



**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.

June was full of sunshine and smiles at Black Hills Center for Aging! Some of our highlights included fishing at the Outdoor Campus, a beautiful picnic at Bear Country, and some fantastic live music! These moments of joy and connection remind us why we do what we do.

Meanwhile, work continues at our 4110 Winfield Street location, where we're inching closer to completing our interior construction so we can focus on the exterior. The turnout was amazing during "Love Your Neighbor Week". Our painting is nearly halfway done! The quality of Fountain Springs Church is unmatched. They are a group of hard working, talented people!

We're also preparing to expand our team with a Caregiver Support Director, which is exciting for our families and our community!

We remain so thankful for the financial and volunteer support that keeps us moving forward. If you know volunteers who love to paint, stain fences, garden, pour concrete or build shade structures, send them our way! We're always grateful for helping hands.

**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**



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

**North Location:**

1339 E. North St.

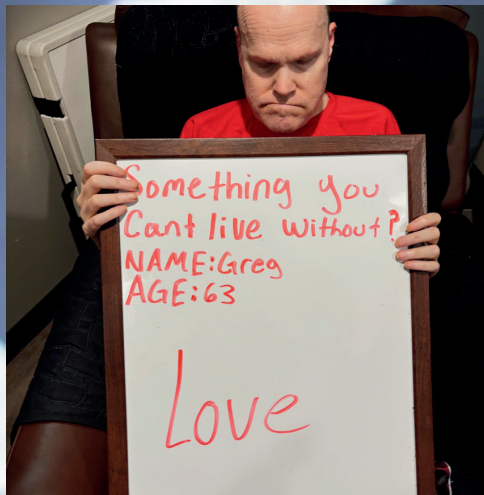
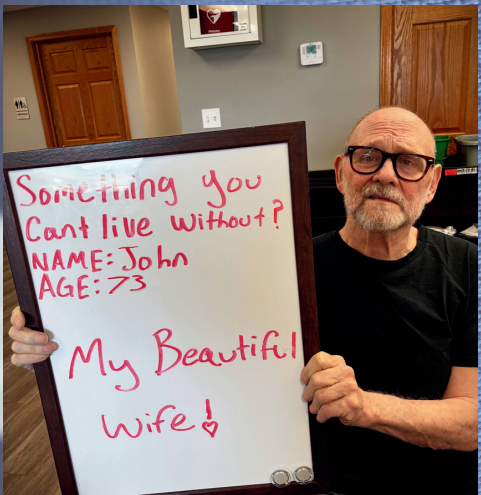
Rapid City, SD 57701

Ph. 605.791.0436

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

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





## WISH LIST

Raised Garden Beds  
 Seed Packets/Flowers/Soil Bags  
 Lawn Furniture  
 Outdoor Shade Umbrella  
 Perennials/shrubs  
 Shuffleboard  
 Craft Supplies  
 Fresh Fruit and Vegetables/Snacks  
 Lowes or Amazon Gift Cards  
 Pool Cues  
 Open our (updated) Amazon wish list  
 using your phone camera!



## THANK YOU

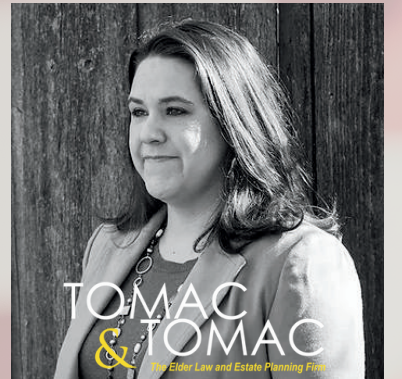
Carrie Martinez and Zonta Service Club of the Black Hills, Kathleen Green & Walter Boner, Julie Gard, Donna March, Mary Schnortz, Lucy & Larry Wright, Kelley Oakley, Naomi Marks, and Deloris Hagman. A special thank you to the numerous volunteers from Fountain Springs Community Church who volunteered at our Winfield location for Love Your Neighbor Week painting and priming walls and ceilings! We wouldn't be making as much progress on our second location without all your help!

# ESTATE PLANNING WORKSHOP

**Tuesday, July 1, 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](http://www.tomaclaw.com).



# DEMENTIA EDUCATION

**Tuesday, July 29, 4:00-5:30 PM – 1339 E. North Street**

Facilitated by Wendy Abbott, certified dementia specialist representing the Western SD Dementia Coalition. This workshop features an easy to learn, evidence-based approach to quickly build empathy and understanding, while teaching skills for improved interactions with those experiencing dementia. Designed to equip families and professional care partners with tools and techniques to effectively and positively manage the condition.

Please join us for this FREE training open to the community!

# BACKYARD RENOVATION!



## WE NEED YOUR HELP!

Our guests would love to enjoy the outdoors before summer is over. We need to raise a significant amount of funds to fill holes, eliminate pea gravel, create sidewalks and a shade structure. Any donations are greatly appreciated!





# JULY ACTIVITIES

TUESDAY, JULY 1 - GIANT JENGA; **MUSIC BY BOB GRIMM BAND**

WEDNESDAY, JULY 2 - QWIRKLE; THE PRICE IS RIGHT

THURSDAY, JULY 3 - INDEPENDANCE DAY TRIVIA; 4<sup>TH</sup> OF JULY BINGO

FRIDAY, JULY 4 - **\*\*CLOSED\*\***

MONDAY, JULY 7 - **LIBRARY CHAIR YOGA**; THANK YOU CARDS CRAFT

TUESDAY, JULY 8 - SUMMER SHARING; **MUSIC BY PEGIE DOUGLAS**

WEDNESDAY, JULY 9 - MUSICAL POTATO; **POST 22 BASEBALL**

THURSDAY, JULY 10 - QUALITIES OF A GOOD FRIEND; **BANANA BUNCH KIDS**

FRIDAY, JULY 11 - FLOWER PAINTING; OUTDOOR GAMES

MONDAY, JULY 14 - GO FISH; BIRD FEEDER CRAFT

TUESDAY, JULY 15 - BALL HOCKEY WITH POOL NOODLES; **THE TRAVELERS**

WEDNESDAY, JULY 16 - CUP GAME; **PROUTY POTTERY**

THURSDAY, JULY 17 - CORNHOLE CONTEST; **ICE CREAM AT DINOSAUR PARK**

FRIDAY, JULY 18 - KINGS CORNER; 2 TRUTHS AND A LIE

MONDAY, JULY 21 - **LIBRARY CHAIR YOGA**; KARAOKE

TUESDAY, JULY 22 - BALLOON VOLLEYBALL; **MUSIC BY JENNY ALASKA**

WEDNESDAY, JULY 23- AMERICAN HISTORY TRIVIA; **OLD MCDONALD'S FARM**

THURSDAY, JULY 24 - BEST ADVICE EVER RECEIVED; **BANANA BUNCH KIDS**

FRIDAY, JULY 25 - THIS OR THAT GAME; CHILDHOOD REMINISCING

MONDAY, JULY 28 - ROCK PAINTING; UNO ATTACK

TUESDAY, JULY 29 - **JERRY'S CAKES & DONUTS**; **MUSIC BY LARRY K**

WEDNESDAY, JULY 30 - FACT OR CRAP ; **BOWLING**

THURSDAY, JULY 31 - PLINKO; PEN PAL ACTIVITY

*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, July 8, 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.**

## JULY MENU

	<b>Tuesday 1</b> Scrambled Eggs w/Cheese Sausage Link 1CS Hashbrown Patty 1CS Medium Orange 1CS Bread 1CS	<b>Wednesday 2</b> Salisbury Steak w/Gravy 1CS Baked Potato 1CS Cooked Carrots 1/2CS Blushing Pears 1CS Bread 1CS	<b>Thursday 3</b> Smoked Sausage Brat on a Bun 2CS Baked Beans 2CS Corn 1CS Berry Fruit Salad 1 1/2CS	<b>Friday 4</b>
<b>Monday 7</b> Breaded Baked Fish 1CS Potato Wedges 1CS Parslied Carrots 1/2CS Pineapple Tidbits 1CS Bread 1CS	<b>Tuesday 8</b> Cheese Manicotti w/Meat Sauce 2CS Italian Vegetables Peaches 1CS Garlic Bread 1CS	<b>Wednesday 9 HAPPY BIRTHDAY</b> Baked Steak w/Mushroom Gravy 2CS Mashed Potatoes 1CS Green Beans Tropical Fruit 1CS Bread 1CS SF Ice Cream 1CS / Cake 2CS	<b>Thursday 10</b> Chicken & Noodles 1 1/2CS Peas 1CS Tossed Salad w/Tomatoes Mandarin Oranges 1CS Bread 1CS	<b>Friday 11</b> Turkey Club Sandwich 2CS with Lettuce & Tomato Potato Salad 1 1/2CS Fruit Cocktail 1CS Apple Juice 1CS
<b>Monday 14</b> BBQ Chicken on a Croissant 2CS Mini Bakers 1CS Peas 1CS Pears 1CS	<b>Tuesday 15</b> Swedish Meatballs 1CS Sliced Parslied Potatoes 1CS Beets 1CS Tropical Fruit 1CS LS Tomato Juice 1CS Bread 1CS	<b>Wednesday 16</b> Pizza Casserole 2CS Broccoli Petite Banana 1CS Bread Stick 1CS	<b>Thursday 17</b> Turkey Roast Mashed Potatoes w/Gravy 2CS Cooked Carrots 1/2CS Acini de Pepe Salad 1CS Bread 1CS	<b>Friday 18</b> Ham & Cheese Sandwich 2CS Tomato Spoon Salad 1/2CS Macaroni Salad 1 1/2CS Petite Banana 1CS
<b>Monday 21</b> Turkey ala King over Rice 2CS Broccoli Pineapple Tidbits 1CS Bread 1CS	<b>Tuesday 22</b> Hamburger on a Bun 2CS Potato Wedges 1CS Baked Beans 2CS Peaches & Strawberries 1CS	<b>Wednesday 23</b> Beef Noodle Stroganoff 2CS Glazed Carrots 1CS Green Beans Apple Crisp w/Topping 1 1/2CS Bread 1CS	<b>Thursday 24</b>  Chef's Choice	<b>Friday 25</b> Tuna Salad on a Croissant 2CS Cottage Cheese 1CS Potato Chips 1CS Jello w/Fruit 1CS
<b>Monday 28</b> Swiss Steak w/Tomato & Onions 1CS Baked Potato 1CS Squash 1CS Pears & Blueberries 1CS Bread 1CS	<b>Tuesday 29</b> Hawaiian Chicken Salad 1CS Spinach Salad with Craisins & Almonds 1/2CS Mandarin Oranges 1CS Bread 1CS	<b>Wednesday 30</b> Sausage Gravy over Biscuit 2CS Potato Wedges 1CS Cooked Carrots 1/2CS Tropical Fruit 1CS	<b>Thursday 31</b> Taco Salad w/Meat & Beans 2CS Lt. Fruit Yogurt 1CS Orange Wedges 1/2CS	

**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!***