





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.

PRESORIED

NON-PROFIT

US POSTACE PAID

PERMIT NO. 2

RAPID CITY, SD

S77701

Black Hills Center for Aging 4110 Winfield St. Rapid City, SD 57701



May was a busy month for us at Black Hills Center for Aging! We welcomed several new guests, continue to work on our 4110 WInfield Street location in our "spare" time as construction comes to a close, and are gearing up to grow our staff in anticipation of having two service centers sometime this Fall (we hope)!

We are incredibly grateful to the wonderful volunteers who helped us paint from Fountain Springs Church. We are lucky enough to have some of their incredible members back for "Love Your Neighbor" week June 9. It has been such a great reminder of the wonderful people we share our community with.

Scull Construction, Volt Pro Electric, Loyal Plumbing have done an amazing job so far transforming our space to function as more of an activity center than a residential facility. We have a lot left to do to put on our finishing touches.

If you know of volunteer groups who love to paint, stain fences, garden, pour concrete or build shade structures, please have them reach out!

If you would like to learn more about the services we offer, please call us at 605.791.0436!

Main Location:

4110 Winfield St. Rapid City, SD 57701

CLOSED FOR REMODELING



North Location:

1339 E. North St. Rapid City, SD 57701 Ph. 605.791.0436













WISHLIST

Ice Cream/Diet Root Beer
Raised Garden Beds
Seed Packets/Flowers/Soil Bags
Lawn Furniture
Perennials/shrubs
Shuffleboard
Craft Supplies
Fresh Fruit and Vegetables
Lowes or Amazon Gift Cards
Open our (updated) Amazon wish list
using your phone camera!



THANK YOU

Thank you to Walmart, Joy Peterson and Donna Alexander, Fountain Springs Church Volunteers, Mary Schnortz, Nuisance Pig Sanctuary, Caputa Alpacas, Dr. Suki and Ken Asbridge, Tomac & Tomac, United Way of the Black Hills, David, Tamara and Gloria Butler, Tyce Barclay, Bob Grimm Band, Jolly Lane Greenhouse, Larry Kvanvig, Black Hills in Motion, Andy Scull, and to all of our friends who continue to spread the word about the amazing services we offer!

ESTATE PLANNING WORKSHOP

Tuesday, June 3, 6:00 PM - 1339 E. North Street

Join Tomac & Tomac for an Estate Planning Workshop designed to give our families a head-start on planning for your future. Use Tomac's personal check-up worksheets as a zero-pressure way to identify which areas you may be in need of help. Whether you've been to a workshop in the past or not, we'd love to have you join us. Workshops are FREE and include a complimentary meal!

Please RSVP at www.tomaclaw.com.



BACKYARD RENOVATION!



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 occassions. Please call 605.269.0337 to discuss options!

JUNE ACTIVITIES

MONDAY, JUNE 2 - LIBRARY CHAIR YOGA; WORDS IN WORD
TUESDAY, JUNE 3 - UNO TOURNAMENT; MUSIC BY PEGIE DOUGLAS
WEDNESDAY, JUNE 4 - FT HAYS PANCAKES; DEAL OR NO DEAL
THURSDAY, JUNE 5 - CUP GAME; BEAR COUNRTY PICNIC *LEAVE @ 11 AM*
FRIDAY, JUNE 6 - BABY SHOWER GAMES; KENZIE BABY SHOWER (IT'S A GIRL!)

MONDAY, JUNE 9 - FAMILY FEUD; MALL WALK AND DAIRY QUEEN TUESDAY, JUNE 10 - THIS OR THAT; MUSIC BY BILLY BOJACK WEDNESDAY, JUNE 11 - WORD CHAIN; REPTILE GARDENS THURSDAY, JUNE 12 - LIFE ADVICE FOR YOUNGER GENERATIONS; VISIT FROM BANANA BUNCH

FRIDAY, JUNE 13 - NAME THAT SONG; FLOWER PAINTING

MONDAY, JUNE 16 - LIBRARY CHAIR YOGA; BINGO
TUESDAY, JUNE 17 - BLACK JACK; MUSIC BY JENNIE ALASKA
WEDNESDAY 18 - WORD SPAGHETTI; OUTDOOR CAMPUS FISHING
THURSDAY, JUNE 19 - HISTORY GUESS WHO; SPA DAY
FRIDAY, JUNE 20 - WHEEL OF FORTUNE; PAINT BIRDHOUSES

MONDAY, JUNE 23 - MAKE BIRD FEEDERS; MCDONALDS ICE CREAM
TUESDAY, JUNE 24 - GAME OF LIFE; MUSIC BY LARRY K
WEDNESDAY, JUNE 25 - TEXAS HOLD EM'; BOWLING
THURSDAY, JUNE 26- CHILDHOOD REMINISCING; VISIT FROM BANANA BUNCH
FRIDAY, JUNE 27 - BALLOON VOLLEYBALL; SIP AND PAINT

MONDAY, JUNE 30 - JEOPARDY; CORNHOLE

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, June 10, 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.

JUNE MENU

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Salisbury Steak w/Gravy 1CS	Mandarin Orange Chicken 1CS	Ham & Cheesy Potato Casserole 2CS	Chicken Strips	Hamburger on a Bun 2CS
Mini Bakers 1CS	Oven Baked Rice 1 1/2CS	Cooked Carrots 1/2CS	with Dipping Sauce 2CS	Leaf Lettuce & Tomato Slices
Peas & Carrots 1CS	Broccoli	Green Beans	Potato Wedges 1CS	Potato Salad 1 1/2CS
Pears 1CS	Peaches 1CS	Pineapple Tidbits 1CS	Baked Beans 2CS	LS Tomato Juice 1CS
Bread 1CS	Bread 1CS	Bread 1CS	Tropical Fruit 1CS	Mandarin Oranges 1CS
Diedu 100	bread 105	pread 103	Bread 1CS	Mandann Oranges 105
Monday 9	Tuesday 10	Wednesday 11 HAPPY BIRTHDAY	Thursday 12	Friday 13
Creamed Turkey	Hungarian Goulash 2CS	Taco Salad w/Meat & Beans 2CS	Chunky Chicken Vegetable Soup 1CS	BBQ Chicken on a Croissant 2CS
over Mashed Potatoes 2CS	Steamed Cabbage	Cottage Cheese 1CS	Tossed Salad w/Tomatoes	Potato Triangle 1CS
Peas 1CS	Parslied Carrots 1/2CS	Petite Banana 1CS	Applesauce 1CS	California Vegetables
Fruit Cocktail 1CS	Cooked Apples 1CS	SF Ice Cream 1CS	Garlic Bread 1CS	Pears 1CS
Bread 1CS	Bread 1CS	Cake 2CS		SF Pudding 1CS
Monday 16	Tuesday 17	Wednesday 18	Thursday 19 Juneteenth	Friday 20 Summer Begins
Fish Sandwich 2CS	Loaded Potato 2CS	Baked Chicken 1/2CS	Country Fried Steak 1CS	Chicken Bacon Ranch Wrap 1 1/2CS
Potato Wedges 1CS	with Sloppy Joe Meat & Cheese	Sweet Potatoes 1 1/2CS	Sliced Potatoes W/Milk Gravy 2CS	with Lettuce
Cooked Carrots 1/2CS	3 Bean Salad 1CS	Broccoli w/Cheese 1/2CS	Peas 1CS	Patio Salad 1 1/2CS
Tropical Fruit 1CS	Peaches & Strawberries 1CS	LS V-8 Juice 1CS	Mandarin Oranges 1CS	Tomato Spoon Salad 1CS
Cookie 2CS	Bread 1CS	Cooked Apples 1CS	Bread 1CS	Fruit Cocktail 1CS
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Porcupine Meatballs 1CS	Turkey Tetrazzini 2CS		Chicken Salad on a Croissant 2CS	Beef Tips in Gravy
Baked Potato 1CS	Glazed Carrots 1CS		English Pea Salad 1CS	over Mashed Potatoes 2CS
California Vegetables	Green Beans	Chef's	Macaroni Salad 1 1/2CS	Squash 1/2CS
Applesauce 1CS	Orange Wedges 1CS	Choice	Petite Banana 1CS	Cranberry Crunch Salad 1CS
Bread 1CS	Bread 1CS			Bread 1CS
Monday 30	Puzzle of the Month		May Winners: Betty B. (Kadoka)	
Chicken Pot Pie			Janice L. (Rapid City, HD)	
topped with a Biscuit 2CS	If you are in the woods, how can you		1	
Brussel Sprouts	tell if a tree is a dogwood?		May Answer: #1. Tulips	
Peaches 1CS			#2 Petal to the Metal	
SF Ice Cream 1CS	A man who was outside in the rain without an umbrella or hat		#3 Umbrella	
	didn't get a single hair on his head wet. Why?		#4 Sprinkles	Happy Father's Day - June 15th

Currenty, 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!