



# 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
- GLENNER MEMORY CARE CENTERS** ..... 619-543-4704  
3686 Fourth Avenue, San Diego, CA 92103  
[www.glenner.org](http://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](http://www.hopeadhc.com)
- LOVING CARE ADULT DAY HEALTH CENTER \*** ..... 619-718-9777  
Predominantly Russian spoken  
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](http://www.magnoliaadhc.com)
- NEIGHBORHOOD HOUSE ADULT DAY HEALTHCARE CENTER \*** .... 619-233-6691  
851 S. 35<sup>th</sup> Street, San Diego, CA 92113  
[www.neighborhoodhouse.org](http://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.RebeccasRetreat4Seniors.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  
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

**NORTH**

- AMERICARE ADULT DAY HEALTHCARE \*** ..... 760-682-2424  
340 Rancheros Drive, Suite 196, San Marcos, CA 92069  
*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** ..... 760-479-1818  
1350 So. El Camino Real, Encinitas, CA 92024  
*www.somerfordplaceencinitas.com*

**SOUTH**

- CASA DE SERVICIOS** .....619-423-1901  
1188 Beyer Way, #101, San Diego, CA 92154
- CASA PACIFICA ADULT DAY HEALTHCARE CENTER \*** ..... 619-424-8181  
1424 30<sup>TH</sup> Street, Suite C, San Diego, CA 92154  
*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
- 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)** ..... 619-423-1901  
1188 Beyer Way, Suite 101, San Diego, CA 92154