

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



VOLUME 67 | SEPTEMBER - OCTOBER 2022

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

WRAPPING UP THE KITCHEN REMODEL

August was a busy month for the Neighborhood Center kitchen. As many of you know, the kitchen underwent a needed remodel. It wasn't just the caramel rolls that were affected by the remodel. I took some time to talk to Rocky Kitchen Manager Tim Roll and Facilities Director Bob Serwacki to gain some insight from behind the scenes of the remodel.

As you can imagine, the closure of the kitchen presented some new challenges in providing food for both the Neighborhood Center, and the Meals On Wheels program. Each day in August began with Tim and his staff packing up food from the refrigeration units at the Neighborhood Center and bringing the food to the borrowed kitchen at Life

Covenant Church. This is where the actual cooking of the meals took place. From there, the food was put in its proper containers to be brought back to the Neighborhood Center dining room. After serving meals at the dining room, and getting the Meals On Wheels packaged, and off to seniors, the dishes and cleanup took place in the basement of the Neighborhood Center where a sink is located. While the closure certainly made the production of getting the food prepared and served a challenge, Tim was more than happy to take it on noting that "the wait will be more than worth it."

You may be asking what was updated in the remodel. The kitchen received new floors, fiberglass walls, new drains,

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Helena, MT 59601

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Helena, MT 59624-1717

Phone: 406-447-1680

HELENA SENIOR NUTRITION MENU - SEPTEMBER 2022

LUNCH SERVED AT 11:30 AM

For More Information Call (406) 447-1680



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club SALAD BAR INCLUDED IN CONGREGATE MEALS		1 SPANISH BEEF & NOODLES CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO	2 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES APRICOTS
5 CLOSED 	6 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT	7 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED CRAN-APPLES	8 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES	9 BIRTHDAY DINNER ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE BIRTHDAY CAKE
12 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	13 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT	14 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS BAKED APPLES	15 POTATO, VEGGIE & CHEESE EGG BAKE VEGETABLE MIX GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES	16 BEEF STROGANOFF EGG NOODLES VEGETABLE MEDLEY PICKLED BEETS PINEAPPLE
19 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS	20 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT	21 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE	22 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES	23 FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES
26 HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS	27 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT	28 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP	29 SWEDISH MEATBALLS EGG NOODLES WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS	30 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND BAKED APPLES

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.

“Kitchen Remodel” continued from page 1



and stainless-steel shelving.

HELENA SENIOR NUTRITION MENU - OCTOBER 2022



LUNCH SERVED AT 11:30

For More Information Call: (406) 447-1680

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SALMON PATTY WITH LEMON AIOLI WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	4 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD FRESH FRUIT	5 CHICKEN FETTUCCINE ALFREDO COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	6 HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD MIXED FRUIT CUP	7 CONEY ISLAND HOT DOG SWEET CORN CARROT COINS GOLDEN PEARS
10 CLOSED 	11 BBQ BEEF SANDWICH ON A BUN POTATO SALAD BAKED BEANS FRESH FRUIT	12 PORK CHOPS-N-GRAVY WILD RICE STEAMED CABBAGE CARROT COINS BAKED APPLES	13 TURKEY ENCHILADA STIR-FRY WITH COUSCOUS SWEET PEAS WHOLE GRAIN FLOUR TORTILLA TOSSED SALAD w/BEANS BLUSHING PEARS	14 BIRTHDAY DINNER CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL FRESH FRUIT SALAD BIRTHDAY CAKE
17 CUBAN PICADILLO BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES	18 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRESH FRUIT	19 TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRUIT CUP	20 LEMON, THYME & BASIL BAKED COD RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS	21 BISCUITS & SAUSAGE GRAVY OVEN ROASTED BREAKFAST POTATOES WITH ONION MIXED VEGGIES CINNAMON CHERRY APPLES
24 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	25 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT	26 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES	27 CREAMY CRANBERRY MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES	28 POLISH SAUSAGE WITH SAUERKRAUT BABY RED POTATOES GREEN BEANS WHOLE GRAIN ROLL MANDARIN ORANGES
31 SPOOKY SPAGHETTI w/MEAT SAUCE VAMPIRE BREAD GHOULISH GREEN SPEARS CREEPY CORN PETRIFYING PEACHES	<i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i> SALAD BAR INCLUDED IN CONGREGATE MEALS			

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS
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 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.

“Kitchen Remodel” continued from page 2

Originally, the remodel was supposed to occur in July and take all of ten days to finish. According to Bob, challenges in acquiring a contractor to complete the work was a major reason for the setback in both the start date and completion time. Bob said that nearly 10 contractors were contacted to finish the project with only a few responding. Finally, DSR Construction out of Garrison was contracted to complete the work. Bob himself, will put the finishing touches on the painting, drain work, installation of shelving.

The new kitchen will be a welcome sight to our

staff, who have worked on the remodeling and to keep the food for our seniors coming during the closure. They should be applauded for their work. As for our seniors, fear not, by the time you’re reading this article, caramel rolls will once again be available!



SENIOR CENTER ACTIVITIES

MONDAYS

10:30 am - Jennie's Arthritis Exercise Class - Card Room
2:00 pm - Stepping On - Card Room *Ends October 3

TUESDAYS

9:00 am - Crafty Quilters - Card Room
9:00 am - Morning Chat - Zoom
9:45 am - Line Dancing - Dance Floor
12:30 pm - Hand and Foot - Parlor
1:00 pm - Pinochle - Card Room
1:00 pm - Bridge - Dance Floor

WEDNESDAYS

9:30 am - 10:30 am - Senior Advisory Council Meeting
(first Wednesday of each month)
11:30 am - 12:30 pm - Tech Time with Mary Parlor
1:00 pm - 3:00 pm - Bingo - Dining Room

THURSDAYS

8:30 am - Coffee & Rolls - Dining Room
9:00 am - Morning Chat - Zoom
9:30 am - Be Well Clinic - Card Room
9:30 am - Line Dancing - Dance Floor
1:00 pm - Wood Carving - Dance Floor

FRIDAYS

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

SUNDAYS

1:00 pm - Pinochle - Card Room

HAVE AN IDEA FOR AN ACTIVITY?

If you have an idea for an activity that isn't currently offered, such as a dance class, card game, art class, etc., please contact Bill Peña at 406-457-7372 or bpena@rmdc.net

The parlor is open every day starting at 9 am. You are welcome to come in to relax, read magazines, play cards, work on puzzles, and enjoy time visiting! We are taking donations of books, magazines, and puzzles. A special thanks to everyone for the wonderful donations and sharing spirit!

SENIOR SPOTLIGHT: LUCILLE GORDON

By Barbara Beeby, Senior
Nutrition Assistant

Lucille (Palmer) Gordon was born on May 11, 1935, in the small town of Weiser, Idaho. Weiser is known as the home of the National Old-Time Fiddle Contest and Festival. She attended elementary and high school in the even smaller town of Council, Idaho, with a population of roughly 839 residents. From there Lucille attended the University of Idaho, amassing a double degree, both related to Education. She taught school in both Lewiston and Grangeville, Idaho. She married in 1960 and had two children, Philip and Heidi. Philip lives here in Helena, while Heidi lives in Missoula.

Lucille credits her parents for teaching her about community and what it means to be a good neighbor. She said her parents taught her, and her brother, (who passed away 4 years ago) that if you live in a commu-

nity, you should leave it with much more than you found. Her father was the Hospital Administrator for 40 years at Enterprise Oregon Memorial Hospital, an award-winning critical access hospital. Keeping in line with the family tradition, her brother also practiced medicine there with their father. Lucille's father did a bit of everything, even driving the ambulance on occasion. Her mother was a homemaker as well as a dietitian at the hospital in Enterprise. Sadly, her mother passed away when Lucille was just a senior in high school.

Lucille first arrived in Montana in 1972 to look for work as a teacher. However, she was over-qualified for the available teaching jobs. Instead, she took a job with the Public Library in Hamilton as a Public Librarian. During this time, she also served as a scout leader for both boys and girls. In 1992, she moved to Ronan, where she took a position as the Director of Domestic Violence, Child Abuse, and Neglect for the Salish Kootenai Tribe.

In 1997, Lucille moved to East Helena. In 2004, she ventured on to Amman, Jordon, and taught classes there. During this time, she

also helped set up a library at the New York School of Technology. Then in 2005, Lucille moved on to Bahrain, an island within the Kingdom of Bahrain Islands. The Kingdom of Bahrain Islands includes most of the archipelago known as the Bahrain Islands, consisting of 33 natural islands and several man-made ones.

Lucille loved to read but was declared legally blind four years ago. So instead, she listens to audio books and the television. She loves to walk every day. She has volunteered at the Helena Food Share for 20 years. While she had kids, Lucille loved to garden, canning, and freezing whatever they could. She did this faithfully when her kids were at home, but when they moved out and on to their own lives, she stopped those activities. Lucille feels that on her own she is much more community oriented. Rather than gardening, and homemaking, she devotes her time to volunteering.

At present, Lucille's social life consists of Helena Food Share, Hospice, the Historical Museum, and the Methodist Covenant Church of Helena. Playing Bingo and eating lunch at the Rocky Mountain Development Council Senior Center are some of her other favorite activities. When the Afghan students were here, she assisted them in an English conversation class. Lucille would

love to have a dog for company, but said she is sure she would just end up tripping over it since she can't see clearly. She has retired several times from teaching, the most recent retirement at 81 years of age - go Lucille! Due to her loss of vision, she doesn't drive, and very seldom goes anywhere outside of Helena. Sometimes a family member or friend will want to take a drive sightseeing.



(Pictured above) A recent picture of Lucille Gordon enjoying a morning at the Senior Center

Often times she will go but without being able to see well, it isn't as fun or interesting as it used to be. Her social life is now with her community.

CAULIFLOWER SOUP WITH TOASTED ALMONDS

This is a simple, but delicious cauliflower soup recipe that is sure to please on chilly fall nights. The soup has a beautiful white color, and hints of nutmeg that give it a great fragrance, and subtle nutty flavor. If you have a dairy allergy simply replace the butter with olive oil and substitute the milk for water!

3 large heads of cauliflower

2 leeks

5 cloves finely chopped garlic

1 small onion

5 tbsp. butter

8 c whole milk

1 tsp nutmeg

salt and white pepper to taste

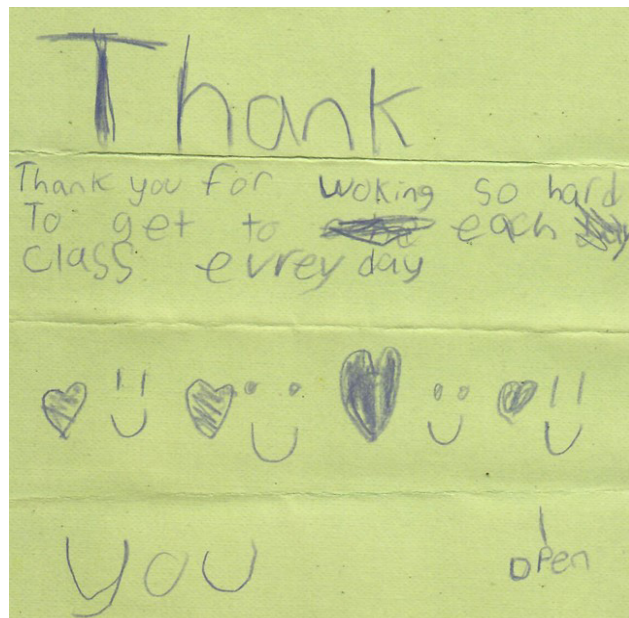
½ c slice almonds

Preheat oven to 350 degrees Fahrenheit. Place sliced almonds on baking sheet and lightly roast in the oven for 2 to 5 minutes.

Begin removing cauliflower florets and roughly chopping the florets. Don't be afraid of using some of the cauliflower stem as it is also edible! Remove the roots of the leeks and the green tops and finely slice the white middle sections. Next, mince the garlic cloves and dice the small onion. Begin melting butter on medium heat and add your vegetables to the pot. Sauté until
"Soup" continued on page 7

THANKS FOSTER GRANDPARENTS

Foster Grandparents spent the summer supporting students at Bryant, Central, and Jim Darcy Elementary schools. They supported kids with lessons on reading, pronunciation, phonics and sounds, and small group games. They also took field trips to Exploration Works and Farm in the Dell. Grandma Nita stated, "I loved seeing the "ah-ha" moments, and the wonder that these kids have. I just love them for who they are, and they give the best hugs." Some of the kids wrote thank you notes to show how much they love and appreciate the Foster Grandparents.



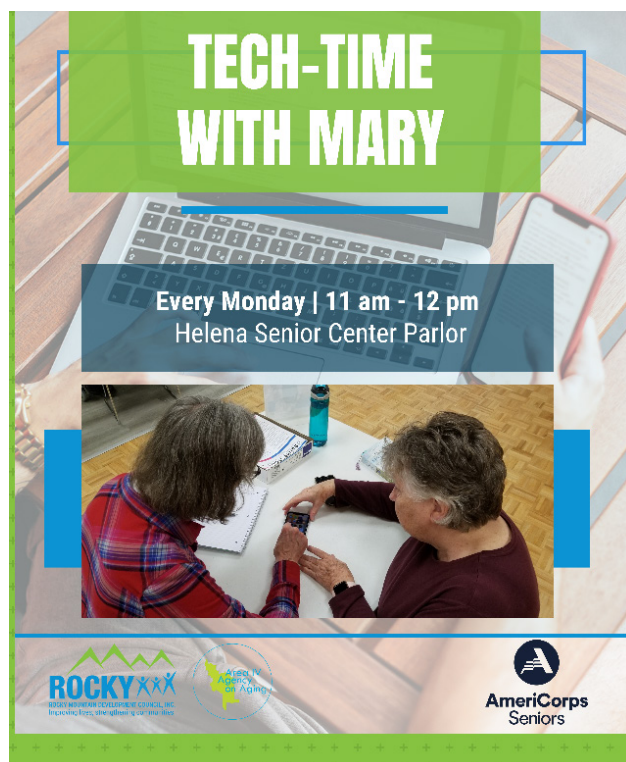
CARAMEL ROLL THURSDAYS ARE BACK!!

The completion of the kitchen remodel means Caramel Roll Thursday is back! Join us every Thursday morning for coffee and rolls at the Senior Center! The homemade caramel rolls are prepared fresh every Thursday morning and the cost is \$2.50. Coffee is free. Join us from 8:30 am to 10:30 am or until they are gone. Come in and enjoy wonderful company and share a delicious roll!



TECH TIME WITH MARY

If keeping up with changing technology is a challenge for you, join AmeriCorps Seniors RSVP volunteer Mary for "Tech Time with Mary." Mary is available to answer your technology-related questions every Monday at the Senior Center from 11 am - 12 pm in the Parlor. Bring your device and/or questions and Mary will help you feel more confident in the ways you can use technology!



HEALTH CARE SERVICES: SEPTEMBER AND OCTOBER 2022

Mark Your Calendar for the Foot Care Clinic!

Thursday, September 15, 2022

Thursday, October 20, 2022

Edith RN, BSN & CFCN (406-431-0006) always looks forward to the care of your feet. Edith and her staff are always willing to answer questions about foot care. They meet downstairs in the Rocky Neighborhood Center Center. Please call to make an appointment.

Blood Pressure

All seniors are invited to have their blood pressure taken each Thursday at the Senior Center in the Card Room from 9:00 – 10:30 am. There are always fun giveaways to be found! We also have a gift basket that we give away at the end of every month. You are entered to win the prize every time you visit us!

“Soup” continued from page 5

the vegetables are soft, seasoning with salt and white pepper, tasting throughout the cooking process. Next add your milk and let soup simmer for 15 minutes. Blend soup thoroughly in a blender. Garnish with toasted almond and enjoy!

JOIN ROCKY WALKIE TALKIES FOR WALK IN THE PARK!



Are you looking for ways to stay active in the community? Join us for a walk! The Rocky Walkie Talkies meet every Wednesday morning at Centennial Park. We have everything: fast walkers, slow walkers, and those in-between. Meet us in the parking lot across from the YMCA at 9:00 am. We would love to have you join us!

Make a decision today
to create a better
tomorrow



A contribution through your estate will allow you to make a difference and leave a legacy for seniors and families who benefit from the services at Rocky Mountain Development Council, Inc. You can provide now a future gift to Rocky by including a bequest provision in your will or revocable trust. For more information, please call Kathy Marks at 406-457-7323.

“We make a living by what we get, but we make a life by what we give.”
--Winston Churchill

ROCKY CARD GAMES & CLUBS

PINOCHLE CLUB

The Pinochle Club players meet on Tuesdays and Sundays at 1:00 pm. The dates of the next Pinochle Tournament are October 3 and 4. Pinochle is a great way to have fun with friends at the Helena Senior Center, and new members are always welcome.

BINGO

If there is a game/event that can bring folks together to laugh, dream of winning, actually win and just have a great time, it is Bingo! Bingo has been a fun and very popular activity at the Rocky Helena Senior Center for many years. It takes several volunteers to make this happen every week. Thanks to everyone who helps out. Come down and enjoy the company, have fun, and maybe you'll have a winning card.

As a reminder, the cost is \$1/per card.

We look forward to seeing you at the Helena Senior Center for Bingo every Wednesday at 1:00 pm.



ROCKY



BIG SKY COUNTRY BBQ

**Helena
Senior
Center
12 PM**



**Saturday,
September
17**



**\$20 per
plate**

**Live
Music &
Dancing!!**

**Fried Chicken, Pulled Pork,
and traditional BBQ sides
provided by Event THYME
Catering**

**RESERVATIONS
REQUIRED
Call (406) 457-
7372 to make
yours!**



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

Myrna Loy Theater Helena Senior Center SEPTEMBER - OCTOBER 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.

ROCKY BRIDGE

We Need Players!

We have several people who have expressed interest in playing Bridge again at the Senior Center. Every Tuesday, the dance floor will be ready for players! Let's get Bridge started again! Bridge is a fun time to gather with friends.

Come Join Us!

Every Tuesday is Bridge Day at the Helena Senior Center

Time: 1:00 - 3:00 pm

No Money Involved. We do keep score and have a lot of fun!

WE WELCOME NEW MEMBERS!

Any questions? Please call Bill Peña, Senior Center Coordinator, at 406-457-7372.



COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Townsend, MT Monday, September 26 2:00 pm - 3:00 pm	Lincoln, MT Wednesday, September 28 12:30 pm - 1:00 pm
	Whitehall, MT Thursday, September 29 11:00 am - 12:00 pm
East Helena, MT Monday, September 26 2:00 pm - 3:30 pm	Boulder, MT Thursday, September 29 2:00 pm - 3:00 pm
Wolf Creek, MT Tuesday, September 27 10:00 am - 11:00 am	White Sulphur Springs, MT Monday, October 3 11:00 am - 12:00 pm
Augusta, MT Tuesday, September 27 12:30 pm - 1:30 pm	Helena, MT @ Food Share Wednesday, September 28 8:00 am - 11:00 am
Elliston, MT Wednesday, September 28 10:00 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
Executive Director

Can you believe it's back to school time once again? Every year, I think the summer flies by faster than the year before! While we wish summer could hang on a little longer, we are definitely happy to welcome back our Head Start families when classes begin in September. I'd also like to take this opportunity to remind everyone to be alert and keep driving speeds slow in the Neighborhood Center parking lot. Head Start's return means more cars in the lot and lots of young children to keep safe!

We'd like to thank you for your patience while our kitchen received some upgrades in August. This kind of work is always a little disruptive, but it'll be worth the time to have an updated space for our meal programs! I'd like to especially acknowledge the hard work of our Facilities team and Senior Nutrition program staff. I know they've done their best to keep disruptions to a minimum during the construction work.

Looking at the calendar of events for this fall, I recommend you think about attending the Rocky Big Sky Country Barbeque on Saturday, September 17. It looks like a great event! The meal sounds delicious, and Rocky's line dancers are a talented group who love to share their skills and welcome anyone interested to join them. If line dancing isn't your thing, you can still enjoy the musical entertainment. Contact Bill Peña if you'd like to reserve a place at the table!

I hope you've all enjoyed a wonderful summer, and we look forward to seeing you at Rocky throughout the autumn months!

BIRTHDAY MEAL CELEBRATION

We love to celebrate birthdays at the Helena Senior Center! As a member of the Senior Center, you are welcome to have a free meal when it is your birthday month, complete with cake and ice cream! Mark your calendars for September 9 and October 14, and come join us!



THANK YOU TO VAN'S THRIFTWAY

We would like to thank Van's Thriftway for the cake that is donated for the birthday meal every month. A birthday meal is never complete without a cake, and luckily Van's Thriftway is willing to donate a delicious cake every month to make our celebrations even better. Thank you, Van's!



SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

Rocky Helena Senior Center Celebrates National Senior Center Month

National Senior Center Month is a wonderful opportunity to showcase Rocky's Senior Center. It helps bring to focus all of the valuable programs, activities, and services Rocky offers to seniors. We also find this a good time to promote a positive image of aging while highlighting how Rocky's Senior Centers improve the lives of our local seniors. Rocky's Helena Senior Center is proud to celebrate that we are an important part of not only our Helena community, but also Senior Centers in the neighboring communities of Augusta, Boulder, Lincoln, Townsend, and Whitehall.

This year's theme for National Senior Center Month is Strengthening Community Connections. Senior Centers have continued to evolve since their inception in the 1940s. Getting recognized in the Older Americans Act in 1973 was a major step forward and is one of the reasons why Senior Centers are still going strong today. Currently Rocky works with community partners to provide access to programs promoting health, economic security, social engagement, purpose, creativity, mobility, and nutrition. This is all accomplished in a safe environment that promotes socialization and fun for seniors.

Over the past two and a half years during the coronavirus pandemic, Senior Centers have been especially important in the lives of seniors. They have acted as lifelines to seniors across the country, helping them stay safe, active, and connected.

With this in mind, Rocky's Senior Nutrition Program is building for a better future. This September, the Helena Senior Center will reopen the kitchen after much-needed upgrades and renovations. As we continue to learn new ways to operate during the pandemic, Rocky's Senior Center is applying new strategies to reach more seniors in our communities. All of these efforts are to make sure that Rocky's Senior Nutrition Programs continue to thrive and be a local place that connects seniors to programs, services, and opportunities.

Backroads of Montana Memories and Stories

Dates: September 26, October 24, & November 21

Time: 12:30 pm – 1:30 pm

Location: Card Room at the Rocky Senior Center

FREE!



Due to popular demand, Rocky's Backroads of Montana, Memories, and Stories is coming back! Our first two gatherings earlier this year were a blast. Everyone had a great time watching episodes of Backroads of Montana, Memories, and Stories. The group then shared their own stories and memories of their Montana roots.

This is a FREE gathering that will take place on Mondays starting at 12:30 pm after lunch is finished. Everyone is invited and will be welcome to share their own stories and memories of Montana. Refreshments will be offered for your enjoyment. Make sure to mark your calendars and come join us!



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



Fall Harvest

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

LEAVES
FALL
ACORNS
WIND
TREES
APPLES
PUMPKINS
MAPLESYRUP
SCARECROW
CORN
RAKE
SQUIRREL
HAY
TURKEY

