

WISH LIST

(2) 65" TV's

TV Trays

Commercial Mop/Mop Bucket (new)

Shuffleboard

Vacuum Cleaner (new)

Pool Cues/Chalk/Wall Mount

Lowes Gift Cards

Amazon Gift Cards

*Open our (updated) 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 plus furnishings and supplies.

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!**

Black Hills Center for Aging is a 501(c)3 non-profit.

THANK YOU

Thank you to Zonta Club of the Black Hills, Monument Health, Allen and Doris Leck, Lindsey Sainsury, Justin Selke, James & Mary Scull, Haugo Broadcasting, Donna March, Erz Family, Mitch Nelson, Suncatchers, Mary Schnortz, Kathleen Green, Lisa Ficek, Black Hills Oral Surgery, Wendy Abbot, Sherry Heath, Kris Norlin, April Moran, Anna Quinn, Sarah & Ken Asbridge, BH Advocate, Stan Masada & Troy Falardeau, Mayor Jason Salamun, Carol Johnson, American Legion Post 22, Megan Pope, and so many helping hands!



If you haven't heard the story of the Adult Day Center of the Black Hills/Black Hills Center for Aging, it's a tale of resilience, unforeseen challenges, and a dedicated, though small, team that has worked tirelessly to provide high quality, accessible, and affordable resources for seniors. Together, we are ready to make 2025 OUR YEAR!

At the end of this month, we may close or limit our services for a couple of days to transition our center to our new building. We will be utilizing our calling tree and/or email to notify our families. Please let us know if you need to be added.

We are looking to bring our community education on the road! Contact us if your church or group would like to host us in the upcoming months. We would love to provide our aging-related education topics to a broader audience.

Our new location is BEAUTIFUL and SPACIOUS! We will have openings for additional guests (to include showers and transportation) very soon. Call to arrange a tour today!

Main Location:

4110 Winfield St
Rapid City, SD 57701
Ph. 605.791.0436



www.blackhillscfa.org

COMING SOON

1339 E. North St.
Rapid City, SD 57701



NEW SPACE, NEW SERVICES!

In our new building, we have dedicated space and new staff who will be providing the following services to enhance the quality of life for our area seniors!

Outpatient Occupational and Physical Therapy

We have a space with all the equipment your therapist would need to provide therapy on-site. Many therapists will come visit your loved one in our space- you just have to ask!

Community Health Worker

Mackenzie Roduner, CHW, is accepting new clients who qualify for medicaid to assist with the following:

- Housing/Food Insecurities
- Advocating at and transporting to health-related appointments
- Follow-up to medical care
- Managing chronic illnesses

Support Group/Meeting and Educational Space

We are happy to host aging-related support groups, community education opportunities and organizational meetings.

We will host an open house/ribbon-cutting in the near future- please follow us on Facebook for announcements!

STATE ADVOCACY DAY



State Advocacy Day is a one-day event in Pierre to tell lawmakers your Alzheimer's and dementia story. It will take place this year on February 3 at the State Capitol Building in Pierre from 11:30-2 p.m..

Our Alzheimer's Association representatives introduced legislation last year which allowed Adult Day Services to expand accross South Dakota. It is important to share our experiences with our lawmakers to continue to improve our aging-related resources in our community.

JANUARY ACTIVITIES

WEDNESDAY, JANUARY 1 - ****CLOSED****

THURSDAY, JANUARY 2 - NEW YEAR VISION BOARD; NEW YEAR DICE GAME

FRIDAY, JANUARY 3 - COFFEE FILTER SNOWFLAKES; MOVIE (SWITCH) AND POPCORN

MONDAY, JANUARY 6 - **LIBRARY CHAIR YOGA**; GUESS THAT SONG TRIVIA

TUESDAY, JANUARY 7 - BALLOON VOLLEYBALL; **MUSIC BY BOB GRIMM BAND**

WEDNESDAY, JANUARY 8 - **SWIM**; COUNTDOWN TO SPRING AND JEOPARDY

THURSDAY, JANUARY 9 - WOODEN SNOWFLAKES; **SUZIE CAPPART CENTER**

FRIDAY, JANUARY 10 - FINISH WOODEN SNOWFLAKES; SHRINKY DINKS

MONDAY, JANUARY 13 - WINTER QUIZ; MANICURE MONDAY

TUESDAY, JANUARY 14 - GUESS 5; **AFTERNOON MOVIE AT THE ELKS**

WEDNESDAY, JANUARY 15 - JEOPARDY; SNOWBALL FIGHT WITH CUPS

THURSDAY, JANUARY 16 - ROLL A SNOWMAN; **OUTDOOR CAMPUS**

FRIDAY, JANUARY 17 - COFFEE FILTER SNOWFLAKES; ARMCHAIR ALASKA

MONDAY, JANUARY 20 - **LIBRARY CHAIR YOGA**; INAUGURATION DAY LIVE

TUESDAY, JANUARY 21 - BEAN BAG CORNHOLE; **MUSIC BY JENNI ALASKA**

WEDNESDAY, JANUARY 22 - JEOPARDY; NEWSPAPER RACES

THURSDAY, JANUARY 23 - JANUARY QUIZ; **ICE CREAM AND WALKING AT THE MALL**

FRIDAY, JANUARY 24 - PEANUT BUTTER TRIVIA AND TRUTH; NEEDLE SUNCATCHER CRAFT

MONDAY, JANUARY 27 - **COFFEE AT MCDONALDS**; BINGO

TUESDAY, JANUARY 28 - DICE GAME; **MUSIC BY LARRY**

WEDNESDAY, JANUARY 29 - BLIZZARD TRIVIA; **BOWLING**

THURSDAY, JANUARY 30 - **WALK AT THE MALL**; WINTER GAMES

FRIDAY JANUARY 31 - CORNHOLE; INDOOR SUMMER BBQ; **GREAT CLIP HAIRCUTS**

*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!*

AGING WELL WORKSHOP: EXERCISE- WHY IT MATTERS

Explore why exercise is vital throughout your life, and even more so as you get older.
You will uncover numerous benefits you can expect from regular physical activity.

Presented by Dr. Joseph Rees, DO

Wednesday, January 15, 2025

9:00 a.m. 4110 Winfield Street, Rapid City

AGING IN PLACE: WHAT WE NEED TO KEEP FAMILIES IN THEIR HOMES

Local aging expert, Leacy Brown from the SDSU Extension Office will be presenting!

Tuesday, January 28

4:00 p.m. 4110 Winfield Street, Rapid City (Location may change to our *NEW* building!)

RSVP is not required, but appreciated! Call 605-791-0436

JANUARY MENU

****Menu subject to change without Notice****

		Wednesday 1 CLOSED FOR NEW YEAR'S DAY	Thursday 2 Spaghetti w/Meat Sauce 2CS Italian Vegetables Pears 1CS Garlic Bread 1CS	Friday 3 Chicken Pot Pie Topped w/a Biscuit 2CS Beets 1CS Mandarin Oranges 1CS Cookie 2CS
Monday 6 Swedish Meatballs 1CS Parslied Potatoes 1CS Peas & Carrots 1CS Fruit Cocktail 1CS Bread 1CS	Tuesday 7 Mandarin Orange Chicken 1CS Baked Potato 1CS Broccoli Pineapple Tidbits 1CS Bread 1CS	Wednesday 8 HAPPY BIRTHDAY Chili Topped s/Cheese 1CS Marinated Veggie Salad 1CS Cornbread 2CS Petite Banana 1CS Cake 2CS	Thursday 9 Pork Roast Mashed Potatoes w/Gravy 1 1/2CS Green Beans Tropical Fruit 1CS Bread 1CS	Friday 10 Chicken Wild Rice Soup 1CS Egg Salad on a Croissant 2CS LS Crackers 1CS LS Tomato Juice 1CS Applesauce 1CS
Monday 13 Baked Chicken 1/2CS Sweet Potatoes 1 1/2CS Mixed Vegetables 1CS Cranberry Sauce 1CS Bread 1CS	Tuesday 14 Homemade Tomato Soup 1CS Cold Cheese Sandwich 2CS Peaches 1CS SF Vanilla Pudding 1CS Oyster Crackers 1CS	Wednesday 15 Ground Beef Stroganoff 1CS Broccoli Pineapple Tidbits 1CS SF Jello 1CS Bread 1CS	Thursday 16 Chef's Choice	Friday 17 Hungarian Goulash 3CS Peas & Carrots 1CS Steamed Cabbage Cinnamon Apples 1CS Bread 1CS
Monday 20 Beef Tips Mashed Potato Vegetables Rolls	Tuesday 21 Fish Sandwich 1 1/2CS Potato Wedges 1CS Stewed Tomatoes Med. Orange 1CS	Wednesday 22 Country Fried Steak 1CS Sliced Potatoes w/Milk Gravy 1 1/2CS Peas 1CS LS V-8 Juice 1CS Petite Banana 1CS Bread 1CS	Thursday 23 Chicken Alfredo 1 1/2CS Squash 1CS Broccoli Cranberry Sauce 1CS Garlic Bread 1CS	Friday 24 Turkey Roast Mashed Potatoes w/Gravy 1 1/2CS Cooked Carrots 1/2CS Tropical Fruit 1CS Bread 1CS
Monday 27 Hamburger on a Bun 2CS Leaf Lettuce & Tomato Slices Potato Triangles 1CS Baked Beans 2CS Mandarin Oranges 1CS	Tuesday 28 Taco Salad w/ Meat & Beans 2CS Cottage Cheese Peaches 1CS	Wednesday 29 Cream of Broccoli Soup 1CS Ham & Cheese Sandwich 2CS Oyster Crackers 1CS Pears 1CS	Thursday 30 Chicken in Celery Sauce 1CS Mashed Potatoes 1CS Glazed Carrots 1 1/2CS Cooked Apples 1CS Bread 1CS	Friday 31 Indoor Summer BBQ

Currently, our lunches for guests over the age of 60 are provided by Meals on Wheels of South Dakota. As a 501(c)3 non-profit, they send donation requests to our guests at the end of each month to help cover their costs. Please contribute if you can.

If your loved one will be eating lunch with us, please RSVP 24 hours in advance!