

WISH LIST

Shaving cream/aftershave
Sugar free/healthy snacks
Gas, and oil change gift cards
Canvases
TV Trays

Hair accessories
Outing Sponsors

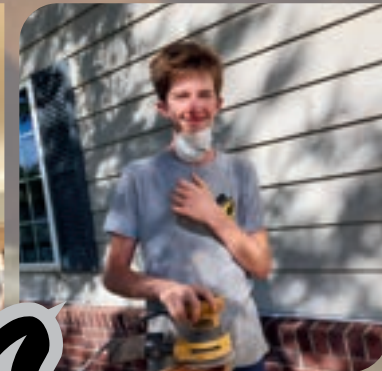
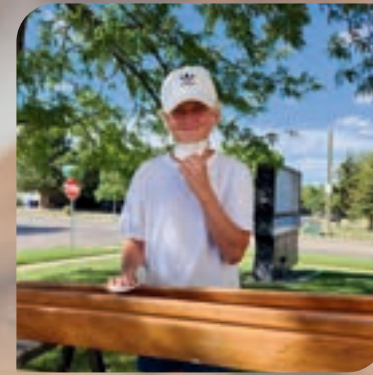
Open our (updated) Amazon wish list
using your phone camera!



THANK YOU

Thank you to Rob & Kim Peterson,
Wendy Abbott, Walter & Kathleen
Boner, Bobby Holman, Bear Country,
Rummy Christian, First Interstate Bank
Foundation, Phyllis Phillips, Santa &
Mrs. Claus, Builder's First Source, Sheila
Mudlin, Stan Masada and Troy
Falardeau and Zonta Club of the Black
Hills!

We are lucky to have great families,
musicians and community supporters.



October

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.

Progress is our theme for this month! We have moved forward with our name change, our website received a makeover, and excitement is building in the community as we are raising more awareness of the impact we are making. Our non-profit was honored to be chosen as the Zonta Club of the Black Hills' Organization of the Year and look forward to our upcoming partnership with their talented and dedicated group.

Volunteers from Denver Christian (youth group) as well as First Interstate Bank gifted us with their time and talents this month. They painted, stained, sanded and spent some quality time with our guests. We are so grateful!

Now that our zoning/building permit has been approved, we will officially begin our construction at our new location. Apparently, it is common to have timelines shift during construction! The delay is also a blessing to allow us time to fundraise and prepare for our move. If you would like to invest in our growth, please call today!

Main Location:
4110 Winfield St
Rapid City, SD 57701
Ph. 605.791.0436



www.blackhillscfa.org

Opening Soon!
1339 E. North St.
Rapid City, SD 57701

WE WANT TO HEAR FROM YOU!

As we continue to grow and make plans for the future, we would love your input!

We currently offer:

- *Adult Day Services*
- *Outpatient therapy on site*
- *Exercise, personal cares, outings, socialization*
- *Community Health Worker Services*
- *Community Education*



If you have ideas of how we can serve our aging community better, please scan the above link and complete our online survey!

Community Partner Spotlight: Care-A-Ride



CARE-A-RIDE
605-381-7825

Dawn Pence started Care-A-Ride in 2019 and has been assisting many families who attend our Adult Day Services. Aside from transporting guests who live outside our driver's route(s) to our center, she can also assist with transporting to/from appointments, errands, and grocery shopping. Thank you, Dawn, for helping our guests access our services!



OCTOBER ACTIVITIES

TUESDAY, OCTOBER 1 - CELEBRITY NAME GAME; **MUSIC BY DAKOTA BLEND BAND**

WEDNESDAY, OCTOBER 2 - **SWIMMING**; TYE DYE SHIRTS

THURSDAY, OCTOBER 3 - TRY YOUR LUCK; **SCENIC FALL DRIVE**

FRIDAY, OCTOBER 4 - MEMORY GAME; HAT TRIVIA

MONDAY, OCTOBER 7 - HANGMAN; **SUNCATCHERS RIDING ACADEMY**

TUESDAY, OCTOBER 8 - FINISH THAT LYRIC; **MUSIC BY BOBBY HOLMAN**

WEDNESDAY, OCTOBER 9 - **FARMERS MARKET**; MONSTER BLOW PAINTING

THURSDAY, OCTOBER 10 - JEOPARDY; **NUISANCE PIG SANCTUARY**

FRIDAY, OCTOBER 11 - BALLOON VOLLEYBALL; LOGO BOARD GAMES

MONDAY, OCTOBER 14 - **LIBRARY CHAIR YOGA**; PLASTIC PUMPKIN RELAY

TUESDAY, OCTOBER 15 - JEOPARDY; **MUSIC BY BOBBY HOLMAN**

WEDNESDAY, OCTOBER 16 - TENNESSEE PENPALS; MUSIC TRIVIA

THURSDAY, OCTOBER 17 - **BEAR COUNTRY AND PICNIC LUNCH**; WOULD YOU RATHER

FRIDAY, OCTOBER 18 - **LUNCH AT THE PUMPKIN PATCH**; POPCORN TASTING EVENT

MONDAY, OCTOBER 21 - **LIBRARY CHAIR YOGA**; PAINT PUMPKINS

TUESDAY, OCTOBER 22 - APPLES TO APPLES; **MUSIC BY LARRY K**

WEDNESDAY, OCTOBER 23 - **FARMERS MARKET**; CARD MAKING WITH INK STAMPS

THURSDAY, OCTOBER 24 - CROCHET 101; **CANYON LAKE WALK IN THE PARK**

FRIDAY, OCTOBER 25 - SPA DAY; **PAUL MITCHEL HAIR CUTS**; FUNNY HOME VIDEOS

MONDAY, OCTOBER 28 - YAHTZEE; **BLACK HILLS IN MOTION CLOGGERS**

TUESDAY, OCTOBER 29 - MCDONALD'S COFFEE; **MUSIC BY BOBBY HOLMAN**

WEDNESDAY, OCTOBER 30 - MUMMY WRAP CONTEST; **BOWLING**

THURSDAY, OCTOBER 31 - HARVEST SCAVENGER HUNT; CANDY CORN 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!*

COMMUNITY EDUCATION

Dementia Communications: How to Have Meaningful Visits With Loved Ones Who Are Diagnosed With Dementia

Tuesday, October 22 at 4:00 P.M.
4110 Winfield St.



Rachel Waddell is the owner of Elder Guidance Services and serves as a Dementia Family Coach and Trainer. She is a Certified Dementia Practitioner® and Certified Dementia Practitioner Trainer® with the National Council of Dementia Practitioners.

Rachel's training is free and open to the public.
Please RSVP by calling 605-791-0436.

OCTOBER MENU

***Menu subject to change without Notice**

	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	Seredish Meatballs 1/2CS Parried Potatoes 1CS Baked Squash 1CS Tropical Fruit 1CS Bread 1CS	Cream of Potato Soup 1 1/2CS Egg Saled on a Croissant 2CS Marinated Veggie Salad 1/2CS Peaches 1CS	Baked Chicken Breast 1/2CS Baked Potato 1CS Cooked Carrots 1/2CS Strawberry Pears 1CS Bread 1CS	Pork Roast Mashed Potatoes w/Gravy 2CS Green Beans Cranberry Sauce 1CS Bread 1CS
Monday 7	Tuesday 8	Wednesday 9 HAPPY BIRTHDAY	Thursday 10	Friday 11
Sausage Gravy over a Biscuit 2CS Brussel Spouts Glazed Carrots 1 1/2CS Applesauce 1CS	Autumn Chicken Breast 1CS Sweet Potatoes 1 1/2CS Broccoli Fruit Cocktail 1CS Bread 1CS	Taco Salad w/Meat & Beans 2CS Pelle Banana 1CS SF Vanilla Ice Cream 1CS Cake 2CS	Creamed Turkey 1CS over Sliced Potatoes 1CS Peas & Carrots 1CS Pineapple Tidbits 1CS Bread 1CS	Salisbury Steak in Gravy 1CS Baked Potato 1CS Mixed Vegetables 1/2CS Tomato Juice 1CS Mandarin Oranges 1CS Bread 1CS
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Country Fried Steak 1CS Diced Potatoes w/Milk Gravy 2CS Peas 1CS Tropical Fruit 1CS Bread 1CS	LS Ham Parmesan Potatoes 1CS Cooked Carrots 1/2CS Cinnamon Apples 1CS Bread 1CS	Breaded Fish Sandwich 2CS Potato Wedges 1CS Stewed Tomatoes Pears 1CS	Picnic Lunch	Picnic Lunch
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Hamburger on a Bun 2CS Lettuce & Tomato Slices Tri-taler Potatoes 1CS Baked Beans 2CS Fruit Cocktail 1CS	BBQ Chicken Breast 1CS Baked Potato w/Sour Cream 1CS Peas & Corn 1CS Pineapple Tidbits 1CS Bread 1CS	Spaghetti in Meats Sauce 2CS Italian Vegetables Apple Crisp 1 1/2CS Garlic Bread 1CS	Chicken & Wild Rice Soup 1CS English Pies Saled 1 1/2CS Blanched Carrots w/Ranch 1CS Strawberries & Peaches 1CS Bread 1CS	Pork Chop in Celery Sauce 1CS Mashed Potatoes 1CS Parried Carrots 1/2CS Medium Orange Bread 1CS
Monday 28	Tuesday 29	Wednesday 30	Thursday 31 HAPPY HALLOWEEN	
Scrambled Eggs w/Cheese Hashbrown Patty 1CS Squash 1CS Orange Juice 1CS Cinnamon Roll 2CS	Sloppy Joe on a Bun 2CS Parmesan Potatoes 1CS Green Beans Mandarin Oranges 1CS	Beef Stew 2CS Tomato Juice 1CS Pelle Banana 1CS Jello 1CS Bread 1CS	Chef's Choice	

*All meals include 8 oz. 1% milk (1 CS)
Choice of 1-2 bread/grain servings (1-2 CS)
Cub Servings = (CS) (1 = 15 grams Carbohydrate) marked for diabetic diets
**All carved fruit is in light syrup
***All free dressing is served with salad

Over 60? Contribute what you can.
Suggested donation is \$10.00
Under 60 Pay \$15.00
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