

Wish List

Trail Mix Ingredients (nuts, pretzels, etc.)

Candy Corn

Adult Halloween Costumes

Vanilla Ice Cream / Root Beer

Marshmallows

Head bands, ribbon, hats of all kinds

Apples and Caramels/Caramel Dip

Bonk Marble Game

Cornhole Board Set

Volunteers!

Thank You

Thank you to

The Humane Society of the Black Hills,

Pegie Douglas, Kara & Murphy, Missy

Houska, & the Bob Grimm Band!

We received donations from the

Connie & Seth Huntington, Beth & Al

Pinkston, Stan Mesada, Troy

Falardeau, Kim & Rob Peterson,

Deborah Mayer, Bob Joachim, and the

Boner Family.



**If you know of a caregiver who could use a break-
whether it is for an hour or 40 hours per week, give us a
call at 605.791.0436 to schedule a tour.**

We are open Monday-Friday from 7:30 a.m. to 5:30 p.m..

We have limited openings for adults of all ages!

**We need your help to spread the word about the life-
changing services we offer! Do you know of a youth, service,
professional, or church group looking for a local non-profit
to support? If so, please point them in our direction!**



Follow the Adult Day Center of the
Black Hills on Facebook!

The Adult Day Center of the Black Hills is a 501(c)3 non-profit.



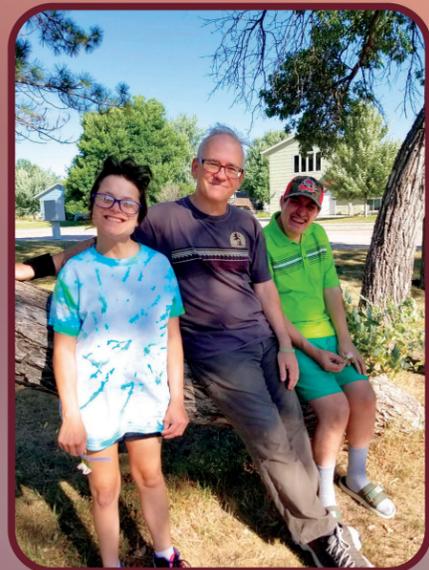
Adult Day Center
— of the Black Hills

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We have so much fun planned for October! Our variety of activities, involvement in the community and opportunity for socialization is what sets us apart from other options for care for your loved ones.

We are happy to share that Jessica, Stephanie and Judie will be joining forces to complete our Activities team- we have already seen such positive interactions and great teamwork between them, so if you've considered bringing your loved one, October is a great month to start!

We invite our church, long-term care and civic leaders to stop by and take a tour. We are incredibly proud of our efforts to improve quality of life for everyone at our center! Come see for yourself!



PREVENTING FALLS



Falls can be dangerous, especially for older adults and those with certain health conditions. Fortunately, there are steps you can take to reduce the risk of falls.

1. **Stay physically active.** Exercise can improve balance, strength, and flexibility, which can make it easier to stay upright. It's also important to wear shoes with good support and nonskid soles, and to keep your home well-lit and free of clutter.
2. **Make home modifications.** This could include installing grab bars in the bathroom, adding handrails to stairways, and removing loose rugs or tripping hazards.
3. **Check your medications.** Talk to your doctor about any medications you're taking that could increase fall risk, and make sure to have your eyesight checked regularly.

In addition to taking steps to prevent falls, it's important to have a plan in place in case one does occur. This could include having a phone or alert system within reach, as well as having emergency contacts easily accessible.

If you or a loved one is at a higher risk of falls or requires additional supervision, the Adult Day Center of the Black Hills can provide a safe and social environment. With personalized care plans and engaging activities, we offer peace of mind for your loved ones!

October Activities

MONDAY, OCT. 2- AGILITY GAMES, MARSHMALLOW RELAY

TUESDAY, OCT. 3- COMMUNITY GIVING DAY (HUMANE SOCIETY), BOB GRIMM BAND

WEDNESDAY, OCT. 4- FALL FLOWER PAINTING; **PIESANO'S CINNAMON ROLLS**

THURSDAY, OCT. 5- YOGA; 4 PHOTOS/1 WORD, Pictionary

FRIDAY, OCT. 6- **CHAPEL IN THE HILLS**; DRUMMING WITH KRISTINA & MODERN WARRIORS

MONDAY, OCT. 9- TRIVIA & HISTORY; DANCES WITH WOLVES MOVIE

TUESDAY, OCT. 10- **VOLUNTEER @ HUMANE SOCIETY**; DECORATE DERBY HATS

WEDNESDAY, OCT. 11- DERBY CRAFTS; ADC HORSE DERBY GAMES

THURSDAY, OCT. 12- TAI CHI; **CANYON LAKE WALK**

FRIDAY, OCT. 13- BRAIN GAMES; BLACK HILLS IN MOTION CLOGGERS

MONDAY, OCT. 16- BUTTON BATS; MINUTE TO WIN IT GAMES

TUESDAY, OCT. 17- ADC CHOIR; **BEAR COUNTRY**

WEDNESDAY, OCT. 18- BINGO; YARD GAMES (OUTDOOR OR INDOOR)

THURSDAY, OCT. 19- UNO ATTACK TOURNAMENT; **BOWLING**

FRIDAY, OCT. 20- PAINT & SIP CANVAS TREE PAINTING; RC FIRE DEPT VISITS THE ADC

MONDAY, OCT. 23- HUMANE SOCIETY @ THE ADC; BALLOON VOLLEYBALL

TUESDAY, OCT. 24- WEIRD LAWS SOCIAL; **LIL'HARVESTERS PUMPKIN PATCH**

WEDNESDAY, OCT. 25- ARTIST DAY; PUMPKIN PAINTING

THURSDAY, OCT. 26- PUMPKIN CENTERPIECES; PEGIE DOUGLAS MUSIC

FRIDAY, OCT. 27- CARD MAKING WITH JENICE; **CAPUTA ALPACAS**

MONDAY, OCT. 30- MASON JAR TRAIL MIX; **MCDONALD'S ICE CREAM**

TUESDAY, OCT. 31- HALLOWEEN GAMES; ADC COSTUME CONTEST



All guests will be billed \$50 for monthly activities. Participation in outings will be on a first-come, first serve basis. Sign-ups will be on Friday for the following week's outings