

VOICE OF EXPERIENCE



March - April 2026

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

HELENA SENIOR CENTER SURVEY SUMMARY

By Samara Lynde, RSVP Program Director

In January, the RSVP (Retired & Senior Volunteer Program) surveyed seniors at the Helena Senior Center to find out how it is being used, what people like about it, and what we can do to improve our services there. 110 individuals participated in the survey, and we received helpful feedback.

Most people stated that they visit weekly, while 15 said they come every day. The reasons for this varied, but the top three were socializing, meals, and exercise classes.

Some new activities suggested included movies, special interest lectures, needlework group (crochet, cross-stitch, embroidery...), speed dating, backgammon group, Scrabble, and more arts & crafts classes. The staff will take note of your sugges-

tions and implement those that they can. If you are interested in leading any of these or have other ideas, please let us know.

A few survey participants commented on our “needs improvement” question, and we are grateful for your feedback. The comments suggested more health training for the salad bar and exercise volunteers, longer hours for the card-making classes, more afternoon class options, and sprucing up the silverware.

Out of the 110 people surveyed, 89 were very satisfied, 16 were satisfied, three individuals were dissatisfied, and two were neutral. Overall, we found that people using the Senior Center were happy with the classes, food, and services offered. 44 of those surveyed expressed their concerns, thanks, and appreciation, and what they specifically enjoy about the center in the additional comments section. We have the full survey results available in the Senior Center for anyone interested in reading those comments.

Thank you to all who participated. Your opinion and feedback are very important to us!

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

200 South Cruse Avenue
Helena, MT 59601

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HELENA SENIOR NUTRITION MENU - MARCH 2026 For Additional Information Call: (406) 447-1680
 Lunch served from 11:30-12:30 *This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 MOCK CHOP SUEY BROWN RICE CAULIFLOWER & PEAS COLESLAW FRUIT COCKTAIL	3 CHICKEN BALI Over RIGATONI PASTA CAPRI VEGETABLES PICKLED BEETS CINNAMON CHERRY APPLES	4 BISCUITS & SAUSAGE GRAVY POTATO WEDGES BAHAMA VEGGIES FRUIT SALAD	5 BREADED BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH BEAN MEDLEY APRICOTS	6 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES
9 CHICKEN NOODLE CASSEROLE SAN FRANCISCO VEGGIES GREEN SALAD w/GARBANZOS APRICOT HALVES	10 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS WHOLE GRAIN ROLL APPLESAUCE	11 ROAST TURKEY STUFFING CASSEROLE SWEET CORN BRUSSELS SPROUTS TROPICAL FRUIT	12 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES LIMA BEANS PINEAPPLE	13 BIRTHDAY DINNER CHICKEN FRIED STEAK MASHED POTATOES SAUTÉED GREENS WHOLE GRAIN ROLL PLUMP PEACHES BIRTHDAY CAKE
16 CHILI CON CARNE CORN BREAD MEDITERRANEAN VEGGIES CARROT RAISIN SALAD APRICOTS	17 ST. PATRICK'S DAY DINNER CORNED BEEF & CABBAGE POTATOES & CARROTS BLARNEY STONE ROLL LUCKY PEARS GREEN VELVET CAKE	18 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE SWEET PEACHES	19 BBQ PORK RIBS SWEET YAMS GREEN BEANS WHOLE GRAIN ROLL PINEAPPLE	20 CITRUS BAKED TILAPIA WILD RICE CAULIFLOWER DICED BEETS FRUIT COCKTAIL
23 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW PINEAPPLE	24 TATER TOT CASSEROLE CARROT COINS PURPLE BEETS SWEET PEARS	25 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES	26 BEEF TACO CASSEROLE w/FRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN JUICY PEACHES	27 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS APPLESAUCE
30 SALISBURY STEAK SEASONED BROWN RICE SCANDINAVIAN VEGETABLES 4-BEANS & GREENS JUICY PEARS	31 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS BAKED APPLES	SALAD BAR INCLUDED IN CONGREGATE MEALS 		Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club 

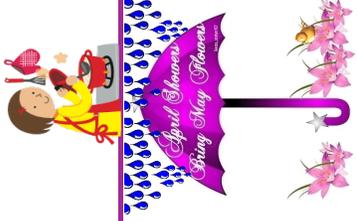
WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION
 USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250.
 This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN. Cassandra Drynan, RDN
Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$10.00.

HELENA SENIOR NUTRITION MENU - APRIL 2026

LUNCH SERVED AT 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
	<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</p> <p>BEEF BROCCOLI OVER STEAMED RICE GOLDEN CORN CARROT COINS APRICOT HALVES</p>	<p>2</p> <p>BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL FRUIT COCKTAIL</p>	<p>3</p> <p>SALMON PATTY ON A BUN KEY LARGO VEGGIES SWEET POTATOES JUICY PEACHES</p>
<p>6</p> <p>CHEESEBURGER ON A BUN POTATO WEDGES PACIFIC VEGGIES FRUITED JELLO</p>	<p>7</p> <p>SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES SPRING VEGETABLE MIX PINEAPPLE</p>	<p>8</p> <p>BEEF TAMALE PIE REFRIED BEANS SPANISH CAULIFLOWER APRICOTS</p>	<p>9</p> <p>TUSCAN CHICKEN FRESH LINGUINE PASTA GARDEN PEAS DICED BEETS PEACHES</p>	<p>10</p> <p><u>BIRTHDAY DINNER</u> PINEAPPLE GINGER PORK LOIN STEAMED WHITE RICE ROASTED BROCCOLI GLAZED CARROTS TROPICAL FRUIT BIRTHDAY CAKE</p>
<p>13</p> <p>ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES</p>	<p>14</p> <p>ORANGE CHICKEN BROWN RICE BROCCOLI & CAULIFLOWER GREEN PEAS JUICY PEARS</p>	<p>15</p> <p>BEEF-N-NOODLES CARROT COINS PICKLED BEETS PINEAPPLE</p>	<p>16</p> <p>OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES THREE BEAN SALAD BAKED CRAN-APPLES</p>	<p>17</p> <p>LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT COCKTAIL</p>
<p>20</p> <p>MONTANA PASTY w/GRAVY WINTER VEGETABLES GREEN SALAD w/BEANS WHOLE GRAIN ROLL APRICOT HALVES</p>	<p>21</p> <p>POTATO, VEGGIE & CHEESE SAUSAGE EGG BAKE PACIFIC VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>22</p> <p>PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE</p>	<p>23</p> <p>CHICKEN A LA KING BUTTERMILK BISCUITS GARDEN PEAS CARROT COINS FRUIT COCKTAIL</p>	<p>24</p> <p><u>CLOSED</u> STAFF TRAINING</p> 
<p>27</p> <p>SLOPPY JOES ON A BUN BAKED BEANS COLESLAW MANDARIN ORANGES</p>	<p>28</p> <p>OVEN BAKED CHICKEN w/HERB SAUCE WILD RICE PILAF SWEET YAMS GREEN BEANS CRANBERRIES</p>	<p>29</p> <p>CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER JUICY PEARS</p>	<p>30</p> <p>BAKED HAM MACARONI & CHEESE COUNTRY VEGETABLES GARDEN PEAS CINNAMON APPLESAUCE</p>	

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION
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Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$10.00.

VOICE OF EXPERIENCE

SENIOR CENTER

ACTIVITIES

MONDAYS

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

12:30 pm - 1:30 pm - How the TECH Does this Thing Work? (2nd Monday of each month) - Parlor - Transportation is available

12:30 pm - Backroads of Montana - 4th Monday of the month - Card Room

1:00 pm - Bridge - Dance Floor

TUESDAYS

9:00 am - Crafty Quilters - Card Room

9:15 am - Line Dancing - Dance Floor

11:30am - Frank Kuntz on Piano - Most Tuesdays - Dining Room

1:00 pm - Pinochle - Card Room (Pinochle Tournament Every Other Month on Monday & Tuesday)

*Tournament Dates: March 2 & 3

1:00 pm - Bridge - Dance Floor

WEDNESDAYS

9:30 am - 10:30 am - Senior Advisory Council Meeting (First Wednesday of Each Month) - Card Room

9:30 am - 11 am - Arts & Craft Class - Dance Floor - 4th Wednesday of every month

10:30 am - 11:00 am - Qi Gong - Card Room or Outside, by the Playground, Weather Permitting

10:30 am - 12:00 pm - Tech Time with Mary (The 2nd and 4th Wednesday of the Month)

11:00 am - Estate Planning with Ann - 2nd Wednesday of the month - Dance floor

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

1:00 pm - Scrapbook with JoJo - Dining Room - 2nd Thursday of the Month

FRIDAYS

8:30 am - 11:00 am - Cribbage - Dance Floor

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

SUNDAYS

1:00 pm - Pinochle - Card Room

Upcoming Senior Nutrition Program Closures

Rocky's Senior Nutrition Programs (Meals on Wheels, and Congregate Dining) will be closed on Friday, April 24, for staff training. All other activities and classes will be available.

Birthday Meal Celebration

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! Lunch is served at 11:30 am. Mark your calendars for Friday, March 13, and Friday, April 10 and come join us.

SPECIAL EVENTS & NEW ACTIVITY OFFERINGS

How the TECH Does this Thing Work?

Bring your smartphone and learn the basics of that pesky (but useful) gadget. Taught by Bryon from UM Helena College, this class has a different topic each month. It will cover everything from texting, to using apps, to email, to surfing the web, all while staying safe from scams and viruses.

March 9 & April 13 - 12:30 pm - 1:30 pm

The Rocky shuttle will be available!

Neighborhood Center Card Room

Estate Planning with Ann

If you need a Power of Attorney or a will, come talk to Ann for a 1-on-1 conversation about your needs and get connected to affordable resources.

March 11 & April 8 - 11:00 am to 12:30pm

Neighborhood Center Dance Floor

Backroads of Montana

Join us for a viewing of the popular PBS show all about our great state! Conversation to follow.

March 23 & April 27 - 12:30 pm - 1:15 pm

Neighborhood Center Card Room

Rocky Shuttle is available!

Art Class with Rachel and Danica

Join Rachel & Danica from Angel Care and learn a new

Special Events Continued on P. 5

Special Events Continued from P. 4

craft or art project each month!
March 25 & April 22 - 9:30 am -11:00 am
Neighborhood Center Dance Floor
Free! All materials provided!

Scrapbook with JoJo

Bring your own scrapbook and mementos and preserve your memories in a special way! All other materials are provided!
March 12 & April 9 – 1:00 pm
Neighborhood Center Dining Room

Frank Kuntz on Piano

Enjoy your lunch with a side of live music! Frank Kuntz is a talented professional pianist who has performed at Disneyland and Six Flags, as well as a myriad of other impressive venues and events throughout his career. Frank plays lively ragtime, classical, and original compositions infused with humor and energy that will make you want to dance! By all means, please do!
Most Tuesdays – 11:30 am – 12:30 pm
Neighborhood Center Dance Floor

St Patrick’s Day Celebration Meal

Mark your calendars for Tuesday, March 17, 2026!
Lunch begins at 11:30 am. The hardworking kitchen team from Rocky will prepare a delicious corned beef & cabbage meal, and the famous “Mermaids” will be serving.

Senior Council Fundraiser - Hosted by Eagles 4040

Join Eagles 4040 in East Helena as they graciously host a “Steak Fry Fundraiser” benefiting the Rocky Senior Council! The Senior Council will use the funds to plan events and activities for the Rocky Senior Center. Come for great food, fantastic company, and a silent auction. See you there!

Where - Eagles 4040 - 14 W. Main St., East Helena, MT 59635

When - April 13, from 5:30 - 8:00 pm

Cost - \$20

Menu - 12 oz. steak, baked potato, salad, and dinner roll



HOSTED BY RMDC SENIOR COUNCIL

LUAU CELEBRATION

Catered Menu

- Pretzels with Beer Cheese
- Pineapple BBQ Pulled-Beef Sandwiches
- Pineapple Baked Beans
- Creamy Coleslaw
- Roasted Vegetable Medley
- Vanilla Ice Cream with Wafer



Come enjoy great company, live music, a silent auction, and tropical flavors!

SATURDAY - May 2nd

Doors open at 11-Food served at 12
Senior Center 200 S. Cruse Ave
Shuttle Available!

Registration Starts April 1st
RSVP and \$25 payment due April 22nd
Register by email: mmckitrick@rmdc.net
or phone: (406)457-7372



CARD MAKING

FRIDAY, MARCH 13
12:45 - 3:45 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

Horoscopes – The Stars Speak

Mildly Inaccurate Astrology

By Mary McKittrick, Senior Center Coordinator

♈ Aries - March lights up your confidence! People may start following you around like you're the cruise director. April asks you to slow down and focus on your body and routines. Jennie's Exercise Class is calling your name.

♉ Taurus - March highlights finances and cozy pleasures. April brings a strong urge to reorganize everything, including the cookie tin. Treat yourself to Coffee and Caramel Rolls, then schedule 1 on 1 Estate Planning with Ann. Very responsible, very "I'm on top of it."

♊ Gemini - March has you chatting, texting, and telling stories like a professional podcast host. April brings curiosity overload. Your brain wants to learn everything. Perfect time for "How the TECH Does this Thing Work?!" because you're ready to conquer gadgets and confuse the grandkids.

♋ Cancer - March may stir up nostalgia and family feelings. April brings emotional clarity and a desire for comfort. Lean into reading in the parlor when you need peace. Your heart is doing spring cleaning.

♌ Leo - March boosts your playful side and your spotlight energy is strong! April brings creativity and social fun. Get yourself into Arts and Crafts Class and let your inner superstar shine. Glitter is basically your birthright right now.

♍ Virgo - March pushes you to improve habits and manage stress. April rewards you with more energy if you stay consistent. Make time at the Be Well Clinic. You'll feel proud and grounded. Hydrate like it's your job!

♎ Libra - March brings partnership drama or delightful bonding... possibly both. April smooths things out and encourages more connection. Play Bridge and practice diplomacy (and gentle victory). You're charming enough to win even when you

lose.

♏ Scorpio - March is intense, feelings deepen, secrets surface, and you may suddenly want to throw out half your closet. April helps you rebuild stronger. Try Qi Gong for calm, power, and a little mysterious Scorpio glow. Silent strength looks good on you.

♐ Sagittarius - March sparks wanderlust and big ideas. April brings opportunities to explore without leaving town. Join Backroads of Montana and let your spirit roam free. You could be inspired and possibly start planning a trip you may or may not take.

♑ Capricorn - March puts you in "boss mode." April highlights long-term planning and legacy. This is prime time for 1 on 1 Estate Planning with Ann. You love a good plan almost as much as you love being right.

♒ Aquarius - March is social and busy! Your calendar may start looking like a celebrity's. April brings new friendships and fun surprises. Jump into Pinochle or Hand and Foot, and enjoy your quirky genius vibe. People adore your weirdness (in a good way)!

♓ Pisces - March is dreamy but emotional. Eclipse vibes may make you extra sensitive. April helps you recharge and find inspiration. Scrapbooking with JoJo is perfect for your sentimental soul. You'll feel lighter, sweeter, and maybe a little teary, in a wonderful way!

Resolutions Continued from P. 1

APRIL FOOLS - HUMOROUS BEGINNINGS

By Senior Member, Donna Randolph

On April 1, 1554, King Charles IX was very bored. His swords had been neglected by his servants, so the King said..."off with their heads!" But the swords were too rusty to get the job done, so the servants ran away.

The next day, the king asked for pickled goose liver. By noon, the geese were too drunk to walk. They were pickled, indeed. The king felt he was losing power. When he looked in the mirror, he saw a fool looking back at him. It was the first of April, and he felt his world had been turned upside down. He called for the Court Jester and told the Jester to make him laugh. The Jester said, "There's no fool like an old fool." The King yelled, "Off with his head." The king said to the Jester: "This will be your last laugh!"

Because the king needed an excuse for a holiday, he chose April 1. The days had been growing longer, and his patience had grown shorter.

So, the king ruled that this holiday would be repeated throughout the land. There would be feasts, dances, masked balls, juggling, contests, pole vaulting, and newly created song lyrics. The award would be 10 boxes of pickled goose liver!

Now, fast forward to 2026.

Still, limericks are popular as ever. Here are some to make you laugh.

Why did the chicken cross the road?

Because the other side was more interesting

How do you keep a fool in suspense?

I'll tell you the answer tomorrow.

How many fools does it take to change a light bulb?

Four, one to hold the light bulb and three to turn the chair.

Why was Hippie King Charles getting lost on the freeway?

Because he was having a back-flash.

Caregiver Support

Rocky's Agency on Aging has introduced a new individualized online support service for family caregivers who provide daily care to loved ones. This service is designed to meet caregivers where they are, offering personalized support, practical resources, and guidance to help ease the challenges of caregiving.

What Is Trualta?

Trualta is offered through **Rocky's Agency on Aging** at no cost to eligible caregivers.

Trualta is an online education and support program for family caregivers. It offers short, easy-to-understand lessons that help caregivers feel more confident and prepared when caring for an older adult or someone with ongoing health needs.

Who Is Trualta For?

- Family members caring for an older adult
- Friends or neighbors helping with daily care
- Caregivers supporting someone with memory loss, chronic illness, or mobility challenges

What Does Trualta Offer?

- Short lessons you can watch or read at your own pace
- Practical tips for everyday caregiving tasks
- Guidance on safety, mobility, and personal care
- Information on memory loss and dementia care

Trualta Continued on P. 9

FRIENDSHIP, QUILTS, AND GIVING WITH ROCKY'S CRAFTY QUILTERS

By Steven Ferriter, Community Outreach Coordinator

When my wife gave birth to our first child, a girl named Sofia, we were showered with many wonderful gifts. One of our favorites was a quilt we received from Rocky's Crafty Quilter group. It was not the only quilt. We received two others from close friends and family. My wife and I both agreed that the gifted quilts conjured up special feelings. A feeling of warmth, nostalgia, and appreciation for the time and effort that went into the handmade blankets.

I knew we were not alone in the way quilts made us feel. While organizing fundraising events at Rocky, we have been fortunate to receive many donated quilts from the Crafty Quilters for our various fundraising efforts. They are always popular items, highly sought by guests who sense that these gifts are special because of the thoughtfulness that goes into each quilt.

I wanted to understand more about what makes quilts and quilting special, so I decided to consult the experts through a conversation with two close friends whose bond began over quilting at Rocky's Crafty Quilters Class.

Carla Trewett and Christine Peña's friendship began



5 years ago when Carla joined the Crafty Quilting Class that Christine had been attending since 2015. Neither of the two entered the class expecting to form such a close friendship.

It turns out quilting was conducive to forming friendships.

“To me, it’s simple, you can talk and work at the same time. Many questions come up in the quilting process as we all help one another, and naturally that leads to more conversation,” Christine elaborated.

The friends also share a background of helping people. Christine worked as a lifelong teacher, teaching fine arts in the Los Angeles Unified School District, a place that could be rough around the edges but that gave her great joy. Carla worked in healthcare as a nursing aid in her home state of Iowa and here in Helena.

With a class of around 15 quilters, each quilt created by the Crafty Quilters has its own unique path from start to finish, often with many hands contributing to the finished product.

“Each of our quilts has input from everyone in the group. Some quilts are in all stages of development, and each person has a skill they offer that contributes to finishing a quilt,” said Carla.

Lastly, we tackled the question I sought to answer. What makes a quilt so special? I understood, of course, that there was no black-and-white answer to this question, but I was curious whether the warm feelings we felt from our gifted quilts were something this quilting duo would inherently understand.

When I asked the question, each had the same response: they are comforting.

“Quilts are made with love, and people can feel that. They become heirlooms in my family. My grandmother made my firstborn a quilt that she hand-stitched and hand-tied, which he took all around the house with him. When he outgrew the quilt, I put it away until he had his son, and it turned into his quilt,” Carla said.

Quilters Continued on P. 9

Trualta continued from P. 7

- Support for caregiver stress and self-care

Why Use Trualta?

- Learn safe and effective caregiving skills
- Feel more confident in their caregiving role
- Reduce stress and feelings of isolation
- Get reliable information when they need it

How Do I Sign Up?

1. Contact **Rocky’s Agency on Aging** by phone at 406-457-7368
2. Ask about caregiver education or Trualta access
3. Once enrolled, you will receive instructions via email highlighting the virtual nature of Trualta and how to begin using the program

Need Help Getting Started?

If you have questions or need help accessing Trualta, please contact Rocky Agency on Aging call 406-457-7368.

Quilters Continued from P.8

“Quilts are so much more than a blanket. They have an incredible history. In Africa, portions of quilts would be made with a significant fabric and gifted to other groups. In the United States, they predate civil war times; they are really a timeless gift,” said Christine.

My conclusion is this: Quilts are certainly special. They make us feel warm and comforted. The reasons are our own, just as each handmade quilt is unique.

Rocky’s Crafty Quilters meet every Tuesday at the Neighborhood Center, where they design quilts that go out to organizations like the YWCA, God’s Love, Shodair, local churches, and fundraising events.

COMMODITIES SCHEDULE

Avon, MT	Wednesday, March 25 10:45 am - 11:00 am
Townsend, MT	Monday, March 23 11:00 am - 11:30 am
Lincoln, MT	Wednesday, March 25 12:30 pm - 1:00 pm
White Sulphur Springs, MT	Monday, March 23 1:00 pm - 2:00 pm
Whitehall, MT	Thursday, March 26 11:00 am - 12:00 pm
East Helena, MT	Monday, March 23 2:00 pm - 3:00 pm
Boulder, MT	Thursday, March 26 1:00 pm - 1:30 pm
Wolf Creek, MT	Tuesday, March 24 10:30 am - 11:00 am
Helena, MT @ Food Share	Monday, March 23 12:30 pm - 6:30 pm
Augusta, MT	Tuesday, March 24 12:30 pm - 3:30 pm
	Wednesday, March 25 12:30 pm - 3:30 pm
	Thursday, March 26 12:30 pm - 6:30 pm
Elliston, MT	Wednesday, March 25 10:00 am - 10:30 am

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

They say that if March comes in like a lion, it will go out like a lamb. Given the mild winter we've had so far this year, who knows if this bit of weather folklore will hold true. I keep waiting for that lion's roar of winter weather, but if we moved straight to April showers bringing May flowers, I'd be fine with that!

The spring months are busy here at the Rocky Neighborhood Center, not just with our regular activities, but additional events such as AARP tax assistance and another Job Service "Retired for Hire" opportunity. March is also when we host one of our most popular senior center lunches, which is of course the annual St. Patrick's Day feast. It's fun to see everyone's Irish spirit, whether you are Irish or not! We could all use some of the luck o' the Irish, couldn't we?

As the days get longer and the nights get shorter, I hope you can get outside and enjoy the springtime beauty of our great state. We are fortunate to live in a place of so much natural wonder, and one can't help but feel hope and optimism amid all the new growth of the spring season. Take a moment to let the sunshine work its magic and carry its warmth and positivity with you throughout the season.

GUINNESS BRAISED SHORT RIBS!

By Steven Ferriter, Community Outreach Coordinator

For those who plan to cook this St. Patrick's Day, may I suggest an alternative to the classic corned beef and cabbage?

How about braised short ribs! Here are the ingredients you will want to buy to serve four people:

- 3 lbs. of Beef Short Ribs, divided into 4 equal portions
- 2 Carrots
- 3 Celery Stalks

- 1 Medium Yellow Onion
- 5 Cloves of Garlic
- 1 Can Guinness Draught (14.9 oz)
- 4 C Beef Stock
- 2 Tbsp Tomato Paste
- Thyme
- 2 Tbsp Butter
- 2 Tbsp Olive Oil
- 1 Tbsp honey

Grab a Dutch oven and let's get started!

The first step will be to chop your vegetables. You do not have to worry about precise cuts, as the vegetables will be removed from the sauce before serv-

Ribs Continued on P. 11

Rocky Pinochle Club Dates

If you know how to play pinochle and are looking for a fun and friendly group of people, come play with us! New members are always welcome. Pinochle players meet every Sunday and Tuesday at 1:00 pm in the Card Room. Buy in is \$2.

Pinochle Tournament Dates: March 2 & 3

Bingo

Bingo is a great time for folks to come together with friends and even make some new ones! Did you know there are benefits for older adults who play Bingo? It is a great weekly routine that improves cognitive function and memory recall. It can even decrease the risk of mental illness. At Rocky, Bingo is a type of competition structured for older adults to interact with others. Invite friends, enjoy time playing, and maybe be lucky enough to win!

Cards are \$1 each

Regular Payout-\$10

Special Payout- \$12

Blackout Payout - \$20

We look forward to seeing you at the Helena Senior Center for Bingo every Wednesday at 1:00 pm in the dining room!

INTERESTED IN ROCKY'S SENIOR ADVISORY COUNCIL?

Do you want to be a part of a team of your peers that have the opportunity to plan exciting events for the Senior Center? The Senior Council welcomes guests and new members and is always willing to listen to new ideas. Helena's Senior Center has a wonderful group of dedicated members that meet the first Wednesday of every month from 9:30 am to 10:30 am in the Card Room at the Senior Center. Rocky is very fortunate to have such caring and dedicated members who serve on the Senior Council.

Verna Bunger (President)

Marilyn Abbott (Vice President)

Fran O'Hara (Secretary / Treasurer)

Brenda Wine-Gar

Kathy Schmit

Lucille Gordon

Martha Nottveit

Nancy Sweeney

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: ing. Once that is complete, you can begin heating
: some of your oil in a Dutch oven. Once the pan is
: hot, begin browning off your seasoned (salt and pep-
: per) short ribs. All you are looking for here is to get
: some color on the ribs. Once the outside of your ribs
: are golden brown, add the remaining oil and butter
: and begin sautéing your roughly chopped vegeta-
: bles. Season with salt and pepper (go light, you can
: always add later), and sauté these for around 5 - 10
: minutes until they begin to sweat and soften up a
: bit.

: Next, add the tomato paste. Cook your tomato paste
: and vegetables, and season for around 5 minutes.
: Let the tomato paste brown.

: Now add in the Guinness, beef stock, thyme, and
: honey! Cover your Dutch oven with a lid, place it
: in the oven at 300 degrees, and let it cook for four
: hours!

: Once cooked, remove your Dutch oven and check
: your ribs for tenderness. They should be extremely
: tender and easily pulled apart with a fork.

: Take your ribs out and set them aside on a plate.
: Strain your sauce, removing all of the vegetables. If
: you want your sauce to thicken, you can reduce it
: over medium heat in any pot or pan that works well
: for holding your sauce. Be sure to taste your sauce
: to see if it requires additional salt or pepper. Serve
: with mashed potatoes or pasta!



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 Helena Senior Center
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