



# adult day care centers

## CONTINUING CARE SERVICES

*This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.*

### **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](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

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. 35<sup>th</sup> Street, San Diego, CA 92113

[www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)

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

9307 Tropico Drive, La Mesa, CA 91941

[www.RebeccasRetreat4Seniors.com](http://www.RebeccasRetreat4Seniors.com)

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



## **CENTRAL & EAST continued**

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

## **NORTH**

<b>ALTA GOLDEN RANCHO BERNARDO ADULT DAY PROGRAM</b> .....	858-779-9254
16885 West Bernardo Drive, Suite 212, San Diego, CA 92127	
<i>www.AltaGolden.com</i>	
<b>AMERICARE ADULT DAY HEALTHCARE *</b> .....	760-682-2424
340 Rancheros Drive, Suite 196, San Marcos, CA 92069	
<i>www.americareadhc.com</i>	
<b>FALLBROOK ADULT DAY CARE CENTER (The Club)</b> .....	760-723-0890
320 West Alvarado, Fallbrook, CA 92028	
<b>GLENNER MEMORY CARE CENTERS *</b> .....	760-635-1895
335 Saxony Road, Encinitas, CA 92024	
<i>www.glenner.org</i>	
<b>POWAY ADULT DAY HEALTHCARE CENTER *</b> .....	858-748-5044
12250 Crosthwaite Circle, Poway, CA 92064	
<b>SILVERADO SENIOR LIVING</b> .....	760-737-7900
1500 Borden Road, Escondido, CA 92026	
<i>www.silveradosenior.com</i>	
<b>SOMERFORD PLACE ADULT DAY CENTER</b> .....	760-479-1818
1350 So. El Camino Real, Encinitas, CA 92024	
<i>www.somerfordplaceencinitas.com</i>	

## **SOUTH**

<b>CASA PACIFICA ADULT DAY HEALTHCARE CENTER *</b> .....	619-424-8181
1424 30 <sup>TH</sup> Street, Suite C, San Diego, CA 92154	
<i>www.casa-pacifica.com</i>	
<b>ELM ADULT DAY HEALTH CARE CENTER *</b> .....	619-827-0573
1220 Elm Ave., Imperial Beach, CA 91932	
<b>GLENNER MEMORY CARE CENTERS</b> .....	619-420-1703
280 Saylor Drive, Chula Vista, CA 91910	
<i>www.glenner.org</i>	
<b>GOLDEN HOUSE ADULT DAY HEALTH CARE (Cantonese)</b> .....	619-690-2688
4370 Palm Ave., Chula Vista 92154	
<b>HIGHLANDER/ADVANTAGE ADULT DAY HEALTH CARE CENTER *</b> .....	619-474-0015
540 National City Blvd, National City, CA 91950	
<b>HORIZONS ADULT DAY HEALTH CARE *</b> .....	619-474-1822
1415 East 8 <sup>th</sup> Street, Suite #5, National City, CA 91950	

**SOUTH continued**

**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