

WISH LIST

Laptop or Tablet
 Old fan blades
 Sugar free chocolate candy
 Dollar Tree, Hobby Lobby, Gas, and oil
 change gift cards
 Body lotion/body spray
 Outdoor plants/trees
*Open our Amazon wish list using your
 phone camera!*



We are humbly asking for your support in helping us renovate and furnish our 2nd location! The price tag for adding shower rooms/changing rooms, remodeling our kitchen, creating (3) ADA bathrooms and installing new flooring is approximately \$200,000.

Please consider making a tax-deductible gift today to help us serve more caregivers and their loved ones!



Are you a caregiver who could use a break?

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 openings for adults of all ages!



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.

THANK YOU

Thank you to Aaron Urban, The Humane Society of the Black Hills, Deb & Kenton Larson, Ron Norton, Black Hills Advocates, Gary & Judy Gregson, Marilyn Wetzberger, Rummy Christian, Rob & Kim Peterson, Mary Schnortz, Pegie Douglas, Bobby Holman, Troy Falardeau & Stan Masada, & Larry Kvanvig!

We appreciate all you do for us!

June

NEWS



We would like to extend the warmest of welcomes to the two newest additions to the Adult Day Center! Laura Christensen joined us as a new activity coordinator last month and has been hitting it out of the park with fresh ideas, her positive attitude and just the right amount of spunk for our guests!

Lindsey Seachris will be joining our team in a couple weeks as our development coordinator. We are looking forward to having her help in raising funds to expand our services. Our goal is to be the premier/comprehensive resource for families navigating through the aging process and between Lindsey's community connections and strong compassion, she will be an outstanding addition to the Adult Day Center!

We have so many exciting plans in store, including sunny weather activities, gardening projects, and a few fun-filled excursions to local parks, restaurants and attractions. Our dedicated staff is already buzzing with ideas to make this summer amazing for all our guests. Once again, thank you for your unwavering support and involvement in making our center a nurturing and dynamic place for all. We can't wait to share this wonderful season with you and create many happy memories together.



Adult Day Center
of the Black Hills

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BRAIN GAMES AREN'T JUST FOR FUN

Is it all fun and games? Well, maybe. As it turns out, keeping the brain stimulated and engaged is extremely important when slowing down the onset or progression of dementia. One way to do this is with games.

Here are Top 5 Brain Games

Word Challenges Engaging in crossword puzzles, word games, word searches, and similar activities focuses on language, word recall, and word arrangement—all of which aid in staving off dementia in older individuals.

Putting Together Puzzles For memory enhancement and logical thinking, jigsaw puzzles are an exemplary choice. Whether it's simple puzzles for beginners or more complex ones that demand motor skills and memory retention, jigsaw puzzles are a fun and efficient way to maintain cognitive health. They also serve as a great social activity to engage with family and friends.

Card Games Various card games such as Go Fish, Bridge, Uno, Rummy, or Solitaire can enhance reasoning, memory, problem-solving, and concentration—skills that are often impacted by cognitive decline.

Dice Games inject an element of luck and thrill, making options like Yahtzee or Backgammon doubly rewarding. Research has shown that dice games can help maintain and enhance numerical and calculation abilities.

Board Games offer a wholesome competitive experience among loved ones. They are proven to reduce cognitive decline in older adults. Dust off classics like Trivial Pursuit, LIFE, Chess, Checkers, or Monopoly for an entertaining brain workout.

These games show promise in enhancing memory, executive function, and overall cognition, potentially reducing cognitive decline. By urging your loved one to include these games in their daily routines, we can improve older adults' quality of life and possibly lessen dementia's impact. Embracing games as a preventive measure against dementia is a significant step toward a healthier future for those at risk.

If your loved one enjoys playing games or would benefit from socialization, please give us a call at the Adult Day Center of the Black Hills at 605-791-0436.



JUNE ACTIVITIES

MONDAY, JUNE 3 - **STORYBOOK ISLAND**; WOULD YOU RATHER

TUESDAY, JUNE 4 - GET TO KNOW YOU AND ME; **MUSIC BY BOBBY HOLMAN**

WEDNESDAY, JUNE 5 - **SWIM CENTER**; SUN-CATCHER CRAFT

THURSDAY, JUNE 6 - **MCDONALDS COFFEE**; **HUMANE SOCIETY VISITING US**

FRIDAY, JUNE 7 - CARNIVAL GAMES; JUNE BIRTHDAY PARTY

MONDAY, JUNE 10 - SPACE TRIVIA; **MINNELUZAHAN (SHUFFLE BOARD)**

TUESDAY, JUNE 11 - SPA DAY; **MUSIC BY PEGIE DOUGLAS**

WEDNESDAY, JUNE 12 - BRIDGE BUILDING CONTEST; BOWLING BINGO

THURSDAY, JUNE 13 - PICTURE COLLAGE CRAFT; **CANYON LAKE PARK**

FRIDAY, JUNE 14 - MAKE FATHERS DAY CARDS; KARAOKE

MONDAY, JUNE 17 - EMBROIDERY; **ARMADILLOS ICE CREAM**

TUESDAY, JUNE 18 - JUNE BUG ROCK PAINTING; **MUSIC BY LARRY K.**

WEDNESDAY, JUNE 19 -SIGN LANGUAGE SESSION; OUTDOOR GAMES

THURSDAY, JUNE 20 - **MILLSTONE COFFEE/ROLL**; SUMMER BUCKET LIST

FRIDAY, JUNE 21 - PEN PALS; MOVIE AND POPCORN

MONDAY, JUNE 24 - JEOPARDY; VOLLEYBALL

TUESDAY, JUNE 25 - WATER COLOR CRAFT; **MUSIC BY BOBBY HOLMAN**

WEDNESDAY, JUNE 26 - **BOWLING**; BRACELET TUTORIAL

THURSDAY, JUNE 27 - **OUTDOOR CAMPUS**; WHEEL OF FORTUNE

FRIDAY, JUNE 28 - FLASH BACK FRIDAY (REMEMBER WHEN); BINGO

Group/Individual exercise as well as interactive games
are offered daily.

Activities are subject to change due to weather or staffing.
Please let us know if you have any new outing, entertainment
or activity suggestions!

VOLUNTEER OPPORTUNITIES

Do you know a small group who has time/talents that could help us prepare our new building for guests? Here's a list of tasks that we could use help with at our new location as well as our current location!

- Hanging wood blinds
- Moving furniture
- Touch up paint/wall repair
- Removal of playground equipment
- Staining fence
- Lawn care/Planting shrubs
- Playing games with guests
- Pinterest craft time with guests
- Musicians/Performers

JUNE MENU

June Menu 2024

Menu subject to change without Notice

Monday 3 Baked Chicken 1/2CS Baked Sweet Potatoes 1 1/2CS Green Beans Mandarin Oranges 1CS Bread 1CS	Tuesday 4 Cream of Potato Soup 1 1/2CS Ham & Cheese Sandwich 2CS English Pea Salad 1 1/2CS Applesauce 1CS LS Tomato Juice 1CS	Wednesday 5 Taco Salad w/Meat & Beans 2CS Peach Crisp 1 1/2CS Petite Banana 1CS Bread 1CS	Thursday 6 Creamed Turkey 1CS over Mashed Potatoes 1CS Parslied Carrots 1/2CS Fruit Cocktail 1CS Bread 1CS	Friday 7 Hamburger Noodle Stroganoff 2 1/2CS Baked Squash 1CS Brussel Sprouts Pineapple Tidbits 1CS Bread 1CS
Monday 10 Swiss Steak w/Tomatoes & Onions Parnesan Potatoes 1CS Broccoli Pears 1CS Bread 1CS	Tuesday 11 Tuna Salad Sandwich 2CS Potato Salad 1 1/2CS Three-Bean Salad 1/2CS Med Fresh Orange 1CS	Wednesday 12 HAPPY BIRTHDAY Chicken Fried Steak 1CS Mashed Potatoes w/Milk Gravy 2CS Peas & Carrots 1CS Peaches 1CS Cake 2CS	Thursday 13 LS Ham Company Potatoes 1 1/2CS Glazed Carrots 1 1/2CS Cinnamon Apples 1CS Bread 1CS	Friday 14 Beef Tips in Gravy over Rice 1 1/2CS California Vegetables Tropical Fruit 1CS Bread 1CS
Monday 17 Sausage Gravy over a Biscuit 2CS Mixed Vegetables 1CS LS V-8 Juice 1CS Applesauce 1CS	Tuesday 18 Mandarin Orange Chicken 1CS Baked Potato 1CS Broccoli Pineapple Tidbits 1CS Bread 1CS	Wednesday 19 Juneteenth Hamburger on a Bun 2CS Leaf Lettuce & Tomatoes Baked Beans 2CS Potato Wedges 1CS Watermelon 1CS	Thursday 20 Chicken Salad on a Croissant 2CS Tomato Spoon Salad 1/2CS Potato Salad 1 1/2CS Med Orange 1CS	Friday 21 Swedish Meatballs 1CS Carrots 1/2CS Green Beans Pears 1CS Bread 1CS
Monday 24 Breaded Baked Fish 1CS Hashbrown Patty 1CS Coleslaw 1CS Tropical Fruit 1CS Bread 1CS	Tuesday 25 Chef's Choice	Wednesday 26 Spaghetti w/Meat Sauce 2CS Tossed Salad w/Tomatoes Peaches 1CS Garlic Bread 1CS	Thursday 27 Chicken Parnesan Sweet Potatoes 1 1/2CS Broccoli & Cauliflower Mandarin Oranges 1CS Bread 1CS	Friday 28 Roast Beef Mashed Potatoes w/Gravy 2CS Parslied Carrots 1/2CS SF Pudding 1CS Peaches 1CS Bread 1CS
				April Winners: Marvin B. (River Ridge RC) Becky K. (Bison) April Answer: Butterfly, Umbrella, Daffodil, Puddles

*All meals include 8 oz. 1% milk (1 CS)

Choice of 1-2 bread / grain servings (1-2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate) marked for diabetic diets

**All canned fruit is in light syrup

**Fat free dressing is served with salad

Over 60? Contribute what you can.

Suggested donation is \$5.00 Under

60 Pay \$10.00

Talk to a site manager
for other eligibility options.

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL 24 HRS. IN ADVANCE

THE MEALS PROGRAM OFFICE AT 394-6002

OR RAPID CITY KITCHEN AT 343-8214

Please leave your name, where you eat and what day