

# Rocky Mountain Development Council, Inc.

# VOICE OF EXPERIENCE



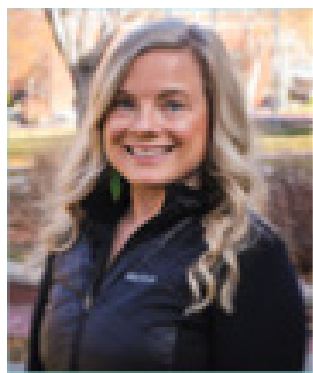
MAY - JUNE 2025

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

## SPRING IS IN BLOOM AT THE HELENA SENIOR CENTER

*By Mindy Diehl, Senior  
Nutrition & Transportation  
Program Director*



*Mindy Diehl - Senior Nutrition &  
Transportation Program Director*

“April showers bring May flowers.” I have to remind myself of that each April—especially when it feels like summer is taking its sweet time! After marrying into a farming family, I quickly learned to always appreciate the gift of moisture.

And just like those May flowers, I see our Senior Center blooming more each day. I’m so grateful for each and every one of you—thank you for being one of our 335 valued members! It’s such a joy to meet new faces, see more people joining in on activities, and gathering for

lunch.

Whether you’re here to share a meal, enjoy a game of cards, participate in a wellness class, or simply connect with friends old and new, your presence is what brings the Senior Center to life. This is more than just a place to spend time—it’s a community filled with kindness, conversation, and connection.

I’m truly thankful to be part of the Rocky community and its vibrant Senior Center. The

*(Spring Flowers continued page 2)*

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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

# HELENA SENIOR NUTRITION MENU - MAY 2025

LUNCH SERVED FROM 11:30-12:30

For more information call: (406) 447-1680

\*This menu is subject to change due to product availability



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i></p> <p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p>			<p>1 BEEF BROCCOLI OVER STEAMED RICE GOLDEN CORN CARROT COINS APRICOT HALVES</p>	<p>2 PARMESAN BAKED TILAPIA WILD RICE KEY LARGO VEGGIES SUMMER SQUASH JUICY PEACHES</p>
<p>5 TURKEY POT PIE GREEN BEANS DICED BEETS FRESH FRUIT</p>	<p>6 CHEESEBURGER BOWL Ground beef, pickle relish ketchup, mustard, mayo, lettuce tomato and onion BEER BATTERED SIDE WINDER FRY PACIFIC VEGGIES DINNER ROLL FRUITED JELLO</p>	<p>7 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES</p>	<p>8 BEEF &amp; CHEESE ENCHILADA ROASTED CORN &amp; BEANS CAULIFLOWER MANDARIN ORANGES</p>	<p>9 <u>BIRTHDAY/MOTHER'S DAY DINNER</u> BAKED HAM WITH APPLE RAISIN SAUCE SCALLOPED POTATOES ROASTED BRUSSEL SPROUTS WHOLE GRAIN ROLL TROPICAL FRUIT CAKE</p>
<p>12 ORANGE CHICKEN WILD RICE BROCCOLI &amp; CAULIFLOWER FOUR BEAN SALAD FRESH FRUIT</p>	<p>13 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES</p>	<p>14 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED CRAN-APPLES</p>	<p>15 CHEESY BEEF TACO PASTA CARROT COINS PICKLED BEETS PINEAPPLE</p>	<p>16 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT COCKTAIL</p>
<p>19 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS WHOLE GRAIN ROLL FRESH FRUIT</p>	<p>20 POTATO, VEGGIE, CHEESE &amp; SAUSAGE EGG BAKE WITH COUNTRY GRAVY PACIFIC VEGETABLES GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>21 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS APRICOT HALVES</p>	<p>22 PORK &amp; VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE</p>	<p>23 CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL APPLESAUCE</p>
<p>26 <u>CLOSED</u></p>	<p>27 SLOPPY JOES ON A BUN JO JO POTATOES BEAN MEDLEY MANDARIN ORANGES</p>	<p>28 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES SPRING VEGETABLE MIX CINNAMON APPLESAUCE</p>	<p>29 SALMON PATTY ON A BUN SWEET POTATO FRIES HERBED CARROTS JUICY PEACHES</p>	<p>30 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER JUICY PEARS</p>

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION.

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 \$10.00.

(Spring Flowers continued from page 1)

daily buzz of laughter and conversation fills the space—and my heart—with joy!

Here's to brighter days ahead, new friendships blooming, and a season full of warmth and wellness.

## OLDER AMERICANS MONTH – HONORING A LEGACY, EMBRACING THE FUTURE

By Steven Ferriter, Community Outreach Coordinator

Each May, we observe Older Americans Month—a time to recognize, celebrate, and uplift the contributions of older adults across the country. This observance was first established in 1963, when only 17 million Americans were 65 or older, and about a third of them lived in poverty. There were few programs in place to meet their needs, and the value of their experiences was often overlooked. President John F. Kennedy, in collaboration with the National Council of Senior Citizens, created Older Americans Month to shine a light on this growing population and honor their lifelong contributions, especially those who had served in the military.

(Older Americans continued on page 3)







## HELENA SENIOR NUTRITION MENU - JUNE 2025

LUNCH SERVED FROM 11:30-12:30

For Additional Information Call: (406) 447-1680

\*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 GOULASH GREEN PEAS PICKLED BEETS FRESH FRUIT	3 SWEET-N-SOUR PORK WILD RICE CARROT COINS THREE BEAN SALAD TROPICAL FRUIT	4 TURKEY NOODLE CASSEROLE ITALIAN VEGETABLES BRUSSELS SPROUTS CRANBERRIES	5 SWEDISH MEATBALLS EGG NOODLES CAULIFLOWER GREEN BEANS BLUSHING PEARS	6 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES CAPRI VEGETABLES BAKED APPLES
9 CHILI DOG ON A BUN SWEET CORN CARROT COINS FRESH FRUIT	10 PEPPER STEAK ROASTED POTATOES CAULIFLOWER CARROT RAISIN SALAD WHOLE GRAIN BREAD FRUIT COCKTAIL	11 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES BROCCOLI SPEARS GOLDEN PEARS	12 SALMON PATTY WILD RICE CALIFORNIA VEGETABLES GREEN BEANS SWEET PEACHES	13 <u>BIRTHDAY/FATHER'S DAY DINNER</u> HEARTY MEATLOAF MASHED POTATOES w/GRavy WHOLE GRAIN ROLL BAKED APPLES CAKE
16 LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES FRESH FRUIT	17 BEEF FRITTER ON A BUN BAKED BEANS TOSSED SALAD MANDARIN ORANGES	18 TURKEY & RICE CARROT COINS SWEET PEAS BLUSHING PEARS	19 CLOSED 	20 BEEF STROGANOFF EGG NOODLES GARDEN VEGETABLES PICKLED BEETS PINEAPPLE
23 CREAMY GARLIC BEEF PASTA CAULIFLOWER PICKLED BEETS FRESH FRUIT	24 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES COLESLAW FRUIT COCKTAIL	25 TATER TOT CASSEROLE CARROT COINS GREEN PEAS SWEET PEACHES	26 BISCUITS & SAUSAGE GRAVY POTATO WEDGES BAHAMA VEGGIES CINNAMON CHERRY APPLES	27 CITRUS BAKED COD RICE PILAF ZUCCHINI SQUASH BEAN MEDLEY APRICOTS
30 MONTANA PASTY w/GRavy PACIFIC VEGGIES GREEN PEAS FRESH FRUIT	Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club  SALAD BAR INCLUDED IN CONGREGATE MEALS			

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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 \$10.00.

(Older Americans continued from page 2)

Since then, Older Americans Month has evolved into a nationwide celebration of aging, resilience, and community. It's not just about looking back—it's about recognizing the vibrant role older adults play in shaping our present and future. Whether they're leading volunteer efforts, passing on traditions, supporting families, or lending their voices to important causes, older Americans remain an active, engaged, and essential part of our communities.

Each year, the Administration for Community Living selects a theme that highlights new ways to support healthy aging, fight ageism, and promote independence. These themes

encourage us all—individuals, families, and organizations—to reimagine what it means to grow older and to ensure that people of all ages can thrive.

At Rocky and the Helena Senior Center, we're proud to stand with our older adults—celebrating their wisdom, recognizing their impact, and continuing to build programs that support their dignity, health, and happiness.

This month is a wonderful opportunity to listen, learn, and express our gratitude to the older Americans who enrich our lives in countless ways. Their stories are our history, and their presence is a daily gift.

## SENIOR CENTER ACTIVITIES

### MONDAYS

10:30 am - 11:15 am - Jennie's Exercise Class - Card Room

1:00 pm - 4:00 pm - Bridge - Dance Floor

### TUESDAYS

9:00 am - Crafty Quilters - Card Room

9:15 am - Line Dancing - Dance Floor

1:00 pm - Pinochle - Card Room

\*Pinochle Tournament every other month on Monday and Tuesday - May 5 & 6)

1:00 pm - Bridge - Dance Floor

### WEDNESDAYS

9:30 am - Rocky Walkie Talkies - Meet at Centennial Park (every other Wednesday starting May 14)

\*Weather Permitting

9:30 am - 10:30 am - Senior Advisory Council Meeting - Card Room (first Wednesday of each month)

10:30 - 11:00 am - Chi Gong - Card Room

11:00 am - 12:00 pm - Tech Time with Mary (second and fourth Wednesday of each month) - Parlor

12:00 pm - Hand & Foot Card Game - Parlor

1:00 pm - Bingo - Dining Room

### THURSDAYS

8:00 am - Caramel Rolls & Coffee - Dining Room

9:00 am - 10:30 am - Be Well Clinic - Dining Room

9:15 am - Line Dancing - Dance Floor

1:00 pm - Wood Carving - Dance Floor

### FRIDAYS

9:00 am - 11:00 am - Cribbage - Dance Floor

10:30 am - 11:15 am - Jennie's Exercise Class - Card Room

### SUNDAYS

1:00 pm - Pinochle - Card Room

If you have an idea for an activity that isn't currently scheduled please contact Bill Peña at 406-457-7372!

## ROCKY PINOCHLE CLUB DATES

If you know how to play pinochle and are looking for a fun and friendly group of people, new members are always

welcome. Come on down! Pinochle players meet every Tuesday and Sunday at 1:00 pm in the Card Room.

### *Pinochle Tournament Dates:*

*Monday & Tuesday, May 5 & 6*

**Cribbage Club** - Come be a part of our Cribbage Club, Fridays at 9 am on the Dance Floor!



## CELEBRATING MEALS ON WHEELS VOLUNTEERS THIS SPRING

April was National Volunteer Appreciation Month—a perfect opportunity for Rocky to shine the spotlight on its incredible volunteers!

At the heart of this celebration is Rocky's Meals on Wheels program, which honors the wonderful people who give their time and energy week after week, to ensure meals are delivered to older adults

*(Volunteers continued on page 5)*



## BACKROADS OF MONTANA, YOUR MEMORIES AND STORIES

Monday, May 19, 2025

Time: 12:30 – 1:30 pm

Location: Card Room, Rocky Senior Center

No Cost!

Rocky's *Backroads of Montana: Your Memories and*

*Stories* has become a treasured gathering, filled with wonderful storytelling and friendly conversation. This free event is open to all and meets on Mondays at 12:30 p.m.



(Volunteers continued from page 4)



throughout the Helena area. Currently, 70 dedicated volunteers keep this vital service running. They are the lifeblood and driving force behind Meals on Wheels.

But Meals on Wheels is about more than just food. Volunteers deliver more than a hot, nutritious meal—they offer a warm smile, a friendly check-in, and a much-



The Helena Senior Center Senior Advisory Council is hosting its second fundraiser garage sale! All proceeds will be used directly for Senior Advisory Council-Sponsored Events. All donations not sold will be given to Big Sky Thrift Store.

**Date: Saturday, July 12 & Sunday, July 13**

**Time: 10 am – 2 pm**

**Location: O'Hara's Residence:  
26 Lone Mountain Rd, Clancy, MT**



**Donations, Donations, Donations**

**We will be accepting donations from**

**Monday, July 7 through Friday, July 11,  
between the hours of 10 am & 2 pm.**

***No large appliances & furniture PLEASE***

***Thank You!***

***Please bring donated items to the Program Coordinator at the Helena Senior Center.***



needed social connection. These seemingly small gestures often mean the world to recipients, especially those who may not see another person all day.

Volunteering with Meals on Wheels has deep roots. The spirit of the program dates back to the 1950s in the U.S., inspired by efforts in post-war Britain. American volunteers, often older adults themselves, began delivering meals to their neighbors who could no longer shop or cook on their own. What started as a grassroots movement grew into a nationwide network of caring, compassionate people who saw a simple truth: everyone deserves access to food and human connection.

Today, Rocky's volunteers continue that legacy. They navigate all kinds of weather, rearrange

(Volunteers continued on page 6)

## VOICE OF EXPERIENCE

*(Volunteers continued from page 5)*

their schedules, and show up with a genuine desire to serve. Their commitment keeps our seniors nourished, safe, and reminded that their community cares deeply for them.

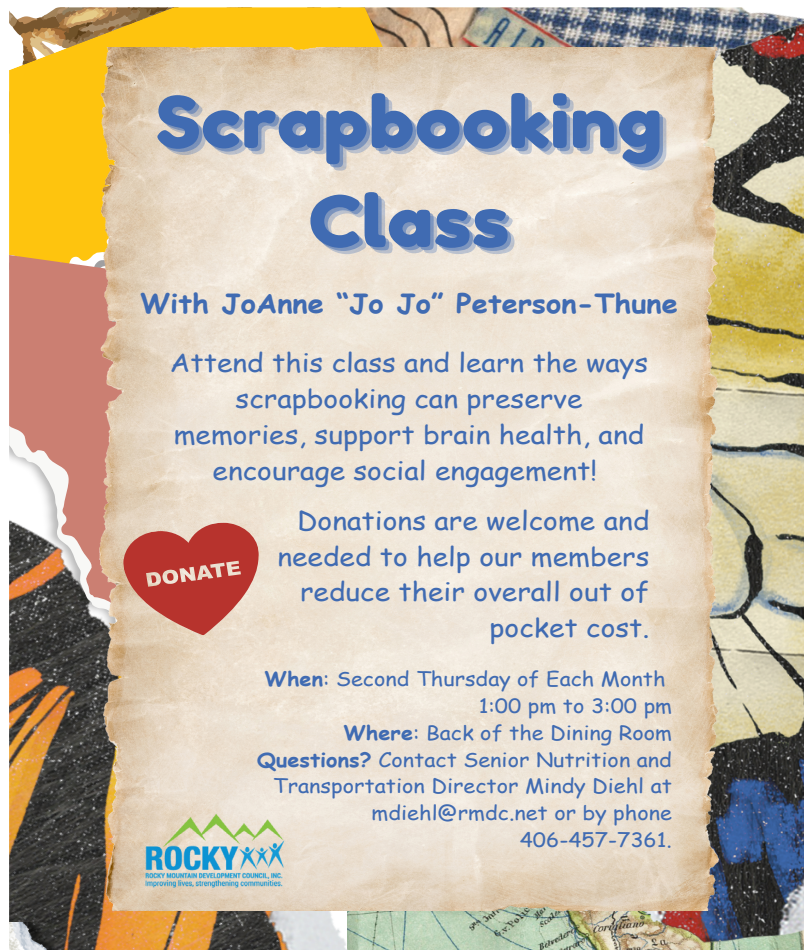
To each and every one of our volunteers—thank you. Your service doesn't go unnoticed, and we are deeply grateful for the heart and humanity you bring to every delivery.

Interested in volunteering for Rocky's Meals on Wheels Program? Contact Volunteer Coordinator Tammy at [thutchinson@rmdc.net](mailto:thutchinson@rmdc.net) or by phone at 406-457-7311.

*(Backroads of Montana continued from page 5)*

Enjoy light refreshments as we watch an episode of PBS's *Backroads of Montana*, followed by time to visit, reflect, and share memories.

**Note:** There will be no gatherings in June, July, or August—we'll return in September! Mark your calendars and come join us!

A poster for a Scrapbooking Class. The title "Scrapbooking Class" is in large blue letters. Below it, "With JoAnne 'Jo Jo' Peterson-Thune" is written. The text says "Attend this class and learn the ways scrapbooking can preserve memories, support brain health, and encourage social engagement!". A red heart icon with the word "DONATE" is on the left. To the right, it says "Donations are welcome and needed to help our members reduce their overall out of pocket cost." The schedule is "When: Second Thursday of Each Month 1:00 pm to 3:00 pm". The location is "Where: Back of the Dining Room". For questions, it says "Contact Senior Nutrition and Transportation Director Mindy Diehl at [mdiehl@rmdc.net](mailto:mdiehl@rmdc.net) or by phone 406-457-7361." The Rocky Mountain Development Council logo is at the bottom left.

# Scrapbooking Class

With JoAnne "Jo Jo" Peterson-Thune

Attend this class and learn the ways scrapbooking can preserve memories, support brain health, and encourage social engagement!

Donations are welcome and needed to help our members reduce their overall out of pocket cost.

**When:** Second Thursday of Each Month  
1:00 pm to 3:00 pm

**Where:** Back of the Dining Room

**Questions?** Contact Senior Nutrition and Transportation Director Mindy Diehl at [mdiehl@rmdc.net](mailto:mdiehl@rmdc.net) or by phone 406-457-7361.

**ROCKY**  
ROCKY MOUNTAIN DEVELOPMENT COUNCIL, INC.  
improving lives, strengthening communities

A poster for a Card Making event. The title "CARD MAKING" is in large blue letters. Below it, "FRIDAY, JUNE 13 12:45 PM - 2:30 PM" is written. The location is "NEIGHBORHOOD CENTER CARD ROOM". The text says "JOIN US FOR SOME CARD MAKING FUN! FREE! ALL MATERIALS PROVIDED. PLEASE RSVP AT FRONT DESK OR CALL 406-447-1680". The AmeriCorps Seniors logo is at the bottom left and the Rocky Mountain Development Council logo is at the bottom right. The background is decorated with colorful confetti and stars.

# CARD MAKING

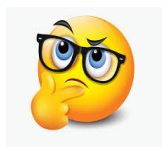
FRIDAY, JUNE 13  
12:45 PM - 2:30 PM  
NEIGHBORHOOD CENTER  
CARD ROOM

JOIN US FOR SOME CARD MAKING FUN!  
FREE! ALL MATERIALS PROVIDED.  
PLEASE RSVP AT FRONT DESK  
OR CALL 406-447-1680

**AmeriCorps Seniors**

**ROCKY**  
ROCKY MOUNTAIN DEVELOPMENT COUNCIL, INC.  
improving lives, strengthening communities

## DID YOU KNOW?



Did you know that you do not have to be a member of the Helena Senior Center to enjoy our wonderful and nutritious lunches? Did you also know that you can participate in any of our activities, too? We'd love to see you at the senior center!

## BIRTHDAY MEAL CELEBRATION



On the second Friday of every month, we celebrate that month's birthdays with a delicious meal followed by cake and ice cream. Lunch is served starting at 11:30 am.

A special thank-you to Town & Country Foods for generously donating the birthday cake!

**Friday, May 9 & June 13, 2025.**

## MAY AND JUNE SENIOR PROGRAM CLOSURES

Rocky's Senior Programs (Senior Center, Meals on Wheels, Congregate Dining and Transportation) will be closed on the following days in May and June:

Monday, May 26 – Memorial Day

Wednesday, June 19 – Juneteenth

To arrange for a meal during any of these closures, please call 406-457-7378 and we will be happy to assist you!

## HAPPY FATHER'S DAY! – JUNE 15

Father's Day is a special time to honor the dads, grandfathers, and father figures who have shaped our lives with strength, wisdom, and unwavering support. Whether offering guidance through life's challenges or simply being a steady presence, the impact of a father's love lasts a lifetime.

Today, we celebrate the countless ways these remarkable men show up—with compassion, dedication, and quiet courage. From bedtime stories and backyard adventures to heartfelt advice and unconditional love, they help build the foundation of who we are.

To all the fathers and father figures out there—thank you for everything you do, not just today, but every day.

*Happy Father's Day!*

## CARAMEL ROLLS

Thursdays are Caramel Roll Day! Yummy! The caramel rolls are prepared fresh every Thursday morning from 8:00 am to 10:30 am or **until they are gone**. There is a small charge of \$3.00/roll. Coffee is free. Come on in and enjoy wonderful company and share a delicious roll!



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## SPRING FLING 2025: HAWAIIAN LUAU!

Say aloha to fun! Join us for the Spring Fling 2025 Hawaiian Luau, hosted by the Senior Advisory Council. Enjoy a festive Hawaiian-themed meal and a great time with friends in the Dining Room at the Rocky Neighborhood Center on Saturday, May 10. The celebration kicks off at 12:00 p.m.—you won't want to miss it!

**Registration is required by Friday, May 2, and the cost is \$25 per person.**

To register, contact **Bill Peña** at [bpena@rmdc.net](mailto:bpena@rmdc.net) or call 406-457-7372.

## Rocky Walkie Talkies Walking Group

**Where: Centennial Park**

(1200 N Last Chance Gulch)

**When: Every Wednesday at 9:00 am**

**(Starting on May 14<sup>th</sup>!)**

**We will meet in the parking lot across from the YMCA. This is a walk at your own pace group. All abilities welcome!**



"If you are in a bad mood go for a walk. If you are still in a bad mood go for another walk."

— Hippocrates

## Spring Fling 2025 Hawaiian Luau

*Brought to you by the Senior  
Advisory Council!*

**Celebrate the wonderful spring  
weather and enjoy a  
delicious Hawaiian - themed meal  
with friends!**



**Date: Saturday, May 10, 2025**

**Time: 12:00 PM**

**Location: Senior Center Dining Room**

**Cost: \$25/person**

**Transportation: The Rocky Bus will be providing free rides for folks in the Helena Area.**

Registration closes Friday, May 2



## MENU



**Appetizer:** Pretzel with Beer Cheese

**Entree:** Choice of Pulled Pork or Pulled Chicken

**Sides:** Pineapple Baked Beans, Fruit Salad,  
Asparagus, Hawaiian Rolls

**Dessert:** Coconut Ice Cream



## HONORING MEMORIAL DAY

On Memorial Day, we pause to honor and remember the brave men and women who made the ultimate sacrifice in service to our country. Their courage, selflessness, and devotion to protecting our freedoms will never be forgotten.

This day is not just about remembering loss—it's about recognizing the profound impact of those who gave their lives so that others could live in peace and liberty. Whether we gather with family, attend a ceremony, or observe a moment of silence, we carry forward the legacy

of those we've lost by cherishing the freedoms they fought to protect.

Today, we reflect with gratitude and hold their memory close in our hearts.

Let us honor them not only in remembrance but also in how we live—with kindness, unity, and purpose.



## CSFP Foods for Qualifying Participants

### CSFP SCHEDULE

	Lincoln, MT Wednesday, May 21 12:30 pm - 1:00 pm
Townsend, MT Monday, May 19 11:00 am - 11:30 am	Whitehall, MT Thursday, May 22 11:00 am - 12:00 pm
East Helena, MT Monday, May 19 2:00 pm - 3:00 pm	Boulder, MT Thursday, May 22 1:00 pm - 1:30 pm
Wolf Creek, MT Tuesday, May 20 10:30 am - 11:00 am	White Sulphur Springs, MT Monday, May 27 11:00 am - 12:00 pm
Augusta, MT Tuesday, May 20 12:30 pm - 1:00 pm	Helena, MT @ Food Share Monday, May 19 12:30 pm - 6:30 pm Tuesday, May 20 12:30 pm - 3:30 pm Wednesday, May 21 12:30 pm - 3:30 pm Thursday, May 22 12:30 pm - 6:30 pm Friday, May 23 12:30 pm - 3:30 pm **Pickup times can vary due to weather*
Elliston, MT Wednesday, May 21 10:00 am - 10:30 am	
Avon, MT Wednesday, May 21 10:45 am - 11:00 am	

The Commodity Supplemental Food Program (CSFP) is a program where participants 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 participants at the Helena Food Share, 1280 Boulder Avenue, 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

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*Lori Ladas*  
*Executive Director*

Dare we say that spring has sprung? I've sure been enjoying the recent warmer temperatures. After a long Montana winter, there's nothing quite like opening up the windows and enjoying those first warm afternoons of the year. Let's hope the trend continues with more sunshine in the forecast! It seems like a little sunshine gives everyone an energy boost and a reason to smile.

Mark your calendars for Rocky's Spring Fling on May 10! It's sure to be a great afternoon of fun and fantastic food! Contact Bill in the Senior Center if you'd like to attend! Please also note that Rocky offices will be closed for the observances of both Memorial Day and Juneteenth in the upcoming months.

These are months of transition for us at Rocky. The LIHEAP season draws to a close, and the Head Start classrooms finish their school year, with a new group of young learners ready for kindergarten in the fall. While these programs wind down, our Senior Center continues to provide daily lunches and activities, along with air conditioning when the summer heat really kicks in! Please join us all summer long!



## CHECK OUT OUR LATEST VOLUNTEER STATS!

We're excited to share the amazing impact our volunteers have made recently. Their time, energy, and dedication are truly the heartbeat of what we do. Take a look at the numbers and join us in celebrating their hard work and generous spirit!



OVER 200 ROCKY VOLUNTEERS SERVE OUR COMMUNITY IN THE FOSTER GRANDPARENTS PROGRAM, SENIOR COMPANION PROGRAM, RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP), HEAD START, MEALS ON WHEELS, AND ROCKY AGING

THE MAJORITY OF OUR VOLUNTEERS ARE RETIREES WHO SERVED 109,507 HOURS. ACCORDING TO THE INDEPENDENT SECTOR NATIONAL VALUE OF VOLUNTEERS, THIS IS WORTH \$3.6 MILLION DOLLARS.



IN 2024, THE RSVP GO-GETTER PROGRAM PROVIDED OVER 200 RIDES TO MEDICAL APPOINTMENTS FOR SENIORS IN HELENA.

THROUGH OUR VOLUNTEERS, CHILDREN ARE BEING MENTORED, OLDER ADULTS ARE BEING VALUED AND CARED FOR, AND NON-PROFIT GROUPS ARE BEING SUPPORTED.



## GET READY FOR A SUMMER ADVENTURE AT THE MUSIC RANCH!

*Garth Brooks Hits Tribute band at the Music Ranch*  
*Hosted by the Senior Advisory Council*

The Senior Advisory Council is thrilled to invite you on a fun-filled summer day trip to the *Music Ranch*, nestled just south of Livingston, Montana. Get ready to experience the incredible **Elton Lammie**, back by popular demand and bringing his crowd-favorite **Garth Brooks Hits Tribute** to the stage!

Lammie's performance is so spot-on, you'll swear

**ELTON  
LAMMIE  
TRIBUTES**

you're watching the real Garth himself. From "Friends in Low Places" to "The Dance," this show is guaranteed to get your toes tapping and your heart singing.

**Date:** Friday, July 18

**Location:** Music Ranch, south of Livingston

**Cost:** \$90 per person

(includes show ticket, roundtrip transportation, your choice of meal, snacks, and gratuity)

**Transportation provided by Tucker Transportation**

**Departure:** Helena Senior Center at **3:30 p.m. sharp**

**Return:** Helena Senior Center around **12:00 a.m. (midnight)**

**Registration opens:** May 15, 2025

**Deadline to register:** Friday, June 27, 2025

Seats are limited—don't miss your chance to join this unforgettable summer getaway full of music, laughter, and great company!



Rocky Mountain Development Council, Inc.  
Helena Senior Center  
PO BOX 1717  
Helena, MT 59624-1717



# Spring Word Search

BLOSSOM  
BLOOM  
FLOWERS  
RAIN  
SHOWERS  
EASTER  
SPRING BREAK  
GRASS  
HATCH  
BIRDS  
SUNSHINE  
SEASON  
MARCH  
APRIL  
MAY

N	L	M	O	R	D	Y	S	M	B	M	O	O	L	B
N	I	A	R	M	E	L	E	S	E	E	A	W	O	G
U	O	Y	E	L	O	S	E	A	S	O	N	M	S	S
L	M	L	I	O	D	N	E	K	L	A	Y	R	P	H
H	C	T	A	H	I	N	G	Q	L	D	B	R	K	U
U	T	P	E	H	O	O	D	I	O	O	I	F	C	L
Y	T	I	S	R	E	T	R	M	D	N	T	R	E	U
V	W	N	A	O	E	P	J	T	G	N	E	D	X	V
E	U	G	R	N	A	D	M	B	R	A	Y	A	T	E
S	L	M	E	U	B	G	R	T	A	S	O	U	P	A
R	E	F	G	L	C	E	B	T	S	I	R	G	A	S
B	A	L	Y	B	A	E	N	O	S	R	E	H	R	T
Y	A	O	I	K	D	O	O	H	R	E	H	O	H	E
U	Y	W	E	M	S	H	O	W	E	R	S	E	D	R
C	H	E	F	A	M	C	L	Y	O	G	D	R	E	S
X	L	R	O	V	Z	R	C	O	J	B	R	I	N	O
F	I	S	E	A	R	A	K	S	L	E	I	O	E	L
B	L	O	S	S	O	M	C	B	J	W	B	M	O	B