

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



November - December 2023

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

NEIGHBORHOOD CENTER GARDEN UPDATE

*By Amy Anderson, Senior Nutrition
Volunteer Coordinator*

Rocky's first try at a vegetable garden in the garden space on the walking mall was a success! We were not sure starting out if plants would actually grow, if we would have time to keep the garden watered and weeded, or if the deer would eat all the fruits of our labor. I am happy to report that none of those outcomes occurred! The topsoil from Gardenwerks gave the soil a much-needed boost, and it turns out that we had many passersby not only enjoyed looking at the garden, but also pulled a few weeds! Throughout the summer we were able to share radishes, cucumbers, potatoes, zucchini, yellow



(A fall themed display of scarecrows and pumpkins in the Neighborhood Center Garden.)

squash, kohlrabi, butternut squash, carrots, Swiss chard, beets, lettuce, and green beans. The produce was brought up to the dining room for seniors to take home and enjoy. Several of the vegetables were used in the menu for the Garden Party event that was held here at Rocky for our many generous supporters. The garden has been winterized and all that remains are the marigolds around the perimeter. Two happy scarecrows have taken up residence in the garden along with enough pumpkins for each of the Head Start/Preschool

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Phone: 406-447-1680

HELENA SENIOR NUTRITION MENU - NOVEMBER 2023

LUNCH SERVED FROM 11:30-12:30

For Information Call (406) 447-1680 Helena

*This menu is subject to change due to product availability



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 6 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	Low fat milk is delivered daily with Home Delivered Meals and available daily in the Dinner Club 7 ROASTED PORK LOIN w/APPLE RAISIN SAUCE WILD RICE STEAMED CABBAGE GREEN BEANS PINEAPPLE	1 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS FRESH FRUIT 8 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS FRESH FRUIT	2 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES 9 SAUSAGE, EGG, CHEESE PEPPER AND ONION DRIZZLED w/COUNTRY GRAVY PACIFIC VEGETABLES GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES	3 APRICOT CHICKEN RICE PILAF BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE 10 <u>CLOSED IN OBSERVANCE OF</u> <u>VETERANS DAY</u> 
13 MISSISSIPPI CHICKEN MASHED POTATOES STEAMED CARROTS GREEN BEANS JUICY PEARS	14 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER CINNAMON APPLESAUCE	15 FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL FRESH FRUIT	16 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES	17 <u>BIRTHDAY DINNER</u> SOUTHERN SMOTHERED PORK CHOPS MASHED POTATOES COUNTRY VEGETABLES GARDEN PEAS MANDARIN ORANGES BIRTHDAY CAKE
20 OLD FASHIONED GOULASH GREEN PEAS PICKLED BEETS APRICOTS	21 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT	22 <u>THANKSGIVING DINNER</u> ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRY SAUCE PUMPKIN PIE w/FRESH WHIPPED CREAM	23 <u>CLOSED</u>  Happy Thanksgiving	24 <u>CLOSED</u> 
27 SALMON PATTY w/CREAMY LEMON SAUCE BROWN RICE CALIFORNIA VEGETABLES GREEN BEANS SWEET PEACHES	28 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD PURPLE PLUMS	29 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD FRESH FRUIT	30 HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD FRUIT COCKTAIL	 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 \$7.00.

“Garden Update” continued from page 2

kiddos to have one for their own to enjoy. The Senior Advisory Council generously donated money toward the purchase of the pumpkins for the kids. Thank you, SAC!

Anyone wishing to volunteer time to the planting and upkeep of the garden next year, please contact Amy Anderson @ 406-457-7531








(SAC president Walt O'Hara pictured above with a delivery of pumpkins for the Rocky kids!)

HELENA SENIOR NUTRITION MENU - DECEMBER 2023

LUNCH SERVED FROM 11:30-12:30 For More Information Call (406) 447-1680 Helena

*This menu is subject to change due to product availability



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p>	<p>Low fat milk is delivered daily with Home Delivered Meals and available daily in the Dinner Club</p>			<p>1 SWEDISH MEATBALLS EGG NOODLES WINTER SQUASH GREEN PEAS GOLDEN PEARS</p>
<p>4 LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES</p>	<p>5 HAMBURGER ON A BUN CARROT COINS BAKED BEANS PINEAPPLE</p>	<p>6 PORK CHOPS-N-GRAVY MASHED POTATOES CABBAGE & CARROTS WHOLE WHEAT ROLL FRESH FRUIT</p>	<p>7 OVEN ROASTED TURKEY w/WINTER FRUIT SAUCE OVER PASTA SWEET PEAS ROASTED CAULIFLOWER TOSSED SALAD w/BEANS BLUSHING PEARS</p>	<p>8 <u>BIRTHDAY DINNER</u> ROASTED GARLIC BUTTER PORK TENDERLOIN RICE PILAF ROASTED WINTER BLEND VEGETABLES BUTTERED CARROTS SPICED APPLES BIRTHDAY CAKE</p>
<p>11 BEEF STROGANOFF EGG NOODLES GARDEN VEGETABLES PICKLED BEETS PINEAPPLE</p>	<p>12 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRUIT COCKTAIL</p>	<p>13 TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRESH FRUIT</p>	<p>14 BISCUITS & SAUSAGE GRAVY POTATO WEDGES BAHAMA VEGGIES CINNAMON CHERRY APPLES</p>	<p>15 BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS</p>
<p>18 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS</p>	<p>19 CHICKEN NOODLE CASSEROLE SAN FRANCISCO VEGGIES LIMA BEANS CRANBERRIES</p>	<p>20 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES BROCCOLI & CAULIFLOWER FRESH FRUIT</p>	<p>21 CHEESY TURKEY AND TOMATO OVER FRESH PASTA BABY CARROTS GREEN SALAD w/GARBANZOS PLUMP PEACHES</p>	<p>22 <u>HOLIDAY DINNER</u> BROWN SUGAR PEPPERCORN GLAZED ROAST BEEF POTATOES ROMANOFF ROASTED PARMESAN - BUTTERNUT SQUASH GLAZED BRUSSEL SPROUTS W/ PEAS & BACON DINNER ROLL CRANBERRY FLUFF</p>
<p>25 <u>CLOSED</u></p> 	<p>26 <u>CLOSED</u></p> 	<p>27 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE FRESH FRUIT</p>	<p>28 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD</p>	<p>29 CHILI CON CARNE CORN BREAD MEDITERRANEAN VEGGIES PARSLEY CARROTS BLUSHING PEARS</p>

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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.

ROCKY SHUTTLE

Did you know that Rocky provides free transportation to and from the Senior Center for Helena older adults within the city limits? The shuttle is equipped with a wheelchair lift and operates Monday – Friday from 8:00 a.m. to 3:00 p.m. To schedule a ride please call Rocky at 406-447-1680 at least 24 hours in advance.



CARAMEL ROLL THURSDAYS

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



SENIOR CENTER ACTIVITIES

MONDAYS

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

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

TUESDAYS

9:00 am - Crafty Quilters - Card Room

9:45 am - Line Dancing - Dance Floor

1:00 pm - Pinochle - Card Room (tournament November 6 & 7)

1:00 pm - Bridge - Dance Floor

WEDNESDAYS

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

10:30 am - 11:30 am Chi Gong - Card Room (except the second Wednesday of each month)

11:00 am - 12:30 pm - (second Tuesday of each month) Tech Time with Mary - Parlor

12:30 pm - Hand and Foot Card Game - Parlor

1:00 pm - 3:00 pm - Bingo - Dining Room

THURSDAYS

8:30 am - Coffee & Rolls - Dining Room

9:30 am - Be Well Clinic - Card Room

9:45 am - Line Dancing - Dance Floor

1:00 pm - Wood Carving - Dance Floor

FRIDAYS

10:30 am - 11:15 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!

MEMBER SPOTLIGHT: DENNIS PETERSON

*By Senior Nutrition Coordinator,
Barabara Beeby*

Dennis (Denny) Peterson (President of the Lincoln Senior Center) was born on January 19, 1945, in a town south of Reno, Nevada, called Hawthorne – nicknamed “America’s Patriotic Home.” His father, Henry “Buck,” was born in Montana. Buck met and married Denny’s mother, Arlone Esmay, around 1935. She was from a small town called Sun River, Montana, which is just outside Great Falls. Buck left to join the service with dreams of getting to see the ocean. He ended up in Hawthorne and spent three years there in the service; he never did make it to the ocean.

Denny got all his schooling in Westminster, where his dad worked for 20 years. Denny joined the Plumber’s Union in 1965 and finished his apprenticeship in 1969.

When Denny was a young man, he wanted to go into the service and waited

patiently for his draft notice, which never came. He and 10 other young men his age went to the Army recruiting office and signed up. Two weeks later, he got his draft notice. Denny trained in Fort Hood in preparation for Germany, but ended up in Vietnam for 14 and a half months. He was in the First Infantry Division Long Range Reconnaissance. This was a five-man team in charge of recon area of the jungle for recon forces. Their mission was not to engage in combat, but to go out and report findings. On August 25, 1966, his recon team joined forces with a 10-man squad to set up an ambush in Bong Tran Woods. They walked into an NVA ambush, later to find out it was the elite Pho Loi Vietcong battalion. Ten of them fought their way to a ranch and bunker system. They needed help and Denny was the only one not wounded. They heard battle sounds all night. In the morning, he knew the wounded needed help and left his bunker to find help a quarter mile away. He brought help back to retrieve his boys. The only way he knows now that they lived is that their names don’t appear on The Wall. In total, 147

(Dennis Cont’d on page 5)

(Dennis Cont'd from page 4)

men died in a fight to find Denny and his squad. Denny went back into the battleground to recover the dead two days later, only to receive sniper fire. For his service to our country while in the Army, he was awarded an array of medals – a Silver Star, a Bronze Star, two Army Commendation Medals, a Combat Infantry Badge, and an Air Medal.

After his discharge from the service, Denny went to California to make some money by way of his skills as a plumber. He and one of his veteran friends, Dan Atwood (who happened to be an electrician) got fed up with the rhetoric about the war in Vietnam so they took their sports car and set off around the Western United States. They stopped in many of the small communities, a little like crusaders, and lent their trades to fix the plumbing and electrical problems they saw. Most people were not wealthy, so these boys charged very little but were provided with lots of good food and lodging along the way for their efforts. They eventually landed back in California.

Don decided to stay in California and Denny headed back to Montana. He landed in the little mountain town of Lincoln, at the Blackfoot Treating Plant where he worked for a while. He met and married Ethel Lampkin, who was born and raised in Lincoln. Her family owned and operated

a well-known restaurant there. Although they went their separate ways after only five years, they did have a beautiful daughter they named Dawn. Denny and Dawn moved back to California, so he could make some decent money. Denny raised Dawn as a single parent and they spent the next 18 years there. Dawn studied to be a travel agent and ironically took a job in Helena. Denny remained in California a little longer. Dawn went on to marry and have a son. Dawn resides in Great Falls and over the years Alex, her son, showed a keen interest in cooking and helping her in the kitchen. He has quite a flair for creating interesting dishes. Denny said Alex made him a dinner he can't put a name to, but it was spectacular. Alex is studying to become a certified Chef De Cuisine. He also has a flair for drama and is involved with the drama team at CMR High School in Great Falls. He synchronized the whole lighting system for the drama department with their computer system. He is a very talented young man.

Denny sold fire sprinkler systems in California and after Dawn left, he was able to take that job on the road and come back to Montana, to the home he owned in Lincoln, right behind the Senior Center. He retired from that job after a few years.

(Dennis Cont'd on page 11)

THANKSGIVING DINNER

The Helena Senior Center will be hosting its annual Thanksgiving dinner on Wednesday, November 22. We will be serving roasted turkey and all the fixings, including pumpkin pie! We hope to see you there! The dinner will be served at 11:30 a.m.



CHRISTMAS DINNER

The Helena Senior Center will be hosting its annual Christmas dinner on Friday, December 22. We will be serving delicious brown sugar peppercorn glazed roast beef with many wonderful sides. The dinner will be served at 11:30 am.



Rocky Senior Center 2024 Annual Membership Drive

This year our membership drive is starting January 1, 2024. The annual membership fee is \$20.00 per individual or \$30.00 per couple. Memberships are for the calendar year 2024.

Your annual membership has benefits both at Rocky's Senior Center and beyond! Did you know your annual membership helps to defray the ongoing costs of running the Senior Center, such as room usage for bingo, pinochle, card games, and line dancing? Furthermore, your annual membership fee helps to offset the cost of printing and postage of Rocky's bi-monthly Voice of Experience (VOE).

Thank you for your continued support that allows Rocky's Senior Center to provide the many activities and services you enjoy every day. Our primary focus is serving you, our older adults of Helena, and the surrounding communities. Everyone is welcome and we are so thankful for each of you!

All new and renewing members are asked to complete a simple Membership form. Forms and payments can be dropped off at Rocky's Senior Center or mailed to Rocky, P.O. Box 1717, Helena, MT 59624.



2024 Annual Membership Form Date: _____

Member 1 First & Last Name: _____

Member 2 First & Last Name: _____

Mailing Address: _____

Telephone: _____ & _____

Membership: ☐ I am a renewing membership

☐ I am a new member

Amount Enclosed: \$ _____

HELENA SENIOR CENTER ADVISORY COUNCIL 2023

Helena's Senior Center is a very active and growing center. The Senior Advisory Council meets every month (except July) to plan, discuss, and look at how the Helena Senior Center can continue to be one of the best in the state. The Council welcomes ideas, suggestions, and concerns. Everyone is welcome to come to the meetings. The Council meets in the Card Room on the first Wednesday of the month at 9:30 am. The current Council members are:

Walt O'Hara- President

Fran O'Hara- Vice President & Treasurer

Kathy Schmit

Carol Cook

Shirley Bennett

Rita Newman

Marilyn Roehl

Pat Jupka

Shana Frankenfield

Mary Ann & Franz McLaren

Jill Canfield (New Member)

The Council wishes everyone a wonderful Thanksgiving and Christmas!

Foot Care Done Right 2023

Mark Your Calendar!

Thursday, November 16

There will not be a Foot Care Clinic at the Senior Center in December

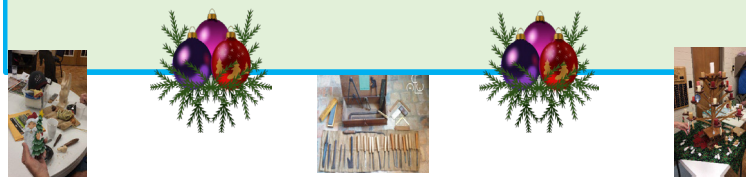
Edith RN, BSN & CFCN (406-431-0006) looks forward to the care of your feet. She is willing to answer questions about the care and health of your feet. **The clinic will be meeting upstairs in the Card Room until further notice. Please call to make an appointment.**

Blood Pressure

All older adults are invited to have their blood pressure taken each Thursday at the Senior Center in the Dining Room from 9:00 – 10:30 am.



Thursday, November 30 from 9:00 am-12:00 pm There will be a showing and sale of **Wood Carving Projects** created by our Helena Senior Center Woodcarvers. They meet every Thursday from 1:00 pm to 3:00 pm working on any number of projects. Over the years the wood carvers have generously donated many of their works and money to the Helena Senior Center. Drop by to see the wonderful work they do. Additional wood carvings will also be on display. All money raised is given as a donation to Rocky.



Backroads of Montana: Memories and Stories



Monday, November 20

No December Gathering



Time: 12:45 pm – 1:45 pm

Location: Card Room, Rocky Senior Center

No Cost!

Backroads of Montana: Memories and Stories has been a wonderful gathering. The stories shared, and friendly conversation are amazing. This is a free gathering that will take place on Mondays starting at 12:45 p.m. Everyone is invited and there is no cost. There will be light refreshments as we relax and enjoy an episode of PBS Backroads of Montana followed by conversation. Mark your calendars and come join us!



NOVEMBER AND DECEMBER SENIOR PROGRAM CLOSURES

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

- Friday, November 10 – Veteran's Day Observed
- Thursday and Friday, November 23 & 24 - Observance of Thanksgiving holiday
- Monday and Tuesday, December 25 & 26 – Merry Christmas!

To arrange for a meal during any of these closures, please call 406-457-7378 and Barbara Beeby, our Senior Nutrition Coordinator will be happy to assist you!

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 at 1:00 p.m. and on Sundays at 1:00 p.m. in the Card Room.

Pinochle Tournament Dates:

Monday, November 6 & Tuesday, November 7.

Special Note: * **Yes** there will be Pinochle on Sunday, November 26 after Thanksgiving but there will **not** be Pinochle on Sunday, December 24 before Christmas.

Hand And Foot Card Game:

Wednesdays at 12:30 pm in the parlor. All are welcome!

Rocky Bridge:

Come Join Us!

Every Monday and Tuesday folks are welcome to play Bridge at the Helena Senior Center. Please know that a new Bridge group is now gathering on the Dance Floor on Mondays.

Time: 1:00 - 3:00 pm

There is no money involved, but we do keep score and have a lot of fun!

WE WELCOME NEW MEMBERS!

Any questions? Please call Bill Pena
Program Coordinator for the Helena Senior
Center-406-457-7372



Bingo is a great time for folks to come together. Did you know that there are benefits for older adults who play Bingo? Besides being able to get together with friends to laugh, have fun, and play, it increases social engagement. Older adults often struggle with isolation. At Rocky, Bingo is a type of competition structured for older adults to interact with other people. It is a great weekly routine that allows for reflection and memory recall. It also can decrease the risk of mental illness. Bingo also improves cognitive function and memory. Throw in the improvement of hand-eye coordination and it can be beneficial in many ways. Invite friends and enjoy the time playing and maybe be lucky enough to win!

As a reminder, all cards are \$1/ per card.
Regular Payout-\$6

Special Payout-\$8

Blackout Payout-\$12

We look forward to seeing you at the Helena Senior Center in the dining room for Bingo every Wednesday at 1:00 p.m. in the dining room. Mark your calendar for Wednesday, December 20. This will be the Christmas party that is always a great time!

Crafty Quilters Quilt Holiday Raffle



Chinese Puzzle Handmade Quilt
54" X 54"



Drawing will be

Thursday, November 30

Tickets are \$1 per ticket or 6 tickets for \$5.

Thank you very much
for your support and
good luck!

All money raised is donated
to the Senior Center to help
pay for materials used by
the Quilters.

Contact Samara Lynde at
406-457-7319 for ticket information



Stain Glass Handmade Quilt
46"X90"

ACORN SQUASH SOUP RECIPE

Cut three Acorn Squash in half and scoop out the seeds. Season with salt and pepper and roast at 400 degrees F for thirty minutes or until golden brown and tender. While the squash is roasting, saute one diced yellow onion, one chopped leek, and two minced cloves of garlic with butter, until the vegetables are soft and broken down. Season with salt pepper and one teaspoon of nutmeg.

Scoop the squash into blender, add five cups of vegetable stock. Blend on medium speed adding a half cup of cream while blending to finish!

COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Townsend, MT	Lincoln, MT
Monday, November 27	Wednesday, November 29
2:00 pm - 3:00 pm	12:30 pm - 1:00 pm
East Helena, MT	Whitehall, MT
Monday, November 27	Thursday, November 30
2:00 pm - 3:30 pm	11:00 am - 12:00 pm
Wolf Creek, MT	Boulder, MT
Tuesday, November 28	Thursday, November 30
10:00 am - 11:00 am	1:30 pm - 2:30 pm
Augusta, MT	White Sulphur Springs, MT
Tuesday, November 28	Monday, December 4
12:30 pm - 1:30 pm	11:00 am - 12:00 pm
Elliston, MT	Helena, MT @ Food Share
Wednesday, November 29	Wednesday, November 29
10:00 am - 10:30 am	8:00 am - 11:00 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 you're reading the last VOE for 2023? Every year, it feels like the calendar flips from month to month faster, and before we know it, the holiday season is here again. If you are able, please join us for lunch at the Helena Senior Center for our Thanksgiving feast on November 22, and again for our holiday meal on December 22. We love to see our Rocky family joining together for food and fellowship! Also, please note the upcoming holiday closures for Rocky during November and December. If you would like an extra meal delivered for the dates we are closed, just give us a call and our Meals on Wheels crew will be happy to accommodate.

Fall is here and winter is not far behind. I hope you are enjoying the fallen leaves and crisp mountain air as much as I am. As we all know, what comes with winter is ice and snow. Please be careful as you maneuver the parking lot at the Neighborhood Center these coming months, both driving and walking. Please take it slow and practice the "duck walk"... with your toes pointed slightly outward, which will help you maintain your balance. I also want to remind everyone that Rocky has a free bus service for Helena Senior Center members who live within the Helena city limits. I encourage you to use it to avoid the hassle of winter driving.

During this season of Thanksgiving, I want to take a moment to thank you for being part of Rocky. We cherish the relationships we share with our senior community, and it's a true pleasure to know you and be part of your life's journey. We appreciate you and can't wait to see what the new year brings for all of us!

Wishing you a happy, safe, and healthy holiday season, from all of us at Rocky!

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 November 17, and December 8, 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!



(Dennis Cont'd from page 5)



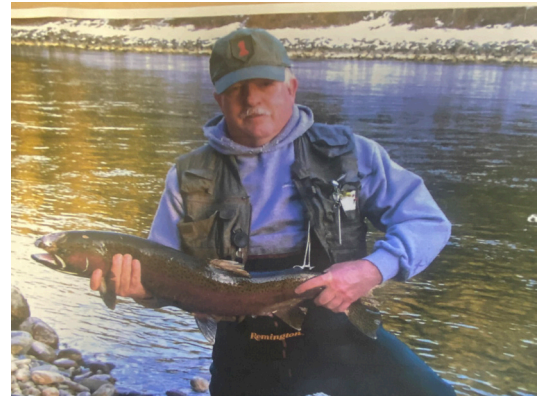
(Dennis pictured with his Cat Shivers)

In the middle of winter, while back in Lincoln, Denny rescued a small kitten. The kitten ended up being a best friend to Denny. He named her Shivers. The story is that Shivers came to captivate the town of Lincoln. She rode with Denny with her head out the window, enjoying the mountain air. The whole town became her domain and everyone knew her. She made her mark, but at some point, had to also make her exit. Her loss was truly felt all over Lincoln. Someone in town even wrote an obituary for her. Denny just recently opened his heart once again at the Lewis and Clark Animal Shelter and has a new kitty named Kristy. She is part Calico and part Siamese. Her personality is totally different from Shivers but

she is slowly warming her way into Denny's heart, a little every day. Denny ran Hooper Park for 19 years. There is a whole lot that happens in Hooper Park in Lincoln. Denny loves to fish and takes trips to Alaska and Mexico to cast his line. He said he and his fishing partners probably give away 150 pounds of fish to friends every year. They catch Cutthroat in the rivers, and Rainbows in the lakes. Much of their fishing is catch and release though. He plays Bingo every Wednesday at Lampkin's and a weekly trivia game at the Bootlegger. He gets into a poker game now and then, which began in a cool treehouse one of his comrades built. Apparently, it had all the amenities of a real house. Unfortunately, the heavy mountain snow ravaged their clubhouse one winter, so now, they play poker at Denny's place.

These days, Denny reflects on his life and says he is glad he is a senior. He is an old, very patriotic soul. He spends a lot of time working in his yard, walking a route most days, and using his treadmill when the snow sets in. He likes old westerns, and

documentaries, but not reality shows. He is the current President of the Lincoln Senior Center, and helps the cook Diane keep things going in the right direction. He comes in every day for some great hot lunches and good conversation with other seniors. Stop by about 11:30 on weekdays and you will surely hear some great stories and get a good home-cooked meal.



(Dennis pictured above with a huge Rainbow Trout!)

MUSIC WITH BILL STARRING HEAD START CHILDREN

In October, the Helena Senior Center teamed up with Head Start to sing songs as an intergenerational connection. All Seniors are invited to join to listen and sing with the children as Bill (Program Coordinator) leads the children in fun songs. Come early for lunch and join the fun and energy of our Head Start children.

Join us on Monday, November 6, and Monday December 4. starting around 10:45 am on the Dance Floor.



Working together with Shriners for the benefit of Shriners Hospitals for Children

Daughters of the Nile will be selling nuts and candy at the Rocky Senior Center on November 15, and December 12.

Classics:	NILE BRAND:
Cashews \$12	Pistachios \$15
Pecans \$15	Chocolate Raisins \$13
Mixed Nuts \$13	Bridge Mix \$14
Light Walnuts \$12	Spicy Party Mix \$13
Trail Mix \$11	
Pecan Cluster \$11	
Roasted Almonds \$11	



Sapphira Temple No. 79
Daughters of the Nile -
Patrol Band 2023 Nuts
and Candy for sale/1 lb.
BAGS/16 oz

Contact: Judy Nielsen 406-431-5959
Carynn LeMieux C: 406-431-5924
Karen Tobel H: 406-443-2230

A portion of net proceeds helps support
Shriner's Hospitals for Children®
THANK YOU FOR YOUR SUPPORT

Join us for a Holiday Card Making Class!



RSVP Volunteers will be hosting a Thanksgiving and Christmas card making class!

The class is free and all materials will be provided.



Friday, November 17
1 pm - 3 pm
Neighborhood Center Card Room

