Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE

ROCKY
ROCKY MOUNTAIN DEVELOPMENT COUNCIL, INC.
Improving lives, strengthening communities.

November - December 2026

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

SPEAKING OF THE HOLIDAYS

By Mary McKitrick, Senior Center Coordinator

This time of year is as exciting and varied as the possibility of a Montana snowstorm in the month of June! Lights are a-twinkling, windshields need a-scraping, and there is always lots to choose from on the honey-do list. We asked the people of the senior center: "What is a unique holiday season tradition that is special to you?"

Bill Gulledge, age 67- I have Thanksgiving dinner at the apartment complex where I live with turkey and all the trimmings.

Kathleen Stout, age 65- "Our family draws names and keeps it a secret until our traditional lunch/dinner the day before Xmas, and the day before New Years. It's fun to try and figure out who your secret pal is… until revealed! I'm often wrong when I guess, but sometimes I guess correctly!"

Verna Bunger, age 70- "I drive around to look at Christmas decorations. Then I go home to hot cocoa and sit by the fireplace."

Carole Solomon, age 76- "Hanukkah is one of my favorite Jewish holidays known as the "festival of lights". The nine branched candelabrum is a menorah that is lit one at a time over the course of eight days. Latkes (potato pancakes) are served with sour cream and applesauce, and Dreidel is a dice game that is often played."

Tammy Hutchinson, age 56- "I love drinking something warm in the darkness in front of the Christmas tree. It allows time for me to reflect on the blessings of the season, and I love seeing the lights and thinking about the memories associated with the ornaments."

Debby Byars, age 69- "About a week before Christmas, my son, John Luke and I have dinner at Applebees, then go to Ten-Mile sub-division to look at all the lights.

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200 South Cruse Avenue
Helena, MT 59601

PO Box 1717
Helena, MT 59624-1717

Phone: 406-447-1680
1-800-356-6544

HELENA SENIOR NUTRITION MENU - NOVEMBER 2026

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
2 BEEF STROGANOFF EGG NOODLES	3 CLOSED ELECTION DAY	4 TUSCAN CHICKEN WILD RICE	5 HAMBURGER ON A BUN JOJO POTATOES	6 KFC BOWL *POPCORN CHICKEN* *CORN, CHEDDAR CHEESE & GRAVY* *OVER MASHED POTATOES*
9 BBQ PORK RIBS	10 VETERANS DAY LUNCH CHICKEN CORDON BLEU SCALLOP POTATOES ***Vets eat free. Sponsored by Senior Advisory Council***	11 CLOSED – VETERANS DAY 	12 SWEET & SOUR MEATBALLS BROWN RICE	13 BIRTHDAY DINNER CHICKEN FRIED STEAK MASHED POTATOES
16 CHICKEN NOODLE CASSEROLE	17 MONTANA PASTY W/GRAVY	18 TERIYAKI CHICKEN BREAST BROWN RICE	19 BISCUITS & SAUSAGE GRAVY	20 THANKSGIVING DINNER ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY
23 TACO RANCH BEEF NOODLE SUPREME	24 POLISH SAUSAGE	25 PARMESAN CRUSTED TILAPIA WILD RICE	26 CLOSED 	27 CLOSED 
30 HOMEMADE HAM & BEAN SOUP	*2% milk is delivered daily with Home Delivered Meals and available 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.

HELENA SENIOR NUTRITION MENU - DECEMBER 2026



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
SALAD BAR INCLUDED IN CONGREGATE MEALS *2% milk is delivered daily with Home Delivered Meals and available daily in the Dinner Club*	1 TATER TOT CASSEROLE	2 HOT TURKEY SANDWICH MASHED POTATOES	3 BEEF TACO CASSEROLE W/REFRIED PINTO BEANS	4 CHICKEN PATTY ON A BUN
7 MONTANA PASTY W/GRAVY	8 SMOKED SAUSAGE & SCALLOPED POTATOES	9 SWEET-N-SOUR PORK WILD RICE	10 BBQ CHICKEN BAKED BEANS	11 BIRTHDAY DINNER SALISBURY STEAK ROSEMARY ROASTED RED POTATOES
14 CHEESEBURGER ON A BUN	15 BEEF BROCCOLI OVER STEAMED RICE	16 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES	17 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS	18 HOLIDAY DINNER BAKED HAM W/APPLE CRANBERRY CHUTNEY ROASTED BABY BAKER POTATOES
21 ZITI NOODLES W/MEATBALLS	22 ORANGE CHICKEN BROWN RICE	23 OPEN FACE PORK SANDWICH W/GRAVY	24 CLOSED 	25 CLOSED 
28 SALMON PATTY ON A BUN	29 POTATO, VEGGIE & CHEESE SAUSAGE EGG BAKE	30 PORK & VEGGIE STIR FRY BROWN RICE	31 CHICKEN A LA KING BUTTERMILK BISCUITS	

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.

All Adults welcome! Paid membership is NOT required!
200 S. Cruse Ave. Helena MT 59601 406-457-7372

♦ Card Room | ♫ Dining Room | ☼ Parlor

Helena Senior Center Activities Schedule

MON	TUES	WED	THURS	FRI
			8A-10:30A ♫ Caramel Rolls	
8:30a-9:15a ♦ Tai Chi - Balance		9a - 10a 1st/Wed ♦ Senior Council	8:30a-9:15a ♦ Tai Chi - Arthritis	9a-11a ♫ Cribbage
9a-10:45a ♫ Yarn with Friends	9a-11a ♦ Crafty Quilters	9:30a-11a 3rd/Wed ♫ Crafts Class	9a-10:30a ♫ Be Well Clinic	
	9a-10:45a ♫ Line Dancing	10a-12p 2nd & 4th/Wed ☼ Tech Time w/ Mary	9a-10:45a ♫ Line Dancing	
10:30a-11:15a ♦ Jennies Exercise		10:30a-11a ♦ Qi Gong		10:30a-11:15a ♦ Jennies Exercise
12:30p-1:30p 2nd/Mon ♦ Karaoke			11a-12:30p 2nd/Thurs ♫ Estate Planning	
12:30p-3p ♫ Bridge	12:30p-3p ♫ Bridge	12p-3p ☼ Hand & Foot		12:45p-2:15p ♫ Creative Arts
12:30p-1:30p 3rd/Mon ♦ Rocky Entertains	1p-4p ♦ Pinochle	1p-3p ♫ BINGO	1p-3p ♫ Wood Carving	
12:30p-1:30p 4th/Mon ♦ Backroads of MT		3p-4:30p 1st/Wed ♦ Grief Group		
SUNDAY ♦ 1p-4p Pinochle				

Parlor Hours: Monday - Friday 8a-4p Enjoy Games, Puzzles, books, and great company!

RMDC SENIOR CENTER ACTIVITIES

Tai Chi For Balance - Tai Chi is an ancient Chinese form of self defense that is low impact and has many health benefits, including better balance and flexibility. This class involves a slow focused series of graceful movements and deep breathing.

Jennie's Exercise for Arthritis- This is a class that covers a variety of range-of-motion and endurance building exercises. Using a chair for stability, and safe movements for all levels, the only thing to fear are Jennie's potato jokes.

Bridge - Looking for some friends to keep your Bridge game tight? Come join!

Rocky Entertains with Sharon- Rotating events include Sing-a-Longs, Merry Melodies Concerts, and Sharons' Armchair Traveler series.

Crafty Quilters- This group of volunteers design and assemble quilts for people in need. Come Join!

Line Dancing- All genres and decades of music. Boot, scoot, and boogie your way to a good time! All levels welcome!

***Pinochle-** This competitive group has a $2 buy-in on standard days. Tournaments (the 1st Monday and Tuesday every other month) are a $5 buy-in and require pre-registration.

Yarn with Friends - Crochet, knit, needlework, oh my!! Bring your own project and have a DARN good time with friends, old and new!

Senior Council Meeting- Senior Council plans quarterly special events and trips for the enjoyment of our seniors. Join us!

Crafts Class- Feeling crafty? Come do a different project each month!

Tech Time with Mary- Having issues with your phone, tablet, or laptop? Mary Noel will work with you 1 on 1 to solve it!

Qi Gong- Benefit from gentle movement, breath, meditation, and sound, cultivated with intention. All abilities welcome.

Estate Planning- Need a Power of Attorney, Will, or to make changes to existing Estate documents? Come chat with Ann from Montana Generational Justice to discuss your situation and connect with their low-cost to no-cost resources.

Hand and Foot- Come play this card game with a friendly group of people!

***BINGO-** Be prepared to have a blast, and maybe even a… BINGO!! $1 per card. Please bring exact change.

Grief Group- This bereavement support group provides a safe environment to talk about what your going through and provides practical coping strategies and gentle guidance.

Caramel Rolls- Are they the BEST caramel rolls around? YEP! Come for the treats, and stay for the company! $3 each roll.

Be Well Clinic- Get your blood pressure checked by one of our awesome RSVP volunteers!

Wood Carving- Bring your small wood projects and come hang out with a great group of people! All abilities welcome.

***Cribbage-** Do you love cribbage? Do you want to learn how to play? Come join this friendly group of players. Standard days are free. Tournaments (held the 1st Friday of the month in Nov & Dec) are a $4 buy-in and require pre-registration.

Backroads of Montana- Join us for a screening of this popular PBS show. Enjoy snacks with friends, and reminisce about all things MT!

Karaoke- Dust off those singing pipes and show us your best rendition of your favorite songs! Friendly audience members welcome, too!

Creative Aging Arts Workshops- Join a professional Artist teacher from the Holter Museum each week! Participate in learning like drawing, sketchbook club, painting, clay, textiles, jewelry, sculpture, and so much more!

All events are offered at no cost to you with all supplies provided unless noted otherwise

*** Gambling is prohibited for individuals under the age of 18**

ROCKY

Horoscopes November/December The Stars Speak

Mildly Inaccurate Astrology

By Mary McKitrick, Senior Center Coordinator

♈ **Aries** - (March 21–April 19) **-** Your "get up and go" is intensified by the full moon in November. Try Jennie's Exercise class or take a brisk walk down the walking mall after a scrumptious caramel roll. Ice skates are optional but always encouraged. Enjoy family and friends in December but plan in more moments for yourself.

♉ **Taurus** - (April 20–May 20) - November is a great month to make strategic moves. Learn to play Cribbage or put your money where your mouth is at Pinochle. December encourages you to take stock of what you're grateful for and exhale deeply. End the year grounded with some slow and gentle Tai Chi. Or just stand there in class and look like you mean it.

♊ **Gemini** - (May 21–June 20) - A cosmic reset as Mercury resumes forward movement in November may be a good time to pick up an unfinished project. Come to Yarn with Friends on Monday mornings and finally finish that darn scarf. December brings care to the forefront and is a great time to reconnect with a friend over a Senior Center meal.

♋ **Cancer** - (June 21–July 22) - Venus stations direct in November calls for implementing or affirming something you've learned recently. Maybe it warrants some Tech Time with Mary to get a full grasp on how the heck that new app on your phone works! December provides space to celebrate your evolution, not your perfection. Just go with it.

♌ **Leo** - (July 23–Aug 22) - November brings out your adventurous side! Combined with your natural creativity, it's the perfect recipe to whip up something fabulous at the Friday Creative Arts Class. You are all about celebrating in December. Enjoy yourself but stop short of dancing a jig on the dining table.

♍ **Virgo** - (Aug 23–Sept 22) - Mars entering Virgo gives you a surge of focused, practical energy in November. Use that momentum to meet with Montana Generational Justice about that Will or Power of Attorney at the Senior Center on the 2nd Thursday of the month. December prompts you to end the year gently. A caramel roll counts.

♎ **Libra** - (Sept 23–Oct 22) - November's full moon is making you feel especially sharp mentally. Challenge your brain with a game of Bridge. December can feel chaotic with the holidays but remember that you can always say no to unnecessary rush projects or extra tasks. There is no such thing as a turkey emergency…now ham, that's an emergency.

♏ **Scorpio** - (Oct 23–Nov 21) - November's new moon is about small sustainable steps. Why not take small and intentional steps during line dancing? December is all about self-respect. More specifically, belting out Aretha's R.E.S.P.E.C.T at Karaoke! Don't forget cake and ice cream at the Birthday Dinner!

♐ **Sagittarius** - (Nov 22–Dec 21) - The sun entering Sagittarius is making your adventurous and optimistic nature shine this November. Join us for Rocky Entertains with Sharon for a country western oldies concert and let out your own Rhinestone Cowboy. December is time for closure. A visit to the Grief Group may be particularly meaningful.

♑ **Capricorn** - (Dec 22–Jan 19) - November is a great time to start new projects. Check out the Craft Class on November 18th and make Tied Pillowcases or check out the Crafty Quilters. December is making you feel quietly powerful. Surprise everyone with the vibrato when you call out, BINGO! Just be sure you have a bingo.

♒ **Aquarius** - (Jan 20–Feb 18) - An easier rapport could lead to a meaningful romance or friendship in November. Ohlala! Invite someone to lunch and Backroads of Montana on November 23rd. December calls for celebration and time away from screens. Birthday dinner followed by the Creative Arts class may be just what you need.

SCAM CHAT:

Con artists Follow Medicare Enrollment Season

If you are adding or changing your Medicare or Healthcare.gov coverage during open enrollment, watch out for unsolicited calls claiming to "help" you find the best deal.

Scammers may use open enrollment as an opportunity to steal personal information or money.

Open enrollment for Medicare runs Oct. 15 through Dec. 7. Heathcare.gov open enrollment begins Nov. 1.

How the scam works

You receive a call or text message or see an advertisement offering help with Medicare or health insurance. The person contacting you might claim to be an insurance agent or representative who can help you qualify for a cheaper or better plan.

One local consumer reported seeing a Facebook ad about subsidized healthcare payments and calling the number provided. The person who answered claimed to be an insurance agent and began asking questions. When the caller requested the consumer's Social Security number, the consumer refused. The caller continued to pressure them, claiming to be with a government entity and offering to transfer them to a more secure line.

Scammers may claim they can enroll you in a better or cheaper plan while keeping the same services. To get started, they may ask for sensitive information such as your Medicare ID number or Social Security number. Scams can use information you provide to commit identity theft.

Tips to avoid open enrollment scams

• **Be wary of unsolicited offers.** Medicare and Healthcare.gov provide legitimate help for choosing a plan. Contact them directly rather than responding to an unexpected call, message or advertisement.

• **Be cautious of free gifts and "health screenings."** Do not provide your Medicare ID number or other personal information in exchange for an expensive gift or free health screening.

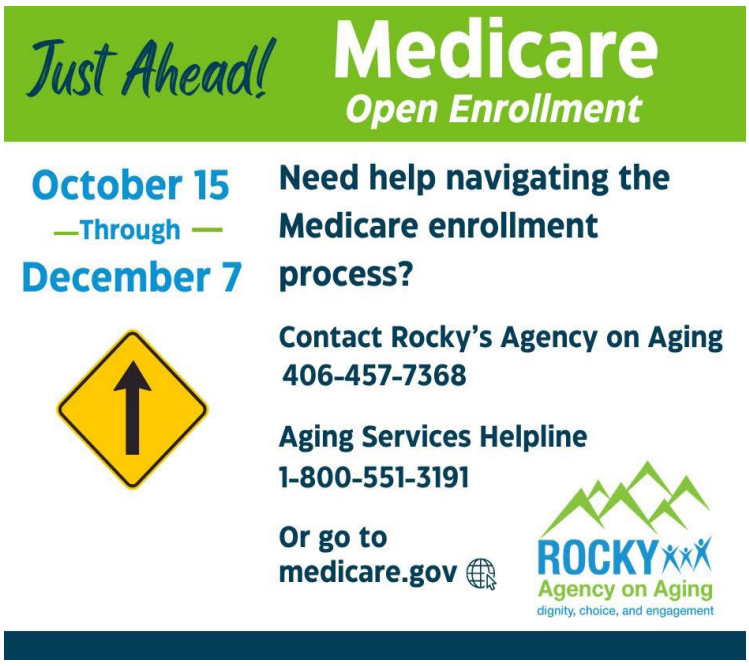
• **Guard your government-issued numbers.** Never offer your Medicare ID number, Social Security number, health plan info or banking information to someone you do not know.

• **Go directly to official websites.** To make changes to your coverage, visit Medicare.gov, Healthcare.gov or your employer's health insurance provider directly. Do not click on links in suspicious messages.

• **Contact your employer directly.** If you receive an unexpected email about your health benefits, contact your employer before clicking on links or providing information.

For more information: If you are unsure whether a call or offer is from Medicare or you gave your personal information to someone claiming to be with Medicare, call 1-800-MEDICARE to report it immediately.

This article originally appeared on The Repository: [Con artists to follow Medicare enrollment season | BBB Scam Tracker]



DATES TO REMEMBER

(See Activities Schedule for Times)

Pinochle Tournament – November 2nd and 3rd

Tech Time with Mary – November 25th, December 9th, and December 23rd *closed November 11th

Karaoke – November 9th and December 14th

Rocky Entertains with Sharon- November 16th Concert: Country Western Oldies and December 21st sing-along: Christmas Tunes

Backroads of Montana – November 23rd *due to holidays

Craft Class – November 18th: Tied Pillowcases and December 16th: Christmas Ornaments *due to holidays

Estate Planning 1 on 1 – November 12th and December 10th

Cribbage Tournament – November 6th and December 4th *due to holidays

Creative Aging Arts Workshops with the Holter – Every Friday *except when Rocky is closed.



Birthday Meal Celebration

Seniors are welcome to have one free meal on any day during their birthday month! Join us in our birthday meal celebration (complete with cake and ice cream) on the 2nd Friday of every month at 11:30am. The wonderful "Mermaids" will be here volunteering to make this a very special, sit-down, served meal! Mark your calendars for Friday, November 13, and Friday, December 11 and be prepared to celebrate all of our November and December babies at the Senior Center! Extra credit for wearing a birthday hat!

Holiday Meal Celebrations

The Helena Senior Center will be hosting their annual Thanksgiving dinner on Friday, November 20. We will be serving roasted turkey and all the fixings, including pumpkin pie! We hope to see you there! Dinner will be served at 11:30 am.

The Helena Senior Center is spreading holiday cheer with our annual Holiday Dinner on Friday, December 18! Enjoy a festive meal featuring baked ham and all your favorite seasonal sides. Gather your friends, share some laughs, and celebrate the season together. Dinner is served at 11:30 a.m.!

Thursday is Caramel Roll Day!

Treat yourself to a fresh, homemade caramel roll every Thursday morning! Rolls are baked fresh and served from 8:00 am to 10:30 am, or until they're sold out.

Caramel Rolls: $3.00 each **Coffee:** Free!

Bring a friend, chat, and enjoy a caramel roll.

November/December Closures

Rocky will be closed on Tuesday, November 3 for Election Day, Wednesday, November 11 for Veteran's Day, and November 26 & 27 for Thanksgiving.

We will be closed on Thursday and Friday, December 24 and 25 for Christmas Eve and Christmas Day.

Honoring Our Veterans!

To our wonderful veterans who are part of our Senior Center family, thank you for your courage, sacrifice, and service to our country. We are grateful for the freedoms you helped protect and truly blessed to have you as part of our Rocky family. You are appreciated today and every day!

In your honor, the Senior Advisory Council will be treating all veterans to lunch on Tuesday, November 10 at the Senior Center!



Continued from Pg. 1

Barb Spooner, age 75- December is the birthday month for me, 4 grandchildren and 1 great grandson so we have a big party to celebrate together.

Mary McKitrick, age 42- "My wife and I go into the woods and hunt down the cutest Charlie Brown tree we can find. Then we go home to decorate the tree, watch "Muppets Christmas Carol" and "National Lampoons Christmas Vacation", and drink tea or a hot toddy."

While the world seems to speed up outside and sometimes become chaotic, we are fortunate to find those special moments that allow us to slow down and appreciate the moment. However you observe the winter season, do it with joy, and maybe even a trip to your favorite Senior Center to share the love.

Holiday wishes to you and yours!



Commodity Supplemental Food Program (CSFP)

Rocky's Commodity Supplemental Food Program (CSFP) provides free food every other month to Montana residents age 60+ who meet income eligibility requirements.

Food packages may include canned fruits and vegetables, canned meat, juice, cereal, milk, cheese, pasta or beans, and peanut butter.

Helena-area participants can pick up their food at Helena Food Share, 1280 Boulder Street. We are grateful to partner with Helena Food Share to make this program more accessible to local older adults.

For eligibility information or questions, call Rocky at 406-447-1680.

Commodities Schedule:

East Helena, MT
United Methodist Church
Monday, November 2nd
2:00 pm - 3:00 pm

Helena, MT @
Helena Food Share
Monday, November 2nd
12:30 pm - 6:30 pm
Tuesday, November 10th
12:30 pm - 3:30 pm
Wednesday, November 4th
12:30 pm - 3:30 pm
Thursday, November 5th
12:30 pm - 6:30 pm



LETTER FROM THE EXECUTIVE DIRECTOR

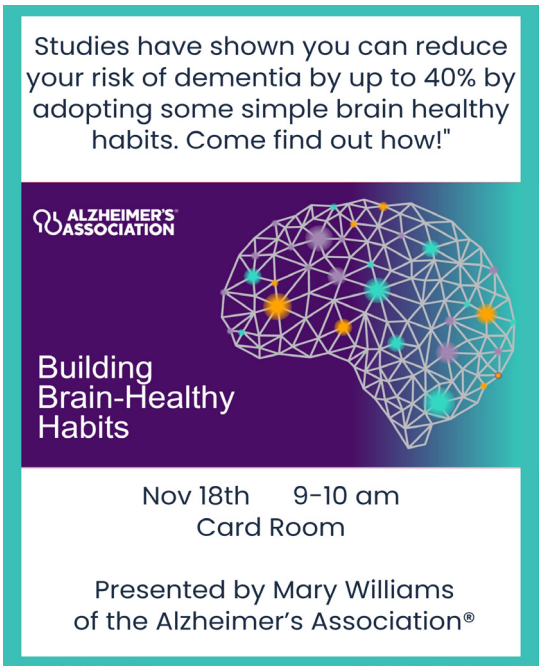
Lori Ladas
Executive Director

As the temperatures drop and the holiday season approaches, it's a wonderful time to reflect on the importance of community and looking out for one another. At Rocky, we are grateful for the friendships, laughter, and connections that make our Senior Center such a special place.

With colder weather comes the start of LIHEAP (Low Income Home Energy Assistance Program) season! If you or someone you know needs help with home heating costs this winter, our LIHEAP team is here to help. Conveniently located in the Neighborhood Center, LIHEAP staff can answer your questions and help you through the application process.

As winter weather arrives, please be mindful of snowy and icy conditions when visiting us. If transportation is a concern, Rocky can cover the cost of Capital Transit bus passes for trips to the Senior Center to enjoy lunch or participate in activities. If this is a need, please see the front desk or give us a call at 406-447-1680.

As we head into the holidays, I hope you'll join us for our special holiday meals at the Senior Center. Wishing you a warm, safe, and joyful holiday season filled with good company and happy memories!



Answer Key

Medium

9	3	2	6	5	7	1	4	8
7	4	6	8	1	3	9	2	5
8	5	1	9	2	4	3	7	6
6	2	7	5	3	9	4	8	1
5	9	8	4	7	1	6	3	2
4	1	3	2	6	8	5	9	7
3	6	5	7	4	2	8	1	9
1	7	9	3	8	6	2	5	4
2	8	4	1	9	5	7	6	3

Volunteer Meal Sealers Needed!

Help make a difference in the lives of local seniors! Meal Sealer volunteers assist our kitchen team with packing hot Meals on Wheels meals, helping ensure they are ready for delivery to clients on time.

Volunteers commit to one day per week, 8:45AM to 10:00AM, weekdays only, excluding scheduled holidays. It's a great opportunity to work alongside Rocky staff and fellow volunteers while helping provide nutritious meals and meaningful connection to our community.

To find out more about this amazing opportunity, contact Tammy Hutchinson at 406-594-4261.

Sweet Tooth? Do you love candy? You're in good company! The parlor regularly has a small basket of candy put out so folks can have a little treat while they are here. A couple of generous seniors are the ones to thank for this, and we so appreciate them! *If you would like to donate to this (very important) cause, please bring your store bought, individually wrapped candies to the parlor. Mary will know what to do. Thanks!! It's awfully sweet of you!*

ROCKY SENIOR CENTER 2027 ANNUAL MEMBERSHIP DRIVE!

We're thrilled to announce that our annual membership drive begins November 2, 2026!

Memberships are just $20 per individual or $30 per couple, and they cover the entire 2027 calendar year.

Your membership makes a difference! While you don't need to be a member to enjoy Rocky's Senior Center, becoming one helps support the activities and programs you love—like bingo, pinochle, art classes, and line dancing. Membership fees also help cover the printing and mailing of our bi-monthly Voice of Experience (VOE) newsletter.

We are deeply grateful for your continued support. Because of you, Rocky's Senior Center can keep offering the programs, activities, and services that make our community such a special place for older adults in Helena and the surrounding areas.

Thank you for being part of the Rocky family — we couldn't do it without you!

New and renewing members are encouraged to complete a simple membership form. Forms and payments can be dropped off at Rocky's Senior Center or mailed to:

Rocky Senior Center

P.O. Box 1717

Helena, MT 59624

ROCKY
ROCKY MOUNTAIN DEVELOPMENT COUNCIL, INC.
Improving lives, strengthening communities.

2027 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: $_____

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Helena Senior Center
PO BOX 1717
Helena, MT 59624-1717

Medium Sudoku.com

								8
			8	1				5
8	5	1				3	7	6
6		7	5				8	
	9	8			1	6		2
4					8			
3	6		7		2			
					6	2	5	
2		4					6	3

09/25/2026

How to play Sudoku:
Fill in the empty cells to solve the puzzle.
Each row must contain numbers 1–9 without repetition. Each column must contain numbers 1–9 without repetition. Each 3×3 box must contain numbers 1–9 without repetition.
You got this!

Thoughtfully designed, affordable, and safe senior and disabled housing in Lewis & Clark, Jefferson and Broadwater counties.
*All phone numbers utilize TTY 711
Learn more at www.rmdc.net

ROCKY
Affordable Rentals

EAGLE MANOR RESIDENCES
1-406-442-0610
Helena, Montana

PTARMIGAN RESIDENCES
1-406-461-9849
Helena, Montana

PHEASANT GLEN RESIDENCES
1-406-461-9849
Helena, Montana

RIVER ROCK RESIDENCES
1-406-461-9849
Helena, Montana

ROCKY MOUNTAIN FRONT PROPERTIES
1-406-438-7125
Augusta, Montana

BIG BOULDER RESIDENCES
1-406-438-5611
Boulder, Montana

TOWNSEND HOUSING
1-406-437-4411
Townsend, Montana