



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.

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

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 NON-PROFIT
 US POSTAGE PAID
 PERMIT NO. 2
 RAPID CITY, SD
 57701



"I just wish we knew about your services sooner."

Help us spread the word! If your loved one is starting to isolate or loses interest in their usual social circle, it is time to send them our way! Physical and cognitive stimulation is proven to help slow the progression of dementia and Alzheimer's disease. Having friends and purpose creates an overall sense of well-being and improves quality of life. Too often, our referrals come from family members who are in a crisis, or have reached the "burn-out" stage because their loved one's condition has progressed to the point of needing long-term care. The positive impact we can have on our guests and caregivers can be very impactful if we can serve them earlier.

We love helping our guests find purpose and retaining their connection to the community!

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

Main Location:

4110 Winfield St.
 Rapid City, SD 57701

CLOSED FOR REMODELING



www.blackhillscfa.org

North Location:

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



FUNERAL PRE-PLANNING

Tuesday, August 26, 4-5 PM – 1339 E. North Street

Thinking ahead can make all the difference. Join Kirk Funeral Home for a free Funeral Pre-Planning session. Learn how planning funerals in advance eases emotional and financial stress on loved ones, ensures personal wishes are respected, and provides peace of mind for everyone involved. Whether you're planning for yourself or a family member, this session offers valuable guidance in a supportive and light-hearted setting. All are welcome—bring your questions and a friend. Light refreshments will be served.

KIRK FUNERAL HOME & CREMATION SERVICES

WISH LIST

Raised Garden Beds
Seed Packets/Flowers/Soil Bags
Lawn Furniture
Outdoor Shade Umbrella
Perennials/Shrubs
Craft Supplies
Fresh Fruit and Vegetables/Snacks
Lowes Gift Cards for Window Shades
or Amazon Gift Cards
Cash Donations for Siding
*Open our (updated) Amazon wish list
using your phone camera!*



THANK YOU

Kathleen Green & Walter Boner,
Mary Schnortz, Marsha Pluth, Sheila
and Bob Mudlin, Dave Butler,
Delores Hagman, Wendy Abbott,
Kathy Svobada, Stan Falardeau,
Arrowhead Lodge, Monument
Health, First Interstate Bank, Old
McDonald's Farm, Ardith Vicklun,
the State of South Dakota and Pete
Lien & Sons.

**We are fortunate to have your
support!**



Black Hills Center for Aging is a proud
United Way partner agency

BACKYARD RENOVATION!



WE NEED YOUR HELP!

Pete Lien & Sons has generously donated concrete and base
course for our backyard renovation! Now, we need help to pay
for labor costs and assembly and installation of our covered
patio. Please consider a tax-deductible donation!



Secure Payments by
PayPal
VISA MASTERCARD

AUGUST ACTIVITIES

FRIDAY, AUGUST 1 - BINGO; GIANT SCRABBLE

MONDAY, AUGUST 4 - LIBRARY CHAIR YOGA; KINGS CORNER CARDS

TUESDAY, AUGUST 5 - GUESS THAT SONG; OUTDOOR CAMPUS FISHING

WEDNESDAY, AUGUST 6 - Pictionary; BILLIARDS TOURNAMENT

THURSDAY, AUGUST 7 - WORD SEARCH CONTEST; BEACH PARTY GAMES

FRIDAY, AUGUST 8- EVER OR NEVER; HUNGRY HUNGRY HIPPO

MONDAY, AUGUST 11 - NAME THAT CELEBRITY; THE PRICE IS RIGHT

TUESDAY, AUGUST 12 - JERRY'S DONUTS; MUSIC BY JENNIE ALASKA

WEDNESDAY, AUGUST 13 - CUP GAME; ALPACA FARM

THURSDAY, AUGUST 14 - FAN CRAFT; BANANA BUNCH KIDS VISIT

FRIDAY, AUGUST 15 - HUMANE SOCIETY VISIT; TRAVEL STORIES

MONDAY, AUGUST 18 - LIBRARY CHAIR YOGA; SIP AND PAINT

TUESDAY, AUGUST 19 - WOULD YOU RATHER; MUSIC BY PEGIE DOUGLAS

WEDNESDAY, AUGUST 20 - JEWELRY MAKING; CAR MUSEUM

THURSDAY, AUGUST 21 - UNO ATTACK; NAME THAT TUNE

W/ VISITING ANGELS

FRIDAY, AUGUST 22 - GENERAL TRIVIA; GUESS THE 80'S TV SHOW

MONDAY, AUGUST 25 - OUTDOOR GAMES; BANANAGRAMS

TUESDAY, AUGUST 26 - MINUTE TO WIN IT; MUSIC BY LARRY K

WEDNESDAY, AUGUST 27- BINGO; BOWLING

THURSDAY, AUGUST 28 - MCDONALDS COFFEE; FALL TREE PAINTING

FRIDAY, AUGUST 29- PEN PAL ACTIVITY; WHEEL OF FORTUNE

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!*

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.

AUGUST MENU

			Friday 1 Turkey Cordon Bleu Casserole 1CS Sweet Potatoes 1 1/2CS Peas 1CS Cranberry Sauce 1CS	
Monday 4 Meatloaf 1/2CS Oven Browned Potatoes 1CS Mixed Vegetables 1CS Peaches 1CS Bread 1CS	Tuesday 5 Mexican Chicken Soup 1CS with Tortillas & Cheese Tossed Salad Pears 1CS	Wednesday 6 Hamburger Gravy over Mashed Potatoes 1CS Parslied Carrots 1CS Mandarin Oranges 1CS Bread 1CS	Thursday 7 Mandarin Orange Chicken over Rice 2 1/2CS California Vegetables Pineapple Tidbits 1CS Bread 1CS	Friday 8 Pork Chop in Celery Sauce 1CS Sliced Potatoes 1CS Squash 1CS Cinnamon Apples 1CS Bread 1CS
Monday 11 Ham Rotini Bake 3CS Cooked Baby Carrots 1/2CS Steamed Broccoli Applesauce 1CS Bread 1CS	Tuesday 12 Bone-in Lemon Pepper Chicken Scalloped Potatoes 1 1/2CS Stewed Tomatoes Rasp-Watermelon Juice 1CS Bread 1CS	Wednesday 13 HAPPY BIRTHDAY Country Fried Steak 1CS Mashed Potatoes & Milk Gravy 1CS Peas & Corn 1CS Petite Banana 1CS Bread 1CS Cake 2CS	Thursday 14 Breaded Baked Fish 1/2CS Potato Wedges 1CS Coleslaw 1CS Fruit Cocktail 1CS Bread 1CS	Friday 15 Turkey & Cheese Sandwich 2CS with Lettuce & Tomato Potato Salad 1 1/2CS Tropical Fruit 1CS SF Ice Cream 1CS
Monday 18 Chicken Patty 1CS with Marinara & Cheese Italian Vegetables Fruit Cocktail 1CS Garlic Bread Stick 1CS	Tuesday 19 Chef's Choice	Wednesday 20 Taco Salad w/Meat & Beans 1CS Cottage Cheese 1CS Strawberry Lemonade 1CS Bread 1CS	Thursday 21 Ham & Bean Soup 2CS with Potatoes & Carrots Cornbread 2CS Tomato Juice 1/2CS Peach Crisp 1 1/2CS	Friday 22 Salisbury Steak & Gravy 1CS Baked Potato w/Sour Cream 1CS Cooked Carrots 1/2CS Fresh Apple 1CS Bread 1CS
Monday 25 BBQ Chicken on a Croissant 2CS Mini Bakers 1CS Mixed Vegetables 1CS Pears 1CS	Tuesday 26 Spanish Rice w/Hamburger 3CS Refried Beans 1CS Seasoned Spinach Pineapple Tidbits 1CS Bread 1CS	Wednesday 27 Cheese Omelet Sausage Link 1CS Potato Triangle 1CS Med. Orange 1CS Fruit Muffin 1 1/2CS	Thursday 28 Pork Roast Mashed Potatoes & Gravy 1CS Green Beans Cooked Apples 1CS Bread 1CS	Friday 29 Hamburger on a Bun 2CS with Lettuce & Tomato Baked Beans 2CS Potato Wedges 1CS Tropical Fruit 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!