

Wish List

Watercolor Paints
Mason Jars
Fabric Flower Petals
Large Bottle Clear Elmer's Glue
Mod Podge
Lift Recliner
Yarn & Colorful Socks or Sweaters
Vanilla Ice Cream
End Table & Small Bookshelf
Volunteer Musical Performers

Thank You

Thank you to
Humane Society of the Black Hills,
Pegie Douglas, Kara & Murphy, Bear
Country, John Backlund, Bob Grimm
Band and the Dakota Blend Band!
We received new cookware from Rob
and Kim Peterson- thank you for your
generous gift!

We appreciate all the unique
experiences and talent- you truly
make our days better!



If you know of a caregiver who could use a break- whether
it is for an hour or 40 hours per week, give us a call at
605.791.0436 to schedule a tour.

We are open Monday-Friday from 7:30 a.m. to 5:30 p.m..

We have limited openings for adults of all ages!

We need your help to spread the word about the life-
changing services we offer! Do you know of a youth, service,
professional, or church group looking for a local non-profit
to support? If so, please point them in our direction!



Follow the Adult Day Center of the
Black Hills on Facebook!

The Adult Day Center of the Black Hills is a 501(c)3 non-profit.

There's *nothing better* than to feel supported by our
community!

Maintaining our building with a very busy (and small)
staff can be a challenge. Realtors are Good Neighbors
came through and stained our pergola for us, which
saved us an incredible amount of time and made our
outdoor space beautiful! Thank you to Jill VantHul,
Darby Smiley, Kari Guge, Megan Hildebrand, Kelsey
McKie and Dani Patterson! You did an amazing job.

We have had more musicians visit us (which we LOVE)
and we are going to be visiting some new attractions this
summer. Every month, our activity calendar gets better
and better!

We hope you and your family enjoy the extended holiday
weekend.



Adult Day Center
— of the Black Hills

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Strength Training at Home

It's never too late to start strength training, and you don't need to join a gym or buy any equipment to get active. Exercise is important to prevent falls, and maintain your independence and overall well-being. With this in mind, here are a few simple exercises you can incorporate into your daily routine from the comfort of your home.

Wall Push-Ups

This modification of standard push-ups requires a sturdy wall and uses your body weight as resistance to strengthen your arms and chest. To start, place your hands shoulder-width apart on a wall with your arms fully extended. Stand with your feet slightly behind you so your body has the range to make a slight triangle with the wall. Then, slowly bend your elbows and allow your chest and upper body to move toward the wall. Once your arms reach a 90-degree angle, pause, and push against the wall to straighten your arms back out. Repeat this movement two to three times.

Calf Lifts

You can perform this simple exercise anywhere to strengthen your calf muscles and improve balance at the same time. Start by standing upright with your feet together and your arms stretched out in front of you. Then, slowly lift yourself on your toes as high as you feel comfortable keeping in mind to not let your ankle roll out to the side. At full extension, pause and take a breath. Finally, lower yourself back down until your feet are flat on the ground. Repeat two to three times.

Lunges

This exercise can also be done anywhere in your home to strengthen and stretch your leg muscles. You can add a chair, other sturdy furniture, or place your hand against a wall to help with stability during this movement. First, stand with your feet together about hip-width apart. Move your right leg behind you so your toes and the ball of your foot are touching the ground. Then, bend your knees and lower your body toward the ground as low as is comfortable. You are trying to reach your right knee to the ground. Slowly raise back up and bring your legs together again. Alternate legs so that your left leg is now behind you, and repeat the previous steps two to three times.

You will find that these exercises may improve your strength, raise your energy levels, and increase your stability.



JULY ACTIVITIES

MONDAY, JULY 3 & TUESDAY JULY 4- CLOSED FOR INDEPENDENCE DAY

WEDNESDAY, JULY 5- MCDONALD'S (ICE CREAM) @ 1 PM; ADC BINGO

THURSDAY, JULY 6- ROCK PAINTING; BOB GRIMM BAND @ 1 PM

FRIDAY, JULY 7- CANYON LAKE PARK WALK @ 1 PM; KARAOKE

MONDAY, JULY 10- HUMANE SOCIETY AT THE ADC @ 10 AM

JOHN BACKLUND MUSIC @ 1 PM

TUESDAY, JULY 11- MEMORY CAFE @ 9:30 AM; OUTDOOR GAMES

WEDNESDAY, JULY 12- CELEBRATE JULY BIRTHDAYS; SNO CONES; WEAVE A BOWL

THURSDAY, JULY 13- MAKE A SOCKTOPUS; DAKOTA BLEND BAND @ 1 PM

FRIDAY, JULY 14- ADC BINGO; ROBBINSDALE BOWLING @ 1 PM

MONDAY, JULY 17- ADC BINGO; ADC CHOIR PRACTICE

TUESDAY, JULY 18- CASINO GAMES; SILVER LININGS ICE CREAM @ 1 PM

WEDNESDAY, JULY 19- MASON JAR ICE CREAM; GROUP JEOPARDY

THURSDAY, JULY 20- CARD MAKING W/JANICE; WILBERT WOODSON MUSIC @1 PM

FRIDAY, JULY 21- VOLUNTEER AT THE HUMANE SOCIETY @ 10 AM;

PEGIE DOUGLAS MUSIC @ 1 PM

MONDAY, JULY 24- ANGELA ESTES TEACHES US ABOUT BRAZIL; OUTDOOR GAMES

TUESDAY, JULY 25- TRIVIA & GAMES; A LEAGUE OF THEIR OWN (MOVIE)

WEDNESDAY, JULY 26- FAMILY FEUD; PROUTY POTTERY @ 1 PM

THURSDAY, JULY 27- JEOPARDY; MINNELUZAHAN SENIOR CENTER DANCE @ 1 PM

FRIDAY, JULY 28- OUTDOOR GAMES; ADC CHOIR PRACTICE

MONDAY, JULY 31- AIR & SPACE MUSEUM @ 9:30 AM; KARAOKE & ROOT BEER

FLOATS

ALL GUESTS WILL BE BILLED \$50.00 FOR MONTHLY ACTIVITIES & PARTICIPATION IN OUTINGS WILL BE ON A FIRST-COME, FIRST-SERVE BASIS. SIGN-UPS WILL BE ON FRIDAY FOR THE FOLLOWING WEEK'S OUTINGS.