

VOICE OF EXPERIENCE



July - August 2026

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

WORDS OF WISDOM

Life has a way of teaching us lessons we could never learn from a book, and sometimes not even from someone trying to tell us what lies ahead. Some lessons come quickly, while others take years or even decades to fully understand. Along the way, we gain perspective, discover what truly matters, and learn a little more about ourselves.

Recently, we asked members of our senior center a simple question: **“What advice would you give to your younger self?”**

Together, these reflections offer a glimpse into the wisdom that comes from a lifetime of experiences. While none of us can go back and change the past, taking time to reflect on our journeys can help us appreciate how far we’ve come and the lessons that have shaped us along the way.

See what they had to say...

- “Don’t give up on yourself. Keep making friends. Don’t isolate yourself. Keep going. Smile. :) Stay open to possibilities.” - Marty, Age 78
- “Slow down. Everything works out in its own time. Nothing that happens is the end of the world.” - Karen, Age 78
- “Be kind to everyone. Everyone is fighting their own battle.” - Bill, Age 67
- “Don’t take everything so seriously! God doesn’t give you more than you can handle. Be kind to everyone - it takes energy to be unkind.” - Kathleen, Age 80’s
- “Don’t be in a hurry! Take time to smell the flowers and enjoy the moment.” - Carrie, Age 64
- “Put myself out there a little more. Do more things. You can go through life laughing or crying. IT IS YOUR CHOICE! Be patient and kind to all.” - Dan

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HELENA SENIOR NUTRITION MENU - JULY 2026

LUNCH SERVED FROM 11:30-12:30 For Additional Information Call: (406) 447-1680 *This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p> <p>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</p>	<p>1 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES</p>	<p>2 CHICKEN ALFREDO OVER LINGUINE</p>	<p>3 CLOSED</p> <p>HAPPY 4th of July</p>
<p>6 OPEN FACE PORK SANDWICH W/GRAVY MASHED POTATOES</p>	<p>7 ORANGE CHICKEN BROWN RICE</p>	<p>8 ZITI NOODLES W/MEATBALLS</p>	<p>9 CHICKEN FRIED STEAK MASHED POTATOES W/GRAVY</p>	<p>10 BIRTHDAY DINNER CRANBERRY DIJON APPLE CIDER GLAZED PORKLOIN</p>
<p>13 MONTANA PASTY W/GRAVY</p>	<p>14 POTATO, VEGGIE & CHEESE SAUSAGE EGG BAKE</p>	<p>15 PORK & VEGGIE STIR FRY</p>	<p>16 CLOSED</p> 	<p>17 CLOSED</p> 
<p>20 SLOPPY JOES ON A BUN</p>	<p>21 CHICKEN A LA KING BUTTERMILK BISCUITS</p>	<p>22 CHILI OVER TORTILLA CHIPS WITH CHEESE</p>	<p>23 CREAMY CAJUN SMOKED SAUSAGE OVER CAVATAPPI CELLENTANI</p>	<p>24 FISH PATTY W/TARTAR SCALLOPED POTATOES</p>
<p>27 SWEET-N-SOUR PORK WILD RICE CARROT COINS</p>	<p>28 BEEF GOULASH</p>	<p>29 TURKEY NOODLE CASSEROLE</p>	<p>30 SWEDISH MEATBALLS BROWN RICE</p>	<p>31 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES</p>

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

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*.





HELENA SENIOR NUTRITION MENU – AUGUST 2026



LUNCH SERVED FROM 11:30-12:30

For Additional Information Call: (406) 447-1680

*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHILI DOG ON A BUN	4 PEPPER STEAK WHITE RICE	5 PARMESAN CHICKEN BREAST BUTTERED ROTINI	6 HEARTY MEATLOAF MASHED POTATOES W/GRAVY	7 SALMON PATTY W/CREAMY LEMON BUTTER SAUCE WILD RICE
10 CREAMY ROASTED PEPPER CHICKEN BREAST BUTTERED NOODLES	11 PORK CHOPS-N-GRAVY MASHED POTATOES	12 HAMBURGER ON A BUN JOJO POTATOES	13 BEEF STROGANOFF EGG NOODLES	14 BIRTHDAY DINNER CHICKEN MARSALA GARLIC MASHED POTATOES
17 BAKED COD W/GARLIC PARMESAN SAUCE RICE PILAF	18 KFC BOWL POPCORN CHICKEN CORN, CHEDDAR CHEESE & GRAVY OVER MASHED POTATOES	19 BISCUITS & SAUSAGE GRAVY POTATO WEDGES	20 MOCK CHOP SUEY BROWN RICE	21 CHICKEN FRIED STEAK MASHED POTATOES
24 CHICKEN NOODLE CASSEROLE	25 MONTANA PASTY W/GRAVY	26 CHICKEN FAJITA CASSEROLE	27 SWEET & SOUR MEATBALLS BROWN RICE	28 SMOKED SAUSAGE SAUERKRAUT ROASTED RED POTATOES
31 TILAPIA W/CAJUN CREAM SAUCE WILD RICE	 <p>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</p>		 <p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p>	

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

Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$10.00.

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.

SENIOR CENTER ACTIVITIES

MONDAYS

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

12:30 pm - 1:30 pm - Rocky Entertains with Sharon - Rotating Events - 3rd Monday of the month - Card Room

12:30 pm - 3:00 pm - Bridge - Dance Floor

TUESDAYS

8:30 am - Happy Trails Senior Hiking Group - Various Outdoor Locations - Call 406-410-4939

9:00 am - Crafty Quilters - Card Room

9:00 am - Line Dancing - Dance Floor

1:00 pm - Pinochle - Card Room (Tournament Every Other Month on Monday & Tuesday) *Tournament Dates: July 6 & 7

12:30 pm - Bridge - Dance Floor

4:30 pm - Tai Chi for Memory - Card Room

WEDNESDAYS

9:00 am - 10:00 am - Senior Advisory Council Meeting - First Wednesday of each month (except July) - Card Room

9:30 am - 11:00 am - Arts & Craft Class - Dance Floor - 4th Wednesday of every month

10:30 am - 11:00 am - Qi Gong - Card Room or Dance Floor

10:00 am - Tech Time with Mary - 2nd and 4th Wednesday of the month - Parlor

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

3:00 pm-4:30 pm - Stillwater Bereavement Support Group - 1st Wednesday of the month - Card Room

THURSDAYS

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

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

9:00 am - Line Dancing - Dance Floor

1:00 pm - Wood Carving - Dance Floor

FRIDAYS

9:00 am - 11:00 am - Cribbage - (Tournament is the third Friday of each month) - Dance Floor

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

SUNDAYS

1:00 pm - Pinochle - Card Room

Activities and Special Events

How the TECH Does this Thing Work?

We are putting our smart phones down to enjoy the summer sunshine and will be back in the Autumn. See you in September!

Rocky Entertains with Sharon

Join Sharon Liederman as she entertains us in a variety of ways! Each month experience a new edition of Rocky Entertains with Sharon!

Sing-a-Long Edition: Dust off your vocal chords and sing some tunes with Sharon!

Concert Edition: Come enjoy the Merry Melodies musical performance!

Armchair Traveler Edition: Join Sharon as she takes you on her travels around the world!

3rd Monday of the month - 12:30 pm - Senior Center Card Room

July 20 - Armchair Traveler - Wonders of China

August 17 - Sing-a-Long with Sharon - Oldies but Goodies

Backroads of Montana

Taking a break! Exploring backroads of our own! See you in the fall!

Happy Trails Senior Hiking Group

Join JoJo on a merry mountainous meander down the various trails that our local area has to offer! There will be a different meeting place every week, so please call JoJo for more information and to RSVP. Happy trails!

RSVP by calling: 406-410-4939 or Emailing: outdoorjo1961@gmail.com

Tuesdays - 8:30 am

Tai Chi for Memory

Tai Chi improves most aspects of health, including balance, immunity, and relaxation. This class, taught by Dave Krainacker and Nina Heinzinger, is especially useful for people with memory loss, Alzheimer's, or

Special Events Continued on P. 5

Special Events Continued from P. 4

similar conditions.

Tuesdays - 4:30 pm -5:15 pm

Senior Center Card Room

Tech Time With Mary

Chat 1-on-1 with the tech savvy Mary Noel about any problems you may be having with your phone, tablet, or computer. Bring your device and get personalized help!

2nd & 4th Wednesday of the month

July 8 & July 22 / August 12 & August 26

10:00 am - Senior Center Parlor

Art Class with Rachel and Danica

Join Rachel & Danica from Angel Care and learn a new craft or art project each month! All materials are provided!

Every 4th Wednesday of the month

July 22 - Planting and Painting Flower Pots

August 26 - Tin Can Windchimes

9:30 am -11:00 am

Neighborhood Center Dance Floor

Rocky Cribbage

In addition to our regular 9:00 am Friday Cribbage, a monthly cribbage tournament will now be held from 9:00 am -11:30 am on the 3rd Friday of each month (except in July-see date below).

Entry fee is \$2 per player. Please sign up by the 2nd Friday of each month with Verna Bunger in person or by phone at 425-518-0054.

Tournament dates: July 24 & August 21

Senior Center Dance Floor

Bunco (Dice Game)

Bunco is taking a vacation for the summer! See you in September!

Estate Planning with Ann

If you need a Power of Attorney or a Will, come talk with Ann from Montana Generational Justice for a 1 on 1 conversation about your needs and get connected to additional, affordable resources.

2nd Wednesday of every month (except July)

August 12 only - 11:00 am to 12:30 pm

Senior Center Dance Floor

Grief Support Group

Grief can show up as sadness, anger, loneliness, exhaustion, or emotions that arrive without warning. Know that you don't have to carry it alone. In this group hosted by Stillwater Hospice and Palliative Care, participants share stories, learn coping skills, and receive gentle guidance to help navigate loss.

1st Wednesday of every month

July 1 & August 5

3:00 pm - 4:30 pm

Senior Center Card Room

Birthday Meal Celebration

Seniors are welcome to have one free meal on any day during their birthday month!

Join us for our monthly birthday celebration, complete with **cake and ice cream**, on the **second Friday of each month at 11:30 am**

Mark your calendars for:

- **Friday July 10**
- **Friday August 14**

Come celebrate all of our July and August birthdays with friends at the Senior Center!

Upcoming Senior Center Closures

Rocky will be closed on Friday, July 3, in observance of Independence Day. We will also be closed on Thursday, July 16, and Friday, July 17, while maintenance work is completed on the Neighborhood Center parking area. Thank you for your patience and understanding as we complete this important facility improvement project.

Horoscopes July/August - The Stars Speak

Mildly Inaccurate Astrology

By Mary McKittrick, Senior Center Coordinator

♈ Aries - (March 21–April 19) - Summer fires you up! Mars gives you enough pep to reorganize the puzzles and challenge everyone at Bunco. July brings bold ideas, while August reminds you not to argue over Bingo rules. Jennie’s Exercise Class may help burn off extra steam, and possibly Thursday’s caramel rolls.

♉ Taurus - (April 20–May 20) - Venus encourages comfort, snacks, and quality convo over Coffee and Caramel Rolls. July is ideal for Art Class and revisiting favorite memories.

♊ Gemini - (May 21–June 20) - Mercury keeps your calendar packed! July favors socializing, card games, and Tech Time with Mary, where you’ll ask twelve questions before anyone finishes one answer. August brings lively conversations during lunch and maybe a dramatic Pinochle victory you’ll retell until autumn.

♋ Cancer - (June 21–July 22) - July turns your attention toward family stories and cozy moments reading in the parlor. August helps you branch out with Arts and Crafts Class or Cribbage. The stars suggest happy emotions, extra hugs, and possibly tearing up during Rocky Entertains with Sharon.

♌ Leo - (July 23–Aug 22) - The sun shines brightly on you, especially in August when birthday season confidence returns full force. July may inspire Line Dancing and a signature move. Just remember, not every Bridge hand requires a victory speech, even if your audience applauds anyway.

♍ Virgo - (Aug 23–Sept 22) - July encourages organization, so naturally you’ll alphabetize puzzle pieces and color code the Crafty Quilters fabric. August highlights wellness and routines, making the Be Well Clinic especially helpful. The stars say relax a little. Crooked lines in Arts and Crafts Class

are survivable.

♎ Libra - (Sept 23–Oct 22) - Venus fills your summer with friendships, sweet treats, and charming conversations during lunch. July favors Bridge and Hand and Foot Cards, while August inspires decorating projects. Someone may flirt with you near the caramel rolls. Honestly, can you blame them?

♏ Scorpio - (Oct 23–Nov 21) - July brings curiosity and a competitive streak perfect for Cribbage or Bingo. August encourages reflection, especially during Tai Chi or reading in the parlor. Don’t surprise everyone by suddenly becoming sentimental at Rocky Entertains Sing-a-Long with Sharon, although the stars say you might.

♐ Sagittarius - (Nov 22–Dec 21) - Adventure calls this summer. July is perfect for Happy Trails Senior Hiking Group with JoJo. You may accidentally volunteer for something simply because nobody else raised a hand fast enough.

♑ Capricorn - (Dec 22–Jan 19) - Saturn helps you focus on practical matters. July prompts steady routines and possibly Wood Carving projects. August reminds you to loosen up with socializing and Pinochle. Yes, fun counts as productivity sometimes.

♒ Aquarius - (Jan 20–Feb 18) - July sparks inventive ideas. August favors friendships and Parlor Games or Bingo. Uranus encourages trying something unexpected. Possibly Qi Gong, or finally admitting you still don’t understand smartphone notifications.

♓ Pisces - (Feb 19–March 20) - Neptune keeps your imagination flowing all summer long. July may bring music, creativity, and dreamy afternoons at Rocky Entertains “Armchair Traveler” with Sharon. August urges gentle movement through Qi Gong and meaningful chats over lunch. You might leave Arts and Crafts Class with a tin can windchime and completely delighted.

JUST A NOTE TO SAY I'M LIVING

Contributed by Senior Member, Gene

Just a note to say I'm living,
 That I'm not among the dead.
 Though I'm getting more forgetful
 And mixed up in the head.
 I got used to my arthritis,
 To my dentures I'm resigned.
 I can manage my bifocals
 But gosh I miss my mind!
 For sometimes I can't remember,
 When I stand at the foot of the stairs,
 If I must go up for something
 Or have I just come down from there?
 And before the fridge so often,
 My poor mind is filled with doubt.
 Have I just put food away
 Or have I come to take some out?
 So if it's my turn to write you
 There's no need for getting sore;
 I may think that I have written
 And don't want to be a bore.
 Just remember that I love you
 And wish that you were near.
 Now it's nearly mail time
 so I must say goodbye, my dear.
 Here I stand beside the mailbox

With a face so very red!
 Instead of mailing you my letter,
 I have opened it instead!
 ~Author Unknown~

STAY REFRESHED WITH THIS SUMMER SALAD!

Sour & Sweet Kale, Apple, Cranberry, & Almond Salad

Ingredients

- 1 or 2 Lemons
- 1 Tablespoon Maple Syrup or Honey
- Cayenne Pepper
- ¼ Cup Olive or Avocado Oil
- 1 Bunch of Kale (I prefer green Kale)
- Handful Dried Cranberries
- Handful of Nuts (I like sliced Almonds)
- 1 Honeycrisp or Other Apple

Instructions

For Dressing: After washing your hands and all the produce, zest 1 lemon into a bowl and set aside. Juice the lemons and add the zest. In a separate bowl whisk together oil, Maple syrup (or Honey), and a sprinkle of Cayenne pepper. Add lemon juice last, 1 teaspoon at a time until you like the taste. Set dressing aside.

For Salad: Cut the apple in half and cut entire apple Julienne style after cutting out the core. Place apple in a large bowl and toss with all the dressing. Add the nuts and dried cranberries to the bowl. Cut out the thick stems from the kale. Cut the Kale into thin ¼ inch wide by 2 or 3 inch strips. Place in the bowl and massage all ingredients with your hands until completely coated in the dressing and the kale becomes softer.

Enjoy!

Recipe Contributed by Mary McKitrick

SCAM CHAT PHONE SCAMS

Phone scams are getting sneakier than a squirrel in a campground! These days, scammers may call pretending to be your bank, Medicare, Social Security, or even a “fraud department” claiming there’s a problem that needs your attention right this second.

Take a deep breath and don’t let anyone rush you. Even if the caller knows your name, address, or a few account details, that doesn’t mean they’re the real deal. Crooks steal or buy information to sound convincing. It’s all part of the act.

If you get one of these fishy calls, here’s the smart game plan:

1. Get the basics, then hang up.

Ask who they claim to be and what the issue supposedly is. Then politely end the call, even if they insist you don’t hang up. No need to stay on the line listening to their dramatic performance.

2. Contact the company yourself.

Don’t call the number they give you! Instead, use the official website, mobile app, or the phone number on the back of your card or statement. And here’s an important tip: don’t search online for the number. Scammers sometimes buy ads so fake phone numbers appear first in search results. Sneaky, right?

3. Talk it over with someone you trust.

A friend, family member, neighbor, or even the nice folks at the Rocky Senior Center can help you spot a scam. Real fraud departments will never tell you to keep things secret!

Most importantly:

- Never share passwords or account information
- Never give someone remote access to your computer or phone
- Never read verification codes out loud over the phone

If someone is pressuring you to “act immediately,” that’s your cue to slow down. If you think a scammer contacted you, report it to the Federal Trade Commission right away at reportfraud.ftc.gov. Just remember that you have the power to prevent becoming a victim.

VOLUNTEER THROUGH AMERICORPS SENIORS

Are you age 55 or older and looking for a meaningful way to give back to your community? Or do you know someone who is? Rocky’s AmeriCorps Seniors programs offer rewarding opportunities to make a difference while staying active and connected.

Through RSVP, volunteers support local nonprofits and community programs in a variety of roles, including transportation assistance through the Go-Getter program. Senior Companions provide friendship and support to older adults who need assistance remaining independent. Foster Grandparents mentor and encourage children, helping them build confidence and succeed in school and life.

Whether volunteering a few hours a month or several hours each week, participants can find an opportunity that matches their interests, skills, and schedule. Senior Companions and Foster Grandparents have additional eligibility requirements, including income guidelines.

If you are interested in volunteering or know someone who might be? Contact Rocky at 406-447-1680 to learn more.

HELP SHAPE THE FUTURE OF AGING SERVICES

Rocky Agency on Aging invites Helena-area residents age 60+ to share their ideas and priorities during a public comment session at the Neighborhood Center. Your feedback will help guide the next four-year plan for services and supports for older adults in our community.

When: Wednesday, July 15th

Where: Neighborhood Center

Time: 11:30 am

Questions? Contact John at 406-457-7359

Sudoku.com 06/04/2026

Answer Key

Easy

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

Medium

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

COMMODITIES SCHEDULE

Townsend, MT

Monday, July 27
11:00 am - 11:30 am

White Sulphur Springs, MT

Monday, July 27
1:00 pm - 2:00 pm

East Helena, MT

Monday, July 27
2:00 pm - 3:00 pm

Wolf Creek, MT

Tuesday, July 28
10:30 am - 11:00 am

Augusta, MT

Tuesday, July 28
12:30 pm - 1:00 pm

Elliston, MT

Wednesday, July 29
10:00 am - 10:30 am

Avon, MT

Wednesday, July 29
10:45 am - 11:00 am

Lincoln, MT

Wednesday, July 29
12:30 pm - 1:00 pm

Whitehall, MT

Thursday, July 30
11:00 am - 12:00 pm

Boulder, MT

Thursday, July 30
1:00 pm - 1:30 pm

Helena, MT @ Food Share

Monday, July 27
12:30 pm - 6:30 pm
Tuesday, July 28
12:30 pm - 3:30 pm
Wednesday, July 29
12:30 pm - 3:30 pm
Thursday, July 30
12:30 pm - 6:30 pm

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

We hope you are enjoying the beauty of summertime in Montana! If you need a place to beat the heat this summer, stop by the Helena Senior Center - the air conditioning will keep you cool while you enjoy lunch, visit with friends, or join a game of cards or bingo.

The Neighborhood Center always feels a little quieter this time of year with the Head Start children out for summer break. However, the Senior Center is still buzzing with activity! Summer is a wonderful reminder of the importance of staying connected, and we are grateful for the many staff, volunteers, seniors and community partners who help make Rocky a welcoming place to be.

Have a safe and enjoyable Independence Day! As a reminder, Rocky will be closed on Friday, July 3, in observance of Independence Day, and on Thursday, July 16, and Friday, July 17, for parking lot maintenance. We appreciate your patience and understanding while we complete these needed improvements at the Neighborhood Center. If you receive meal services, please let us know in advance if you need an additional meal during the closures.

INDEPENDENCE DAY: A TRIBUTE TO DEMOCRACY

Every year on July 4th, Americans come together to celebrate Independence Day, a time-honored tradition marking the birth of the United States as an independent nation. On this day in 1776, 250 years ago, the Continental Congress adopted the Declaration of Independence, a powerful document proclaiming the colonies' freedom from British rule.

Independence Day is more than just a summer holiday filled with fireworks, parades, and barbecues. It's a moment to reflect on the courage, unity, and vision of the founding fathers who laid the groundwork for a nation built on the principles of liberty, democracy, and justice.

Across the country, communities celebrate with patriotic displays, family gatherings, concerts, and ceremonies that honor the values that define the United States. It's also a time to express gratitude to those who have fought to defend those freedoms throughout history.

As we enjoy the festivities, let us remember that Independence Day is not just a celebration of the past. It's a reminder of our critical shared responsibility to uphold the freedoms, and to practice and encourage kindness, unity, and the beautiful diversity that makes our country great. Democracy is not promised to us, and it's up to all of us to protect it so that we may continue to shape our ever-evolving nation's future to be something we are proud of for generations to come.

Rocky Pinochle Club

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:

July 6 & 7

Senior Center Card Room

Bingo

Bingo is a great time for folks to come together with friends and even make some new ones! 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! Every Wednesday at 1:00 pm! See you there!



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!



Join the RMDC Senior Council on a trip to the Music Ranch! Sing, dance, and enjoy the music of Merle Haggard's son, Ben Haggard. Registration is open now through July 29th (or until the bus is full). Bus transportation (with a bathroom), your concert ticket, snacks, and meal are included in the cost. Concert goers will meet at the Senior Center at 3:00 pm to depart, and the concert is at 7:30 pm on Saturday August 8th and will return to the Senior Center around 12:00 am. **Cost is \$85 per person. Register and pay in person with Mary McKitrick at the Senior Center.**



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.rmhc.net

 <p>Affordable Rentals</p>	<p>EAGLE MANOR RESIDENCES 1-406-442-0610 Helena, Montana</p>
<p>PTARMIGAN RESIDENCES 1-406-461-9849 Helena, Montana</p>	<p>PHEASANT GLEN RESIDENCES 1-406-461-9849 Helena, Montana</p>
<p>RIVER ROCK RESIDENCES 1-406-461-9849 Helena, Montana</p>	<p>ROCKY MOUNTAIN FRONT PROPERTIES 1-406-438-7125 Augusta, Montana</p>
<p>BIG BOULDER RESIDENCES 1-406-438-5611 Boulder, Montana</p>	<p>TOWNSEND HOUSING 1-406-437-4411 Townsend, Montana</p>



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



Sudoku.com 06/04/2026

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 3x3 box must contain numbers 1-9 without repetition. You got this!

Easy

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

Medium

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