



adult day care centers

CONTINUING CARE SERVICES

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ADULT DAY HEALTH CARE CENTERS/COMMUNITY-BASED ADULT SERVICES

Offer nursing and rehabilitation therapies such as physical, occupational, and speech therapies. Participants may be ambulatory, use cane or walker or be wheelchair bound. ADHC may assist with transportation. Medi-Cal is accepted.

SOCIAL DAY CARE CENTERS

Offer programs for socialization. Structured activities are provided for ambulatory senior adults. Transportation is usually not provided. Costs are not covered by insurance, private pay only. Fees on sliding scales or scholarships may be available.

* Indicates this is a Kaiser Permanente contracted center for Medi-Cal.

CENTRAL & EAST

ELM ADULT DAY HEALTH CARE CENTER * 619-334-3710
1340 Broadway, El Cajon, CA 92021. *TEMPORARILY CLOSED*

GLENNER MEMORY CARE CENTERS 619-543-4704
3686 Fourth Avenue, San Diego, CA 92103
www.glenner.org

GOLDEN LIFE ADHC CENTER * 619-433-3398
7373 University Avenue, La Mesa, CA 91941. *TEMPORARILY CLOSED*

LOVING CARE ADULT DAY HEALTH CENTER * 619-718-9777
Predominantly Russian spoken. *TEMPORARILY Tele-Health and hot lunch pick ups*
2565 Camino Del Rio South, Suite 201, San Diego, CA 92108

MAGNOLIA ADULT DAY HEALTH CARE CENTER* 619-444-1522
490 N. Magnolia Ave., El Cajon, CA 92020
www.magnoliaadhc.com

NEIGHBORHOOD HOUSE ADULT DAY HEALTHCARE CENTER * 619-233-6691
851 S. 35th Street, San Diego, CA 92113. *TEMPORARILY AM or PM sessions only*
www.neighborhoodhouse.org

<http://continuingcare-sandiego.kp.org>



CENTRAL & EAST continued

- REBECCAS'S RETREAT Senior Day Program** 619-206-0590
9307 Tropico Drive, La Mesa, CA 91941
www.ReccasRetreat4Seniors.com
- SILVERCREEK HOME CARE FACILITY & ADULT DAY CARE**.....619-464-3479
6530 Boon Lake Avenue, San Diego, CA 92119
www.silvercreekhomecare.com
- ST. PAUL'S COMMUNITY CARE CENTER** 619-239-6900
Social day care – intergenerational. *TEMPORARILY CLOSED*
328 Maple Street, San Diego, CA 92103
www.stpaulsseniors.org
- WESTERN ADULT DAY HEALTHCARE CENTER *** 619-631-7222
240 South Magnolia Ave., El Cajon, CA 92020. *TEMP: 1 day per week, Tues or Thurs*

NORTH

- AMERICARE ADULT DAY HEALTHCARE *** 760-682-2424
340 Rancheros Drive, Suite 196, San Marcos, CA 92069. *TEMPORARILY COSED*
www.americareadhc.com
- FOUNDATION FOR SENIOR CARE (The Club)**760-723-7570
320 West Alvarado, Fallbrook, CA 92028
https://foundationforseniorcare.org
- GLENNER MEMORY CARE CENTERS** 760-635-1895
335 Saxony Road, Encinitas, CA 92024
www.glenner.org
- POWAY ADULT DAY HEALTHCARE CENTER** 858-748-5044
12250 Crosthwaite Circle, Poway, CA 92064
http://powayadhc.org
- SILVERADO SENIOR LIVING**760-737-7900
1500 Borden Road, Escondido, CA 92026
www.silverado.com
- SOMERFORD PLACE ADULT DAY CENTER (Alzheimer's pts only)** 760-479-1818
1350 So. El Camino Real, Encinitas, CA 92024
www.somerfordplaceencinitas.com

SOUTH

- CASA DE SERVICIOS (SAN YSIDRO URBAN COUNCIL)**619-423-1901
1188 Beyer Way, #101, San Diego, CA 92154 *TEMPORARILY CLOSED*
- CASA PACIFICA ADULT DAY HEALTHCARE CENTER *** 619-424-8181
1424 30TH Street, Suite C, San Diego, CA 92154. *TEMP: Tele-Health services only*
www.casa-pacifica.com
- GLENNER MEMORY CARE CENTERS***619-420-1703
280 Saylor Drive, Chula Vista, CA 91910
www.glenner.org
- HORIZONS ADULT DAY HEALTH CARE ***..... 619-474-1822
1035 S Harbison Ave., National City, CA 91950 *TEMPORARILY CLOSED*
- OPEN ARMS ADULT DAY HEALTHCARE *** 619-420-1404
301 East J. Street, Chula Vista, CA 91910 *TEMP: Modified program 1 day a week*
www.openarmsadhc.com
- SAN YSIDRO SENIOR HEALTH CENTER (PACE)** 619-205-4585
880 3rd Avenue, Suite A, Chula Vista, CA 91911