

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



VOLUME 62 | JULY - AUGUST 2021

Rocky Neighborhood Center | 200 S. Cruse Avenue | Helena, MT

Ph: 406.447.1680 | HELENA SENIOR CENTER

EXCITING NEWS

By Rod Applegate

(Continued on Page 9)

It is hard to believe that it has already been three months since we opened up the Neighborhood Center for our Line Dancers, Quilters, Woodcarvers and exercise classes, and already two months since we opened for Congregate Dining in our Rocky centers.

You have been asking about other activities here at Rocky. "When are you going to open up the parlor for puzzles and cards?" "Are you bringing back the caramel rolls and salad bar?" "I really miss BINGO and pinochle."

Well, we have been listening, and we are excited to announce that IT'S TIME!!

Here is the schedule for the Helena Neighborhood Center event re-openings.

- July 1 - Thursday morning **Caramel Rolls** will return!
- July 1 - Rocky's **Parlor** will reopen, with a fresh, new look!
- July 1 - Rocky's **Salad Bar** is back. There will be a slight change as we will no longer provide a self-serve buffet bar. But don't be concerned, as we will still provide you the same top-quality salads you enjoy. Our kitchen staff will prepare your salads to order and deliver them to your table.
- July 7 - We'll once again hear the sounds of "B4" and "BINGO" as Wednesday afternoon **BINGO** will return to Rocky.
- Mid-July - Tuesday and Sunday **Pinochle** will return to the card room.

Dining reservations are no longer required. Daily dining will be served at 11:00 am Monday - Friday. Should you need shuttle service to the Neighborhood Center for activities or dining, advanced reservations are still required.

As active state COVID numbers continue to decrease, and the state vaccination numbers increase, we want to announce that Rocky no longer requires masks and social distancing in our centers. However, we still require masks on our Rocky shuttles to comply with Federal Public Transportation requirements.

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VOICE OF EXPERIENCE
is published by
Rocky Mountain Development
Council, Inc.

200 South Cruse Avenue
Helena, MT 59601

PO Box 1717
Helena, MT 59624-1717

Phone: 406-447-1680

<div>  HELENA SENIOR NUTRITION MENU - JULY 2021 </div>				
LUNCH SERVED AT 11:00		FOR MORE INFORMATION CALL: 447-1680		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Low fat milk is served daily		SALAD OPTIONS AVAILABLE FOR CONGREGATE DINING	1 SALISBURY STEAK STEAMED BROWN RICE YELLOW & GREEN ZUCCHINI 4-BEANS & GREENS PLUMP PLUMS	2 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS
5 CLOSED – 4 TH OF July observed 	6 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES FRESH FRUIT	7 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	8 BEEF RAVIOLI CASSEROLE GOLDEN CORN CARROT RAISIN SALAD MIXED FRUIT	9 BIRTHDAY DINNER HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS MANDARIN ORANGES BIRTHDAY CAKE
12 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	13 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRESH FRUIT	14 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES	15 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES FRUITED JELLO	16 KUNG PAO SLOPPY JOE ON A BUN CORN & BEAN MEDLEY CAULIFLOWER APRICOTS
19 TOMATO BRAISED COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP	20 CHICKEN BOWL (MASHED POTATOES, CORN & GRAVY) CARROT COINS WHOLE GRAIN ROLL FRESH FRUIT	21 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES	22 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN COLESLAW JUICY PEACHES	23 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE
26 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	27 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT	28 PARMESAN CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS PINEAPPLE	29 POTATO, VEGGIE & CHEESE EGG BAKE WHOLE GRAIN ROLL TOSSED GREEN SALAD w/BEANS SWEET PEACHES	30 CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS
 USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250.
 This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN
 Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

MEET AMY!

Amy Anderson is Rocky's new Senior Nutrition Volunteer Coordinator for Meals on Wheels. Amy grew up on a dairy farm in Kimball, MN. She graduated from St. Cloud State University with a degree in Gerontology, and has worked with seniors in many different capacities over the past 40 years. Amy moved to Helena while in her twenties with her husband Jim. They raised two children – Dan and Julia. In 2017, they moved to Port Angeles, WA for about four years. They missed their friends and life in Helena, so boomeranged back to Helena in March of this year. Amy's favorite springtime activity is hiking. She is also an avid marathon walker and can't wait to hit the trails and participate in races again soon.

This is a homecoming of sorts for Amy who previously worked for Rocky's Area IV Agency on Aging.





HELENA SENIOR NUTRITION MENU – AUGUST 2021

LUNCH SERVED AT 11:00

FOR MORE INFORMATION CALL: 447-1680

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS	3 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT	4 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE	5 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES	6 FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES
9 HUNGARIAN GOULASH GOLDEN CORN PICKLED BEETS APRICOTS	10 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT	11 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP	12 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS	13 BIRTHDAY DINNER HONEY GLAZED CHICKEN STEAMED RICE GREEN PEAS VEGGIE BLEND BAKED APPLES BIRTHDAY CAKE
16 SALMON PATTY w/DILL SAUCE WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	17 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD MANDARIN ORANGES FRESH FRUIT	18 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	19 HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD MIXED FRUIT CUP	20 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
23 HERB BAKED CHICKEN WITH VELOUTÉ WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES	24 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT	25 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	26 TURKEY HASH OVER POTATOES SWEET PEAS WHOLE GRAIN BREAD TOSSED GREENS w/BEANS BLUSHING PEARS	27 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE
30 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES	31 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES JUICY PEARS FRESH FRUIT		Low fat milk is served daily SALAD OPTIONS AVAILABLE FOR CONGREGATE DINING	

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS
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 Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.



The Foot Clinic is back!

The Foot Clinic is coming back to Rocky.

Please call to schedule an appointment for foot/nail/skin care and risk assessment, diabetic education, and/or foot maintenance.

Foot nurses are licensed and insured.
 Call them today at 406-431-0006 to schedule for upcoming dates --

July 23
 August 26

Take
 care of
 Yourself!

Volunteer Spotlight

The Senior Nutrition Program would like to introduce Laurie Sponholz, one of our AMAZING Meals on Wheels volunteers!

Getting to know Laurie Sponholz

- What motivated you to become a MOW volunteer?

"I was the CEO of a family business and retired in January of 2021. I had a lot of free time and I knew that I wanted to volunteer in the Helena community. I checked out the volunteerHelena.org website and saw that there was an opportunity with the Meals on Wheels program. The position sounded like a good fit for me."

- How long have you been volunteering for MOW?

"I started in September of 2020."

- Have you volunteered for other organizations?

"Yes! I have volunteered at my church over the years. I organized an annual food drive at local grocery stores for Helena Food Share for St Andrew's School where our children, Sawyer, Sonjia and Scott, attended school. My kids and I also volunteered at Big Sky Care Center visiting residents for many years."

- What do you enjoy most about volunteering for MOW?

"Feeling like I've made a difference."

- What would you like the Helena community to know about MOW?

"I would like people to know that this volunteer opportunity exists. Also, I feel that there are individuals out there that would benefit from a meal and don't know that this program can help to fill that need."

- What is something about you that not many people know?

"I was a commercial fisherman" (Anacortes, Washington)

- Where were you born?

"I was born in Wisconsin where I lived until I was about 25 years old. My family moved to Washington where we lived until about 15 years ago when we moved to Helena. I was growing tired of the rain in Washington and wanted to move somewhere new. I found a website where you could enter all of the specifics you were looking for in a new location and Helena, MT was the result of that search!"

- What is your favorite meal?

"Either sushi or Italian"

- What are a few of your hobbies?

"I love to travel and read. My husband Donn and I are both foodies, so I enjoy cooking and trying all sorts of new foods."

- Who inspires you?

"Mother Teresa. She said, 'I see Jesus in every human being.'"

- What 3 things would you choose to have with you on a desert island?

"A saw, a pot to cook in, and something inspiring to read."

- Any fun summer plans in the works?

"Yes! My daughter Sonjia is getting married and the reception will be at our home, so lots of planning and preparation!"

THANK YOU, LAURIE, FOR YOUR TIME AND DEDICATION. YOU MAKE A DIFFERENCE!



Laurie Sponholz

Volunteer for Rocky

**If you would like to volunteer, contact Amy
Anderson at 406-457-7311 or
aanderson@rmdc.net**

LIFELONG LEARNING

By Jim Marks

Program Director, Area IV Agency on Aging

“In the end, it’s not the years in your life that count. It’s the life in your years.” – Abraham Lincoln

Abraham Lincoln sure knew how to turn a phrase, didn’t he? Yes, older adults can stay young simply by living. In addition, here is a shocker: Living is learning. Well, maybe not that shocking, but it does not matter how old in years one is. Learning is just as important for my newborn grandson as it is for the oldest people I know. Lifelong learning is a necessity, not a luxury. Those who engage in the roles of students and teachers know how to live. It is as simple as that.

Montana is currently elevating the importance of lifelong learning by older adults. Rocky’s Area IV Agency on Aging is one of 10 agencies collaborating to re-invigorate lifelong learning services at senior centers. Through M4A, the Montana Association of Area Agencies on Aging, we are teaming up with senior centers to improve how lifelong learning works. We want to advance lifelong learning at both the local and collective levels. Soon, we will make sure each participating senior center has the technology to connect with one another and other services. It’s a big deal because it’s never been attempted previously. Montana is just too big, but technology shortens the distances and laughs at the isolation. Thanks to technology, we now may bind together formerly isolated senior centers. These new possibilities along with the well-established local lifelong learning programs will expand the quality and quantity of options for older Montanans.

Want to know a secret? Senior centers are about engagement. Many think that the food is the point, but it’s not. The main purpose of senior centers, a purpose that’s put into national public policies and practices in the Older Americans Act, is socialization of older adults. Food gives us an excellent reason to come together. Lifelong learning adds spice to the centers. We want to nourish our bodies with quality healthy food, and we want also to feed our minds. Socialization happens when older adults engage. They take control of their own lives and the services they use. In addition, speaking of taking control, learning is about teaching, not just being a student. Older adults have much to give, and successful lifelong learning programs capitalize on the expertise that exists wherever older adults gather.

Lifelong learning comes in many forms, and it’s been around for a long time. Examples include the line dancing, wood carving, and quilting groups now happening at Rocky’s Neighborhood Center. Other examples include the evidence-based classes such as Area IV’s “Stepping On” course. Groups like these flourish based on the choices of those engaged in the groups. Lifelong learning often stumbles when someone in authority force-feeds education that fails to capture the imagination of potential participants. Therefore, lifelong learning ideas need to come from the people. Sure, it’s essential to try something new occasionally. Learning --- quality learning --- pushes us beyond our comfort zones. Dignity of risk matters. We must make mistakes to grow.

I would love to hear your ideas about what lifelong learning at Rocky should look like. We are not starting from scratch, so ideas certainly should build on the foundations already in place. We ought to take some risks, though. Please call or e-mail me with your ideas. I can be reached at 406-457-7359 or jmarks@rmdc.net. Meanwhile, here are a few ideas to prime the pump:

Presentation from Local Experts of History, Wildlife, or Current Events

Tutoring on Smart Phone Usage

Tutoring on Other Technologies Such As Tablets and Computers

Demonstrations of Gardening

Learning How to Access Libraries, Museums, and Other Public and Private Services

MEALS ON WHEELS



By Faith Franklin

Our Meals on Wheels program has recently started to participate in a wonderful new program called Color A Smile. This is a great organization that distributes cheerful drawings to senior citizens, troops overseas, and anyone in need of a smile. Every month they mail thousands of new drawings to folks on their mailing list and starting in June, Rocky's Meals on Wheels has joined that list. This program is wonderful because schoolchildren, scouting troops, and anyone of any age can volunteer to color and help spread smiles.

So, if you are part of Rocky's Meals on Wheels in Helena, expect to see some of these drawings in the near future.

If you would like to learn more, please visit their website at <https://colorasmile.org/>



SENIOR HUNGER SUMMIT

By Shawna Donaldson

On May 25, the Montana Food Bank's Food Security Council hosted a Senior Hunger Summit via Zoom. Originally this event was being planned for an in-person summit in the fall of 2020. However due to the pandemic, it was postponed to this spring and held virtually. The summit was held with the goals of creating a Senior Hunger Coalition to further develop and implement a statewide plan to address senior hunger. Individuals from across the state attended.

AARP sponsored the event and Nicole Heckman, AARP's Director of Benefits, Access, and Food Security was the keynote speaker. She spoke about food insecurity and its effects on the individual and society. Also discussed were SNAP (Supplemental Nutritional Assistance Program) benefits that older adults are under utilizing, and ways to work to close the gap so more older adults who qualify sign up and use these benefits.

There were also four other short presentations: the Current Status of Senior Food Insecurity in Montana and the impact of COVID; Senior Hunger in Native Communities; Physical and Mental Impact of Food Insecurity on Seniors; and an overview of 2019 AAA focus group findings. All of the presentations provided information as to why the Food Security Council felt it was necessary to hold the summit and look to form a coalition to address senior hunger in Montana.

After the presentations, individuals broke into groups of their choosing to have more in-depth discussion on the topic they chose. The topics were:

- **Equitable access.** Ensure all Montana seniors have equitable access to healthy food.
- **Partnerships.** Build strong partnerships to best support seniors.
- **Health and Wellbeing.** Improved nutrition supports senior physical and mental health.
- **Engagement.** Ensure Montana seniors are engaged to take action and design policies that promote health and wellbeing.

After meeting in break-out groups all participants reassembled and a spokesperson for each group provided a review of what was discussed. The meeting facilitator then compiled the information from these group discussions into a document to be used by the Coalition. The summit concluded by asking individuals if they would be interested in joining a coalition.

Food security is a necessity. I look forward to partnering with other individuals around the state to provide equitable access to food security for senior's health and wellbeing. Together we will make a difference!



Good for \$1 off any
movie or \$2 off any
LIVE performance.

Myrna Loy Theater Helena Senior Center JULY-AUGUST COUPON

Sponsored by the Myrna Loy Center | Present in person at box office

- * Not redeemable for cash.
- * One coupon per customer
- * Cannot be used during rentals, performances sponsored by other organizations or in conjunction with any special offers other than the senior rate.
- * Can be used in addition to the senior discount.

EXCITING NEWS

CONTINUED FROM
PAGE 1

Our wish is to make you feel comfortable when returning to Rocky, so you are still welcome to wear a mask, should you choose. We also have Plexi-glass dividers available for dining, and offer you the ability to request private meal seating. Rocky staff will be glad to assist you with these requests.

Our primary goal is to provide a safe and healthy environment, so we continue to monitor COVID-19 guidelines and information, and work closely with local, state and Federal agencies.

We are excited about these upcoming changes and look forward to seeing each and every one of you back at Rocky!

For general questions or shuttle reservations, please contact the Rocky Receptionist at 447-1680.

COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Townsend, MT
Monday, July 26
2:00 pm - 3:00 pm

East Helena, MT
Monday, July 26
2:00 pm - 3:30 pm

Wolf Creek, MT
Tuesday, July 27
9:30 am - 10:30 am

Augusta, MT
Tuesday, July 27
12:30 pm - 1:30 pm

Elliston, MT
Wednesday, July 28
9:30 am - 10:00 am

Avon, MT
Wednesday, July 28
10:30 am - 11:00 am

Lincoln, MT
Wednesday, July 28
12:30 pm - 1:00 pm

Whitehall, MT
Thursday, July 29
11:00 am - 12:00 pm

Boulder, MT
Friday, July 30
9:30 am - 10:30 am

White Sulphur Springs, MT
Monday, August 2
11:00 am - 12:00 pm

Helena, MT @ Food Share
Wednesday, July 28
8:00 am - 10:30 am

Thursday, July 29
8:00 am - 10:30 am

The Commodity Supplemental Food Program (CSFP) is a program where seniors can receive regular allocations of free food every other month. The program guidelines mandate that the person receiving the food must be 60 years of age or older, a resident of Montana, and meet an income requirement. Food typically consists of canned fruit, vegetables, meats, juice, cereals, dry milk, shelf stable milk, cheese, pasta or beans, and peanut butter.

Rocky will have supplemental foods available for Helena-area senior citizens at the Helena Food Share, 1616 Lewis Street, Helena, MT. We are lucky to work with Helena Food Share to make the program more accessible to those individuals picking up the food. There is no charge for the food.

Persons 60+ will be certified to receive the food based on income and residency eligibility. For further information or questions, call Rocky at 406-447-1680.

LETTER FROM THE EXECUTIVE DIRECTOR

Lori Ladas, CPA
Executive Director

It's summer! Today, the expected high is over 100 degrees - it is awfully early to have temperatures so high. Please take care outside - hydrate, use sunscreen, and stay in-doors if possible.

Tell your friends - as you can see from the article on page 11, air conditioning is installed in the Senior Center Dining Room. Rocky is very excited to be able to offer a comfortable room for your activities - just in time for the heat of summer.

In June, Rocky was pleased to have Senator Jon Tester tour Red Alder Residences, learn about the complicated

funding structure that made it possible, and talk about remaining needs for affordable housing in our area - and the rest of Montana.

Red Alder Residences is Helena's newest affordable housing project. It is an 85-unit village complete with a community center and playground. The number of applicants demonstrates the need for more affordable housing in the Helena area. Thank you, Senator Tester, for your unwavering support for Montana.



Join us for
Evidence-
Based Classes



Powerful Tools
FOR Caregivers

Stepping
On



Contact Michele Mathot
at 406-441-3985 for
more information.



ROCKY RECENTLY POSED THE FOLLOWING QUESTION TO OUR CURRENT MEALS ON WHEELS VOLUNTEERS:

By Amy Anderson

How would you encourage someone to become a volunteer MOW delivery driver?

Here are a few of their answers:

"If you would like to provide an essential service to a group of people who really appreciate it, this is an opportunity that you do not want to pass up. Most of the people on my route are awaiting my arrival with their food and are quick to show their appreciation with a thank you and a smile. It is easy to do and is incredibly rewarding." **Bill Roberts**

"There are so many people in difficult circumstances and if we can offer a little time to make their day better in some way, it is so worth the time and effort. We can all do our little part to help our community be a kinder and more caring place for us all to live in." **Jean Dunn**

"Think about volunteer work and getting involved in life outside of your own world. Perhaps Meals on Wheels can give you that opportunity as a delivery driver. This rewarding position requires about two hours per week and a substitute can be found on the occasions when you must be gone due to vacations, etc." **Wade Cureton**

"I am so impressed with the organization of this volunteer program and the support that you get from the staff and other volunteers! It's a pleasure to commit to filling a need and helping bridge a potential gap in services for participants receiving a hot nutritious meal on wheels! You should check it out!" **Karen Shevlin**

IT'S GOING TO BE A HOT SUMMER

Good news! Air conditioning will be installed in the Senior Center Dining Room. On June 29 and 30, contractors will be in to install the air conditioning system, and we expect little disruption.

Since it was over 100° in June, we expect this to be a hot summer. Rocky is pleased to be able to provide the comfort of a cool area for lunch, line dancing, wood carving, bingo, exercise classes, and visiting.

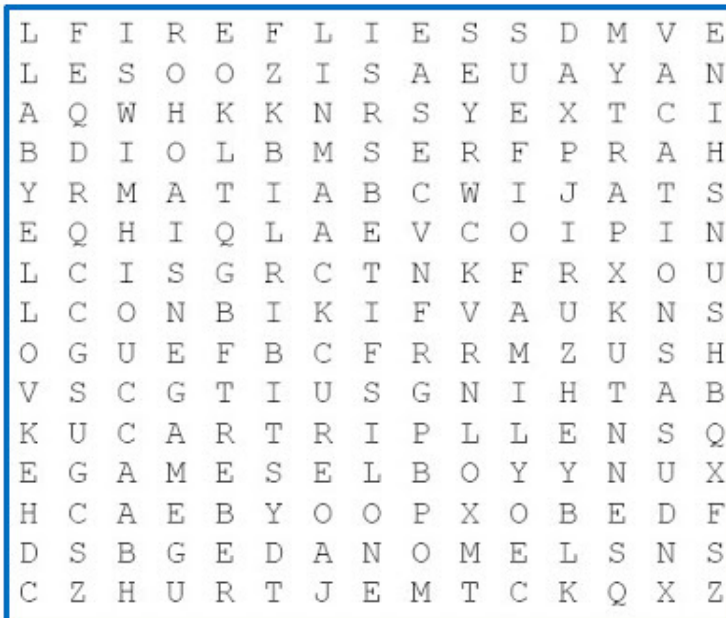
HELENA AREA MOW CLIENTS

If you have not received your COVID-19 vaccine and are unable to get out of your home to do so, we can help. Please call Shawna Donaldson at 457-7361 to make arrangements to receive your COVID-19 vaccine at your home.



Summer Fun Word Search

BARBECUE LEMONADE
 BATHINGSUIT PARTY
 BEACH BOAT PICNIC
 CAR TRIP POOL
 CHALK SUNGLASSES
 FAMILY SUNSHINE
 FIREFLIES SWIM
 FIREWORKS TOWEL
 FRIENDS VACATION
 FUN VOLLEYBALL
 GAMES ZOO
 ICE CREAM



Provided By Chicken Scratch NY