













Adult Day Center of the Black Hills

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<b>Monday 3</b> Chicken Cacciatore Over Rice 1 1/2CS Tossed Salad w/White Beans Peaches 1CS Garlic Bread 1CS	<b>Tuesday 4</b> Swedish Meatballs 1CS Parslied Potatoes 1CS Peas & Carrots 1CS Fruit Cocktail 1CS Bread 1CS 	<b>Wednesday 5</b> Baked Chicken 1/2CS Baked Sweet Potato 1 1/2CS Broccoli Tomato Spoon Salad 1/2CS Pears 1CS Bread 1CS	<b>Thursday 6</b> Hamburger on a Bun 2CS Tater Triangle 1CS Baked Beans 2CS Tomato Slices on Leaf Lettuce Tropical Fruit 1CS	<b>Friday 7</b> Turkey Roast Mashed Potatoes w/Gravy 1 CS Glazed Carrots 1 1/2CS Cranberry Sauce 1CS Applesauce 1 1/2CS Bread 1CS 
<b>Monday 10</b> Sweet & Sour Chicken 1CS Oven Baked Rice 1 1/2CS Broccoli Plums 1CS Fortune Cookie 1CS Bread 1CS 	<b>Tuesday 11</b> Salisbury Steak w/Gravy 1CS Baked Potato w/Sour Cream 1CS Peas 1CS Pears 1CS Bread 1CS	<b>Wednesday 12 HAPPY BIRTHDAY</b> Sloppy Joe on a Bun 2CS Potato Wedges 1CS Green Beans Banana 2CS Cake 2CS 	<b>Thursday 13</b> Sausage Gravy over a Biscuit 2CS Brussel Sprouts Carrots 1/2CS Strawberries 1CS	<b>Friday 14</b> Beef Barley Soup 1 1/2CS Turkey Sandwich 2CS Tossed Salad w/Tomato Peaches 1CS Brownie 2CS
<b>Monday 17</b> <b>Closed</b> Martin Luther King Jr. Day 	<b>Tuesday 18</b> Chicken Fried Steak 1CS Mashed Potatoes w/Milk Gravy 1 1/2CS California Vegetables Plums 1CS Bread 1CS	<b>Wednesday 19</b> Chicken Wild Rice Soup 1CS Egg Salad on a Croissant 1CS LS V-8 Juice 1CS LS Crackers 1CS Fruit Cocktail 1CS	<b>Thursday 20</b> Fish Sandwich 2CS Baked Potato 1CS Coleslaw 1CS Pineapple Tidbits 1CS Cookie 2CS 	<b>Friday 21</b> Beef Tips in Gravy 1CS Over Mashed Potatoes 1CS Peas & Carrots 1CS Cranberry Crunch Salad 1CS Apple Juice 1 1/2CS Bread 1CS
<b>Monday 24</b> Hungarian Goulash 3CS Corn 1CS Broccoli Tropical Fruit 1CS Vanilla Pudding w/Topping 2CS Bread 1CS	<b>Tuesday 25</b> BBQ Beef on a Bun 2CS Baked Potato 1CS Carrots 1/2CS Pears 1CS 	<b>Wednesday 26</b> Autumn Chicken 1CS Sweet Potatoes 1 1/2CS Peas 1CS Peach Crisp w/Topping 2CS Bread 1CS	<b>Thursday 27</b> Chef's Choice 	<b>Friday 28</b> Swiss Steak w/Tomatoes & Onions Parmesan Potatoes 1CS Seasoned Spinach Applesauce 1 1/2CS Bread 1CS
<b>Monday 31</b> Chicken Linguine Alfredo 2CS Beets 1CS California Vegetables Peaches 1CS Garlic Bread 1CS 	<b>December Winners:</b> Carol P. (Maplewood)  <b>December Answer:</b> He has a black belt.	<b>PUZZLE OF THE MONTH</b> Unscramble three winter words & enter your name in for a drawing.  l i r b a z d z                      i i e c l c n o a s n w m                    a r f e f u s m l o i o g                              f o y r t s		



— Adult Day Center —  
*Happenings*

Saturday, Jan 1	HAPPY NEW YEAR!
Monday, Jan 3	Cara & Murphy
Tuesday, Jan 4	Bob Grimm Band
Thursday, Jan 6	Outing (TBD)
Friday, Jan 7	Root Beer Float Friday
Thursday, Jan 13	Outing (TBD)
Friday, Jan 14	Root Beer Float Friday
Thursday, Jan 20	Outing (TBD)
Friday, Jan 21	Root Beer Float Friday
Thursday, Jan 27	Outing (TBD)
Thursday, Jan 27	CAREGIVER SUPPORT GROUP – 10:00 a.m.
Friday, Jan 28	Root Beer Float Friday

\*There are several activities and crafts happening every day.  
 Schedule is subject to change\*

**January Wish List Items**

- Root Beer
- Cookies
- Individual or Group Crafts
- Individual Snacks
- Paper Products (Plates, Paper Towels, Cups, Toilet Paper)
- Coffee and Hot Chocolate
- Coffee Powdered Creamer & Splenda

# Happy New Year

As we close out 2021, we reflect on all the good memories we made at the ADC. From the bottom of our hearts, **thank you** to everyone who has donated their time, money, and gifts to all of us. It takes a village to keep a nonprofit running, and we are so thankful you are part of ours.

Thank you to our **volunteers** in December: Hannah, Addyson, and Kamryn. Also, a big thank you to our **entertainment**: the Bob Grimm Band, Kara and Murphy, Addyson and Kamryn, and Mr. and Mrs. Claus! You have enriched the lives of the guests at the ADC more than you will ever know. Please let us know if you or someone you know would like to volunteer their time at the ADC! We have something for everyone! Our **Caregiver Support Group** resumes this month.

We are **extremely blessed** with all the **donors** in December. At the end of November, it was **#givingtuesday** and we were extremely blessed with all the donors. Thank you to all that donated: Rapid City Scheels, Robb Schmidt (Osheim & Schmidt Funeral Home), Muffa Keller, DJ Gregory (Walking for Kids Foundation), Dee Dee Petersen, Eugene Schuster, Melissa Corr, Harold Boal, Lauri Schmidt, Millie Buche, Tauna White Jorgensen, Judy Duhamel, Diana Nelson, Dwayne Lee, and all other anonymous givers. Thank you for choosing the ADC!

We were featured in the Rapid City Journal on Saturday, December 18, with our **nonprofit Wish List**. A big thank you to these donors this month: Margaret Erz and family, Deb Goodart, Harold Boal, Black Hills Advocate, Mike Broesder, The Huntington family, The Crandall family, Carrie Nielsen, The Amick family, The Smith family, Mary Schnortz, Dottie and Carol, Candace Reynolds, Bob Malone, South Canyon Lutheran Church, Bill and Chris Waldt, Kari Ebbers, and all other donors who wished to stay anonymous. Your **generosity** and **kindness** are greatly appreciated!

We have more **outings** scheduled every Thursday in January. Please stay tuned for specifics. As always, the schedule is subject to change.

Please help us **spread the word** about the great work we are doing at the ADC! If you know of anyone who could benefit from our services, please send them our way.

You can check out our **daily happenings and photos** on our **Facebook** page: The Adult Day Center of the Black Hills.

**Leave us a review** on Facebook and Google. These reviews help bring attention to the good we are doing in the community!

## New Years Celebrations Around the World

### New Year's Eve

In many places people stay up late to see the old year out and the new year in. Almost everywhere in the world church bells ring, horns toot, whistles blow, sirens shriek. London's Trafalgar Square and New York City's Times Square swarm with crowds of happy, noisy people. The hullabaloo expresses people's high spirits at holiday time.

### Chinese Lunar New Year

Many Chinese children dress in new clothes to celebrate the Lunar New Year. People carry lanterns and join in a huge parade led by a silk dragon, the Chinese symbol of strength. According to legend, the dragon hibernates most of the year, so people throw firecrackers to keep the dragon awake.

In the Chinese lunar calendar, each of the 12 years is named after an animal. According to legend, Lord Buddha asked all the animals to come to him before he left the earth. Only 12 animals came to wish him farewell, and as a reward Buddha named a year after each one.

### Rosh Hashanah, Yom Kippur

In September or October, Jews believe that God opens the Book of Life for 10 days, starting with Rosh Hashanah (the Jewish New Year) and ending with Yom Kippur (the Day of Atonement). During these days, the holiest in the Jewish year, Jews try to atone for any wrongdoing and to forgive others. A ram's horn trumpet, known as the shofar, is blown before and during Rosh Hashanah and at the conclusion of Yom Kippur.

### Songkran

In Thailand, a special three-day water festival on April 13–15 marks Songkran, the Buddhists' celebration of the new year. Parades feature huge statues of Buddha that spray water on passersby. In small villages, young people throw water at each other for fun. People also release fish into rivers as an act of kindness.

At Songkran, people tie strings around each other's wrists to show their respect. A person can have as many as 25 or 30 strings on one wrist, each from a different person. The strings are supposed to be left on until they fall off naturally.

### New Year History

Ancient Greeks began their new year with the new moon after June 21. Before the time of Julius Caesar, the Roman new year started on March 1. In most European countries during the Middle Ages the new year began on March 25, the day of the Feast of the Annunciation.

### More New Year Traditions

- Indonesia also has two New Year celebrations — the official one on January 1 and another on the Islamic New Year, whose date varies from year to year.
- The Russian Orthodox Church observes the New Year according to the Julian calendar, which places the day on January 14.
- In Vietnam, the new year celebrations, called Tet Nguyen Dan, usually begin in February.
- Iran celebrates New Year's Day on March 21.
- Each of the religious groups in India has its own date for the beginning of the year. One Hindu New Year, Baisakhi, comes sometime in April or May.
- The people in Morocco observe the beginning of the year on the tenth day of Muharram, the first month of the Islamic year.
- Koreans celebrate Seollal, a five-day holiday marking the beginning of the lunar New Year.

<https://www.scholastic.com/teachers/articles/teaching-content/new-year-celebrations-around-world/>