



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

CLAIREMONT VILLA ADULT DAY HEALTH CENTER *..... 858-576-8575

10174 Old Grove Rd, #101, San Diego, CA 92131

Russian, Spanish, Vietnamese, Tagalog and other languages spoken here.

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

HOPE ADULT DAY HEALTH CARE CENTER * 858-653-5916

11239-A Camino Ruiz, San Diego, CA 92126

www.hopeadhc.com

LOVING CARE ADULT DAY HEALTH CENTER * 619-718-9777

2565 Camino Del Rio South, Suite 201, San Diego, CA 92108

Russian spoken predominantly.

NEIGHBORHOOD HOUSE ADULT DAY HEALTHCARE CENTER * 619-233-6691

851 S. 35th Street, San Diego, CA 92113

www.neighborhoodhouse.org

REBECCAS'S RETREAT Senior Day Program 619-206-0590

9307 Tropic Drive, La Mesa, CA 91941

www.RebeccasRetreat4Seniors.com

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



CENTRAL & EAST continued

- SANTEE ELDERLY DAY CARE CENTER**619-258-8092
8618 Dunwoodie Rd., Santee, CA 92071
- SILVERCREEK HOME CARE FACILITY & ADULT DAY CARE**.....619-464-3479
6530 Boon Lake Avenue, San Diego, CA 92119
- ST. PAUL'S COMMUNITY CARE CENTER** 619-239-6900
328 Maple Street, San Diego, CA 92103
www.stpaulsseniors.org
Social day care – intergenerational.
- SUNGARDEN TERRACE ADULT DAY CENTER** 619-462-5831
2045 Skyline Dr., Lemon Grove, CA 91945
- WESTERN ADULT DAY HEALTHCARE CENTER *** 619-631-7222
240 South Magnolia Ave., El Cajon, CA 92020

NORTH

- ALTA GOLDEN RANCHO BERNARDO ADULT DAY PROGRAM**858-779-9254
16885 West Bernardo Drive, Suite 212, San Diego, CA 92127
www.AltaGolden.com
- AMERICARE ADULT DAY HEALTHCARE *** 760-682-2424
340 Rancheros Drive, Suite 196, San Marcos, CA 92069
www.americareadhc.com
- FALLBROOK ADULT DAY CARE CENTER (The Club)**760-723-0890
320 West Alvarado, Fallbrook, CA 92028
- 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
- SILVERADO SENIOR LIVING**760-737-7900
1500 Borden Road, Escondido, CA 92026
www.silveradosenior.com
- SOMERFORD PLACE ADULT DAY CENTER** 760-479-1818
1350 So. El Camino Real, Encinitas, CA 92024
www.somerfordplaceencinitas.com

SOUTH

- CASA DE SERVICIOS**619-423-1902
1188 Beyer Way, San Diego, CA 92154
- ASA PACIFICA ADULT DAY HEALTHCARE CENTER *** 619-424-8181
1424 30TH Street, Suite C, San Diego, CA 92154
www.casa-pacifica.com
- ELM ADULT DAY HEALTH CARE CENTER *** 619-827-0573
1220 Elm Ave., Imperial Beach, CA 91932
- GLENNER MEMORY CARE CENTERS** 619-420-1703
280 Saylor Drive, Chula Vista, CA 91910
www.glenner.org
- GOLDEN HOUSE ADULT DAY HEALTH CARE (Cantonese)**..... 619-690-2688
4370 Palm Ave., Chula Vista 92154
- HIGHLANDER/ADVANTAGE ADULT DAY HEALTH CARE CENTER ***.619-474-0015
540 National City Blvd, National City, CA 91950

SOUTH continued

HORIZONS ADULT DAY HEALTH CARE * 619-474-1822

1415 East 8th Street, Suite #5, National City, CA 91950

OPEN ARMS ADULT DAY HEALTHCARE * 619-420-1404

301 East J. Street, Chula Vista, CA 91910

www.openarmsadhc.com

SAN YSIDRO URBAN COUNCIL (CASA DE SERVICIOS) 619-423-1902

1188 Beyer Way, Suite 101, San Diego, CA 92154