



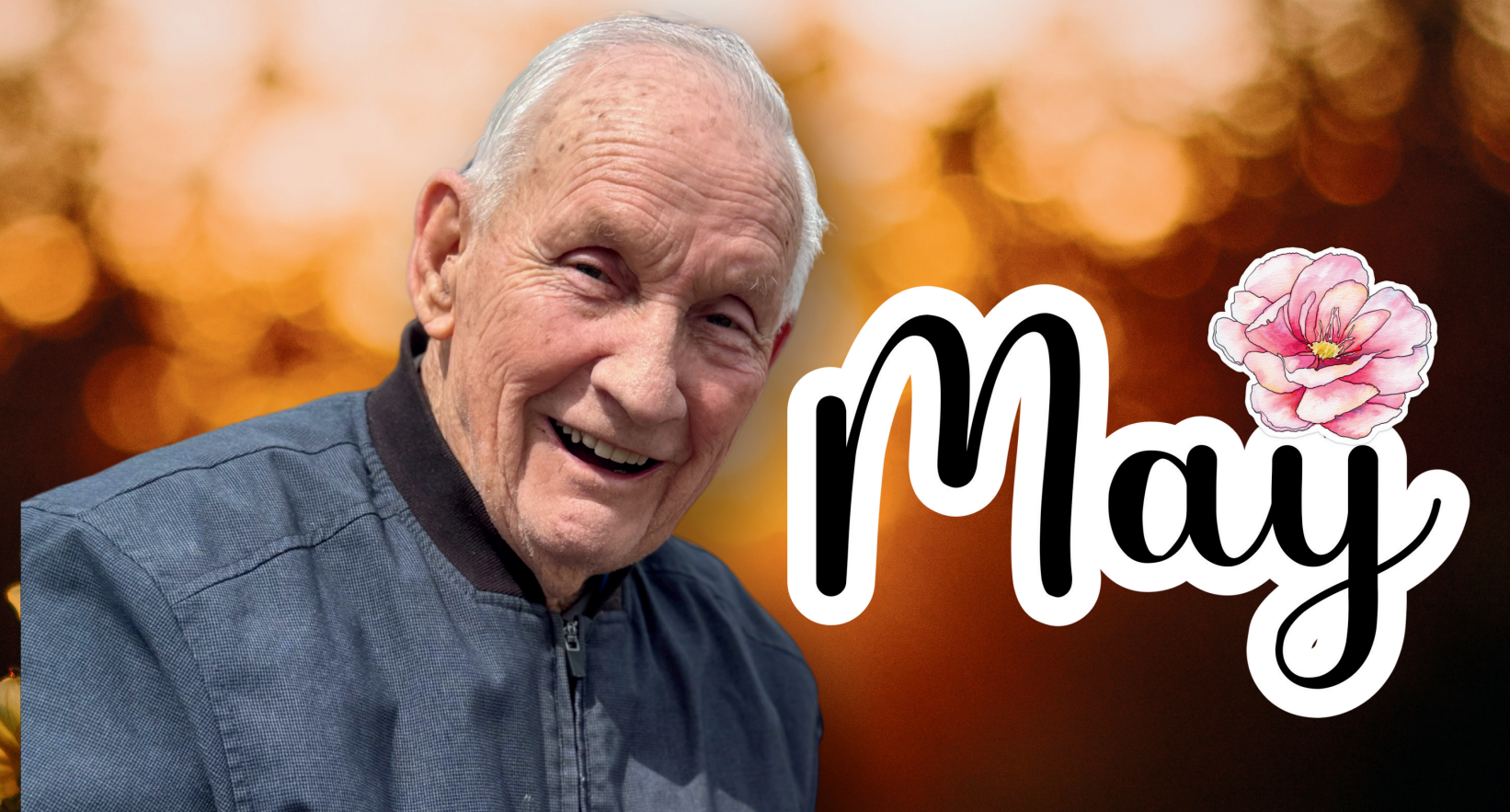
**Are you a caregiver who could use a break?**  
**Call us at 605.791.0436 to schedule a tour**  
**We are open Monday-Friday from 7:30 AM to 5:30 PM.**  
**We have openings for adults of all ages!**



**Follow Black Hills Center  
for Aging on Facebook!**

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

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RAPID CITY, SD  
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A heartfelt thank you to everyone who attended our Open House in early April. The event was a huge success, welcoming our community partners, guest families, friends and sponsors. Guests toured our beautiful new facility, enjoyed refreshments, and connected with our passionate team. Your presence and enthusiasm reaffirmed why our work matters. Special thanks to our staff and volunteers who put in extra efforts to make our space shine!

We are working with Scull Construction again at our 4110 Winfield location. In just a few weeks, they will be handing the keys back to us to start our volunteer portion of the renovation- painting, organizing and assembly! If you have a group who needs volunteer hours, we would love to keep you busy.

Most importantly, we need more guests, floor aides and an activity coordinator to fill the Winfield building once again. Help us spread the word about our affordable, quality care that is transformative for families and purposeful for our guests.

**If you would like to learn more about the services we offer, please don't hesitate to reach out at 605.791.0436!**

**Main Location:**

4110 Winfield St.

Rapid City, SD 57701

**CLOSED FOR REMODELING**



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

**North Location:**

1339 E. North St.

Rapid City, SD 57701

Ph. 605.791.0436



# BACKYARD RENOVATION!

We have launched the beginning of our Backyard Renovation Project capital campaign! We anticipate \$65,000+ total renovation costs to make this space truly transformational. This project would allow us to expand our capacity by providing a safe, accessible, and enriching environment for our guests to enjoy fresh air, sunshine, and social engagement. Many of our guests benefit greatly from time outdoors, which promotes mental well-being, physical activity, and social interaction. In current condition, pea gravel and deep holes in the ground prevent us from being able to utilize our outdoor spaces. This project includes removing pea gravel, adding a covered patio, wheelchair-accessible pathways for exercise, landscaping, raised garden beds, outdoor furniture, and activity areas tailored to individual needs. With your support, we can enhance the daily experience, offering a space for relaxation, connection, and joy while folks are in our care.



## MEETING/EVENT SPACE

### Support Group/Meeting and Educational Space

We are happy to host aging-related support groups, community education opportunities and organizational meetings. We also have space available after-hours available to rent for special occasions. Please call 605.269.0337 to discuss options!

## WISH LIST

Ice Cream/Diet Root Beer  
Raised Garden Beds  
Seed Packets/Soil Bags  
Lawn Furniture  
Perennials/shrubs  
Shuffleboard  
Pool Cues/Chalk  
Fresh Fruit and Vegetables  
Lowes or Amazon Gift Cards

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



## THANK YOU

Thank you to United Way of the  
Black Hills, Black Hills Area  
Community Foundation, Zonta  
Service Club of the Black Hills, Don's  
Tax Service, Cheri De Long, Kathleen  
Green and Walter Boner, Abbott  
House, Sherwin Williams,  
Community Services Connection,  
and to all of our friends and family  
who attended our Grand Opening  
event!! We were able to raise nearly  
\$300 toward our backyard  
renovation project with our 50/50  
raffle and could not be more grateful  
for all of you.



# MAY ACTIVITIES

THURSDAY, MAY 1- NO LAUGHING GAME; MAY DAY BASKETS

FRIDAY, MAY 2- BINGO; GIANT JENGA TOURNAMENT

MONDAY, MAY 5- **LIBRARY CHAIR YOGA**; CINCO DE MAYO TRIVIA

TUESDAY, MAY 6- WORD CHAIN; **MUSIC BY BOB GRIMM BAND**

WEDNESDAY, MAY 7 - FAMILY FEUD; JUMBO SEQUENCE

THURSDAY, MAY 8 - BALLOON VOLLEYBALL; **WALK @ CHAPEL IN THE HILLS**

FRIDAY, MAY 9 - THE DICE GAME "QUESTIONS"; MAKE MOTHER'S DAY CARDS

MONDAY, MAY 12- **MCDONALDS COFFEE**; JEOPARDY

TUESDAY, MAY 13 - CARD WARS; **MUSIC BY PEGIE DOUGLAS**

WEDNESDAY, MAY 14- BEAN BAG NUMBER TOSS; **NUISANCE PIG RANCH**

THURSDAY, MAY 15 - LEARN CRIBBAGE; **MUSIC BY JENNIE ALASKA**

FRIDAY, MAY 16 - PENNY PITCHING; ARMCHAIR TRAVEL TO MEXICO

MONDAY, MAY 19 - **LIBRARY CHAIR YOGA**; GUESS 10

TUESDAY, MAY 20 - AIRPLANE BATTLE; **MUSIC BY DAKOTA BLEND BAND**

WEDNESDAY, MAY 21 - CORN HOLE CONTEST; **ALPACA FARM**

THURSDAY, MAY 22 - \*7-11-OR DOUBLES\* GAME; **JOLLY LANE GREENHOUSE**

FRIDAY, MAY 23 - PLANTING FLOWERS; **POST 22 BASEBALL**

MONDAY, MAY 26 - **CLOSED FOR MEMORIAL DAY!**

TUESDAY, MAY 27- FLAG BINGO; **MUSIC BY LARRY K**

WEDNESDAY, MAY 28 - SPRING TRIVIA; **BOWLING**

THURSDAY, MAY 29 - NERF TARGET PRACTICE; **BH IN MOTION CLOGGERS**

FRIDAY, MAY 30 - **BERLIN WALL MONUMENT**; POPCORN AND MOVIE

*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!*



# CAREGIVER SUPPORT

**PLease join us for our caregiver support group!**

**WHO:** Jan Bartscher and Tracy Wolf from the Alzheimer's Association

**WHEN:** Tuesday, May 13, from 9:30 - 11:00 am

**WHERE:** 1339 E. North Street.

**This is an opportunity for caregivers to connect with others who may be in a similar situation, find connection, emotional support, and guidance for those navigating the complexities of caring. All are welcome, no RSVP required.**

## MAY MENU

Puzzle of the Month			Thursday 1	Friday 2
Solve two riddles to enter the monthly drawing			Beef Noodle Stroganoff 2CS Broccoli Corn 1CS Cooked Apples 1 1/2CS Bread 1CS	Chef Salad w/Turkey & Ham 1CS Lt Dressing 1CS LS Tomato Juice 1CS Tropical Fruit 1CS Crackers 1CS
Spring flowers that like to kiss? (6 letters) How did the daffodil drive a race car? (15 letters) What goes up when rain pours down? (8 letters) What is the best rain for a Spring birthday party? (9 letters)				
<b>Monday 5</b> <b>CINCO De MAYO</b> Mexican Chicken Soup 1 1/2CS topped w/Tortillas & Cheese Tapioca Pudding 1CS Fruit Cocktail 1CS Churro w/Cinnamon & Sugar 2CS	<b>Tuesday 6</b> Applesauce Pork Ribs 1/2CS Baked Sweet Potato 1 1/2CS Beets 1/2CS Mandarin Oranges 1CS Bread 1CS	<b>Wednesday 7</b> Chicken Bacon Ranch Wrap 2CS Potato Salad 1 1/2CS Tomato Spoon Salad 1/2CS Petite Banana 1CS	<b>Thursday 8</b> Swiss Steak w/Tomatoes & Onion 1CS Baked Potato w/Sour Cream 1CS Broccoli Pears 1CS Bread 1CS	<b>Friday 9</b> Turkey Pot Pie topped w/a Biscuit 2CS Mini Bakers 1CS Pineapple Tidbits 1CS
<b>Monday 12</b> Chicken in Celery Sauce Mashed Potatoes 1CS Carolina Beans 2CS Applesauce 1CS Bread 1CS	<b>Tuesday 13</b> Breaded Baked Fish with Lemon Pepper 1/2CS Stewed Tomatoes Tater Tots 1CS Fresh Medium Orange 1CS Bread 1CS	<b>Wednesday 14 HAPPY BIRTHDAY</b> Pizza Casserole 2CS Baked Squash 1CS Tropical Fruit 1CS Garlic Bread Stick 1CS SF Ice Cream 1CS Cake 3CS	<b>Thursday 15</b> Hamburger on a Bun 2CS Leaf Lettuce w/Tomato Slices Potato Wedges 1CS Macaroni Salad 2CS Peaches 1CS	<b>Friday 16</b> Chef's Choice
<b>Monday 19</b> BBQ Chicken Breast 1CS Baked Potato 1CS California Vegetables Fruit Cocktail 1CS Bread 1CS	<b>Tuesday 20</b> Sloppy Joe on a Bun 2CS Cheesy Potato Wedges 1CS Mixed Vegetables 1/2CS Pears 1CS	<b>Wednesday 21</b> Chicken & Wild Rice Soup 1CS Egg Salad on a Croissant 2CS LS Tomato Juice 1CS Mandarin Oranges 1CS LS Crackers 1CS	<b>Thursday 22</b> Sausage Gravy over a Biscuit 2CS Brussel Sprouts Baked Squash 1CS Strawberries in Jello 1CS	<b>Friday 23</b> Taco Salad w/ Meat & Beans 2CS Cottage Cheese 1CS Peaches 1CS Cookie 2CS
<b>Monday 26</b> <b>CLOSED</b>	<b>Tuesday 27</b> Country Fried Steak 1CS Mashed Potatoes w/Milk Gravy 2CS Green Beans Tropical Fruit 1CS Bread 1CS	<b>Wednesday 28</b> Baked Chicken w/ Lemon Pepper & Parmesan 1CS Sweet Potatoes 1 1/2CS Peas 1CS Pineapple Tidbits 1CS Bread 1CS	<b>Thursday 29</b> Cheese Manicotti w/Meat Sauce 2CS Italian Vegetables Apple Crisp w/Topping 1 1/2CS Garlic Bread 1CS	<b>Friday 30</b> Pork Roast Diced Potatoes w/ Gravy 1CS Cooked Carrots 1/2CS Applesauce 1CS Bread 1CS

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!*