

## **Other Senior Programs at Rocky Mt. Development Council**

### **Foster Grandparent Program**

- Provides seniors with the opportunity to serve as mentors, tutors, and care givers for children and youth in the Helena area.

### **Senior Companion Program**

- Assigns seniors to other adults who need assistance.

### **Retired & Senior Volunteer Program**

- Utilizes senior's skills and talents with volunteer opportunities around the Helena community.

### **Area IV Agency on Aging**

- Assists seniors with information and referral regarding services, as well as long term care ombudsman.

If you are interested in any of these programs call:

**(406) 447-1680**

Would you like to have fun and meet new friends?

Would you like to enjoy a delicious, inexpensive meal?

Contact:

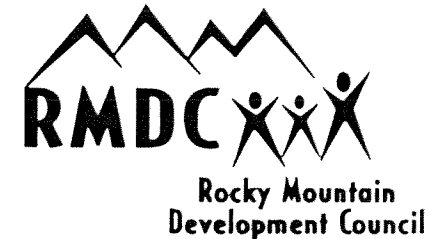


**Rocky Mt. Development Council**

—  
**Neighborhood Center  
200 S. Cruse Avenue  
P.O. Box 1717  
Helena, MT 59624  
or call  
(406) 447-1680**



## **Helena Senior Center And Senior Nutrition Program**



Rocky Mt. Development Council  
Neighborhood Center  
200 South Cruse Ave.  
P.O. Box 1717  
Helena, MT 59624  
(406) 447-1680



Located in the Neighborhood Center, the **Helena Senior Center** offers activities and services for local seniors. Anyone 50 years and older is encouraged to join for only \$10.00 a year. The membership includes a variety of benefits and services. Seniors also enjoy current books, periodicals, jigsaw puzzles, TV, coffee and visiting at the **Drop-in-center** from 8:30 a.m. – 4:30 p.m., Monday thru Friday.

#### Benefits and Services

- **Birthday Dinner**  
Monthly, Free with membership.
- **Blood Pressure Tests**  
Thursday, 9:30 a.m. – 12:00 p.m.
- **Pulse Oximetry Tests**  
1st Thursday of month  
9:30 a.m. – 11:30 a.m.
- **Income Tax Assistance**  
February – April, call 447-1680 for days and times.
- **Personal Enrichment Programs**  
Scheduled periodically.
- **Transportation**  
Bus service free to anyone who visits the Senior Center or Dinner Club.
- **Voice of Experience**  
Monthly newsletter featuring current activities and services. Free with membership.

#### Activities

- **Bingo**  
Wednesday, 1:00 p.m.
- **Bridge**  
Wednesday, 1:00 p.m. (Contract)
- **Computer**  
Daily use available for word processing, the Internet, and e-mail.
- **Crafty Quilters**  
Tuesday at 9:00 a.m. (Sept. – May)
- **Dominoes**  
Friday, 1:00 p.m.
- **Exercise**  
Monday and Wednesday, 10:00 a.m.
- **PACE Exercise (People with Arthritis Can Exercise)**  
Friday, 10:00 a.m.; Monday 9:00 a.m.
- **Foot Clinic**  
2nd Monday of Month, 9:00 a.m. – 3:00 p.m. – Appointment necessary  
First Time Foot Clinic—quarterly  
Call for date and appointment
- **Line Dancing**  
Tuesday and Thursday, 9:45 a.m.
- **Pinochle**  
Tues., 1:00 p.m. and Sun., 1:00 p.m.
- **Senior Singers**  
Thursday, 1:30 p.m. (Sept. – May)
- **Tai Chi**  
Monday, Wednesday & Friday,  
11:00 a.m.
- **Whist**  
Monday, 1:00 p.m.
- **Trips**  
Scheduled periodically.

The **Senior Nutrition Program** provides an inexpensive and nutritious noontime meal five days a week to individuals 60 and older.

#### Daily Dinner Club

Monday through Friday the Dinner Club serves a delicious balanced meal to area seniors at the Neighborhood Center dining room.

- ▶ Suggested contribution of \$3.50
- ▶ Reservations encouraged
- ▶ **Free transportation**

Please call 447-1680 for reservations or transportation.

#### Home Delivered Meals

Noon meals are also delivered Monday through Friday to homebound seniors living in Helena.

- ▶ Suggested contribution of \$3.50
- ▶ Delivered hot and ready to eat

Please call 447-1680 for more information.

#### Special Meals

Throughout the year, the Helena Senior Nutrition Program offers several meals for special occasions.