health Care Center seeks to assist individuals achieve maximum functional independence while providing supportive services to caregivers.



# The Roundup



Neighborhood House Association  
Adult Day Health Care Center

**MARCH 2019**

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

851 South 35th St.  
San Diego, CA 92113



## March into Spring!

"The Older the Fiddle, the Sweeter the Tune."



**Brighter days are on the horizon. Change your clocks on Daylight Savings time March 10. St. Patrick's Day is March 17, remember to wear GREEN! We will soon have a "Spring" in our steps starting March 20. Come for a Walk!**

- 3/1 Tuna Sandwich
- 3/4 Famous Chili
- 3/5 Chicken Salad
- 3/6 Taco Salad
- 3/7 Noodles/ Chicken
- 3/8 Beef Kebabs
- 3/11 Chicken Taco
- 3/12 Stewed Beef
- 3/13 Beef Burrito
- 3/14 Paprika Chicken
- 3/15 Beef & Bean Soup
- 3/18 Turkey Sandwich
- 3/19 Rotini Bolognese
- 3/20 Lentil Soup
- 3/21 Pasta & Chicken
- 3/22 Beef/Bean Taco
- 3/25 Chicken Sandwich
- 3/26 Beef Picadillo
- 3/27 Balsamic Chicken
- 3/28 Coconut Chicken
- 3/29 Beef & Chili

### Alzheimer's Disease Study



A Study is being conducted from the University of California at San Diego. They are looking for men and woman 50-70 years old who have a diagnosis of Alzheimer's Disease. You will be interviewed about your medical and neurologic history. Free FDA approved medication will be given for 24 weeks. A series of problem-solving tests will be conducted. Individuals can receive up to \$390 for your time, depending on eligibility. If interested, call (619) 543-2314 and answer a few questions to see if you qualify and set up an appointment.

### BOOST YOUR LIFE



**Clean, Organize and Make Room for New Growth**

"Have a time and place for everything and do everything in its time and place, and you will not only accomplish more, but have far more leisure than those who are always hurrying, as if vainly attempting to overtake time that had been lost".

- Tyron Edwards CF



# MARCH

2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat																									
<p><b>LUCK</b></p> <p><b>Daily Schedule:</b>                      Coffee Social: 9am-11am                      Group Fitness: 11-11:45am                      Lunch: 12-1pm                      Group Recreation: 1-4:30pm</p> 			<p><b>MAKE YOUR OWN LUCK</b></p> 		<p>1 <b>Peanut Lovers Day</b>                      Stress Busting Moves w/ Suzi</p>	<p>2 <b>Irish American Month</b></p> 																									
<p>3 <b>Caregiver Appreciation Day!</b></p>  <p>Caregiving Around the Clock</p>	<p>4 <b>Book Club!</b>                      Take a book                      Return a book!</p>	<p>5 <b>Mardi Gras Celebration!</b></p> 	<p>6 <b>Music Therapy</b></p>  <p>chirp!</p>	<p>7 <b>Group Exercise w/ Suzi</b>                      BINGO</p>	<p>8 <b>Morning Walks Arts &amp; Crafts</b></p>	<p>9 <b>National Nutrition Month</b>                      National Craft Month</p>																									
<p>10 <b>SPRING FORWARD!</b>                      Daylight Saving Time</p> 	<p>11 <b>Fun Fitness w/ Ana!</b></p> 	<p>12 <b>The Old School Platinum Group!</b></p> 	<p>13 <b>Music &amp; Movement</b>                      Art Therapy</p>	<p>14 <b>L.U.C.K.Y.</b></p> <table border="1"> <tr><td>6</td><td>18</td><td>32</td><td>58</td><td>75</td></tr> <tr><td>14</td><td>27</td><td>42</td><td>60</td><td>70</td></tr> <tr><td>1</td><td>25</td><td>39</td><td>57</td><td>69</td></tr> <tr><td>12</td><td>23</td><td>39</td><td>48</td><td>71</td></tr> <tr><td>10</td><td>29</td><td>40</td><td>59</td><td>69</td></tr> </table>	6	18	32	58	75	14	27	42	60	70	1	25	39	57	69	12	23	39	48	71	10	29	40	59	69	<p>15 <b>St. Patrick's Day Fun!</b></p> <p><b>Good Luck</b></p> 	<p>16 <b>U</b></p>  <p><b>7</b></p>
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<p>17 <b>Spiritual Group every Thursday @ 12:45!</b></p> 	<p>18 <b>Group Fitness</b>                      BINGO</p>	<p>19 <b>Colorful Crafts w/ Jean</b></p>	<p>20 <b>Spring Begins!</b> 🍓</p> <p><b>Music &amp; Memories w/ Jean</b></p>	<p>21 <b>Trivia Hour</b>                      BINGO</p> 	<p>22 <b>Birthday Party Fun w/ Danny Lopez!</b></p>	<p>23 <b>SOCIAL WORKERS MONTH</b></p> 																									
<p>24 <b>CESAR CHAVEZ DAY</b>                      MARCH 31</p> 	<p>25 <b>Current Events w/ Suzi</b>                      BINGO</p>	<p>26 <b>Body Dynamics w/ Suzi</b></p>	<p>27 <b>Reminisce through Music</b></p>	<p>28 <b>Effective Communication w/ Suzi</b></p> 	<p>29 <b>Current Events Arts &amp; Crafts</b></p>	<p>30 <b>National Women's History Month</b></p>																									

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