

VOICE OF EXPERIENCE



May - June 2026

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

AGE IS JUST A NUMBER!

By Community Outreach Coordinator, Steven Ferriter

It is natural to think that our age can dictate the things we can accomplish or contribute to society. We may feel this way ourselves, or it may seem that others feel this way about us, which can, in turn, affect our confidence. This can be true at all stages of life; you may be too old, or not old enough!

It is essential to keep in mind, though, that for many things we dream of doing, age does not have to be an impediment.

With May being Older Americans Month, a time when we recognize the many contributions seniors have and continue to make in our society, I did some digging and came across an incredible story of an artist I had never heard of, who is an incredible example that age really

can be just a number!

Grandma Moses

Anna Robertson, known as Grandma Moses, spent almost her entire life working on farms. As a wife and mother, she enjoyed working on creative projects in her home, focusing mainly on embroidery work. She continued this hobby throughout her life until she began to experience arthritis at the age of 76.

Her sister recommended Anna take up painting to replace her hobby, as it would be easier on her hands and joints. She was a natural and quickly showed talent. Anna was eager to portray the rural life she had worked and lived in, and her paintings often focused on New England landscapes.

As she continued to paint well into her 80s, her work became more complex and polished. As she matured in her art, she began to achieve acclaim, and her paintings appeared in exhibits in New York and Washington, D.C. In 1949, she was awarded the

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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 - MAY 2026

LUNCH SERVED FROM 11:30-12:30

For reservations call: (406) 447-1680

*This menu is subject to change due to product availability



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>				
<p>4 SWEET-N-SOUR PORK STEAMED WHITE RICE CARROT COINS TOSSED GREEN SALAD w/GARBANZOS PINEAPPLE</p>	<p>5 BEEF GOULASH GREEN PEAS PICKLED BEETS FRUIT CRISP</p>	<p>6 TURKEY NOODLE CASSEROLE ITALIAN VEGETABLES BRUSSELS SPROUTS APRICOTS</p>	<p>7 SWEDISH MEATBALLS EGG NOODLES WINTER SQUASH GREEN BEANS BLUSHING PEARS</p>	<p>1 LEMON PEPPER TILAPIA SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL SWEET PEACHES</p>
<p>11 CHILI DOG ON A BUN SWEET CORN CARROT RAISIN SALAD PURPLE PLUMS</p>	<p>12 HEARTY MEATLOAF MASHED POTATOES w/GRAVY COUNTRY BLEND VEGGIES WHOLE GRAIN ROLL GOLDEN PEARS</p>	<p>13 PARMESAN CHICKEN BREAST BUTTERED ROTINI CARROT COINS FOUR BEAN SALAD CRANBERRIES</p>	<p>14 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD FRUIT COCKTAIL</p>	<p>15 SALMON PATTY WILD RICE CALIFORNIA VEGETABLES GREEN BEANS SWEET PEACHES</p>
<p>18 BEEF STROGANOFF EGG NOODLES PICKLED BEETS TOSSED SALAD w/BEANS BLUSHING PEARS</p>	<p>19 LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES APRICOTS</p>	<p>20 HAMBURGER ON A BUN CARROT COINS BAKED BEANS MANDARIN ORANGES</p>	<p>21 PORK CHOPS-N-GRAVY MASHED POTATOES CABBAGE & CARROTS WHOLE WHEAT ROLL APPLESAUCE</p>	<p>22 KFC BOWL POPCORN CHICKEN CORN, CHEDDAR CHEESE & GRAVY OVER MASHED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE</p>
<p>25 CLOSED</p>	<p>26 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES PICKLED BEETS CINNAMON CHERRY APPLES</p>	<p>27 BISCUITS & SAUSAGE GRAVY POTATO WEDGES BAHAMA VEGGIES SWEET PEACHES</p>	<p>28 BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH BEAN MEDLEY APRICOTS</p>	<p>29 CHICKEN FRIED CHICKEN MASHED POTATOES SAUTÉED GREENS WHOLE GRAIN ROLL FRUIT SALAD</p>
				<p>8 BIRTHDAY/MOTHER'S DAY DINNER CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY GARDEN BLEND VEGETABLES WHOLE GRAIN ROLL MANDARIN ORANGES BIRTHDAY CAKE</p>

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 - JUNE 2026

*This menu is subject to change due to product availability

For Reservations Call: (406) 447-1680

LUNCH SERVED FROM 11:30-12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 CHICKEN NOODLE CASSEROLE SAN FRANCISCO VEGGIES GREEN SALAD w/GARBANZOS MANDARIN ORANGES</p>	<p>2 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS WHOLE GRAIN ROLLS FRUIT COCKTAIL</p>	<p>3 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES</p>	<p>4 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES LIMA BEANS PLUMP PEACHES</p>	<p>5 POLISH SAUSAGE ON A BUN SAUERKRAUT JOJO POTATOES GREEN BEANS SWEET PEARS</p>
<p>8 PARM CRUSTED TILAPIA WILD RICE CAULIFLOWER CARROT RAISIN SALAD APRICOTS</p>	<p>9 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN APPLESAUCE</p>	<p>10 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL PINEAPPLE</p>	<p>11 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE SWEET PEACHES</p>	<p>12 BIRTHDAY/FATHER'S DAY DINNER CHICKEN CORDON BLEU w/MORNAY SAUCE ROASTED BABY BAKERS ROASTED BROCCOLI DINNER ROLL APPLE CRISP BIRTHDAY CAKE</p>
<p>15 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW PINEAPPLE</p>	<p>16 TATER TOT CASSEROLE CARROT COINS PURPLE BEETS PEACHES & PEARS</p>	<p>17 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>18 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES</p>	<p>19 CLOSED </p>
<p>22 SALISBURY STEAK SEASONED BROWN RICE SCANDINAVIAN VEGETABLES 4-BEANS & GREENS MANDARIN ORANGES</p>	<p>23 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS BAKED APPLES</p>	<p>24 BEEF BROCCOLI OVER STEAMED RICE GOLDEN CORN CARROT COINS APRICOT HALVES</p>	<p>25 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL FRUIT COCKTAIL</p>	<p>26 Congregate Dining Closed for staff training. Open for all other activities.</p>
<p>29 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRUITED JELLO</p>	<p>30 TURKEY LO MEIN OVER LO MEIN NOODLES GREEN BEANS DICED BEETS APRICOTS</p>	<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i> SALAD BAR INCLUDED IN CONGREGATE MEALS</p>		

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

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
 12:30 pm - Rocky Entertains with Sharon - Rotating Events - 3rd Monday of the month - Card Room
 12:30 pm - Backroads of Montana - 4th Monday of the month - Card Room
 1:00 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
 9:15 am - Line Dancing - Dance Floor
 11:30 am - Frank Kuntz on Piano - Most Tuesdays - Dining Room
 1:00 pm - Pinochle - Card Room (Pinochle Tournament Every Other Month on Monday & Tuesday) *Tournament Dates: May 4 & 5
 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 - 11:00 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 - 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 - (Tournament is the third Friday of each month) - Dance Floor
 10:30 am - 11:15 am - Jennie's Arthritis Exercise Class - Card Room
 1:00 pm - Bunco - 1st and 3rd Friday of the month - Dance Floor

SUNDAYS

1:00 pm - Pinochle - Card Room

Activities and Special Events

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.



2nd Monday of the month

May 11 & June 8 - 12:30 pm - Neighborhood Center Card Room

Rocky Entertains with Sharon

Join Sharon Liederman in the Neighborhood Center Card Room 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

May 18 - Sing-a-Long with Sharon - Oldies but Goodies

June 15 - Concert: Merry Melodies - Country Western Oldies

Backroads of Montana

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



Every 4th Monday of the month

June 22 (no showing in May) 12:30 - 1:15 pm - Neighborhood Center Card Room

Special Events Continued on P. 5

Special Events Continued from P. 4

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

Frank Kuntz on Piano

Enjoy your lunch with a side of live music! Frank Kuntz is a talented professional Pianist who has played for Disneyland and Six Flags along with 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

Neighborhood Center Dance Floor

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

May 13 & 27/ June 10 & 24 10:30 am - 12:00 pm

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

May 27 - Painting pots and planting flowers

June 24 – 4th of July Fabric Flags

9:30 am -11:00 am

Neighborhood Center Dance Floor

Scrapbook with JoJo

Bring your own scrapbook and mementos and preserve your memories in a special way! All other materials are provided!

2nd Thursday of the month

May 14 & June 11, 11:00 am - 1:00 pm

Neighborhood Center Dining Room

Rocky Cribbage

In addition to our regular 9:00 am Friday Cribbage, a monthly cribbage Tournament will now be held from 9 am -11:30 am on the 3rd Friday of each month. We will have 6, 8, or 10 two-member teams playing in a round robin format. Entrants may form their own team or be paired with another individual player the day of the tournament. All players will need to stay for the entire tournament. Entry fee is \$2 per player. All fees will be awarded to the 1st and 2nd place team. To participate, please sign up by the 2nd Friday of each month with Verna Bunger in person or by phone at 425-518-0054. Please contact Verna if your plans change and you are unable to attend.



Tournament date: May 15 (No June Tournament due to holiday)

Bunco (Dice Game)

Join us for a friendly game of Bunco! Do you know how to play, or do you want to learn? Great! Come as you are and enjoy this simple dice game amongst friends (old and new)!



1st and 3rd Friday of the month, 1:00 pm

May 1 and May 15

June 5 (no game the 19th due to holiday)

Horoscopes May/June - The Stars Speak

Mildly Inaccurate Astrology

By Mary McKittrick, Senior Center Coordinator

♈ Aries - (March 21–April 19) - May has you buzzing with curiosity and ready to finally conquer that tricky phone. “How the TECH Does this Thing Work?!” might be your new superpower. By June, you’ll crave a slower pace. Settle in with puzzles or enjoy some quiet reading in the parlor. You’ve earned it.

♉ Taurus - (April 20–May 20) - May is all about comfort and treats! Yes, Coffee and Caramel Rolls counts as self-care. In June, your mind sharpens and you’re ready for friendly competition. Pull up a chair for Pinochle or Bunco and show off that steady Taurus strategy.

♊ Gemini - (May 21–June 20) - May puts you front and center. Chatty, charming, and ready to win at Bingo (or at least narrate it). June encourages you to slow down and take care of yourself. The Be Well Clinic helps keep you feeling as good as those caramel rolls taste!

♋ Cancer - (June 21–July 22) - May invites you to rest and recharge. Qi Gong brings the calm you didn’t know you needed. Come June, you’re back in action and ready to shine. Try Line Dancing and remind everyone you’ve still got rhythm (even if it’s your own version).

♌ Leo - (July 23–August 22) - May is packed with social fun! Dust off those pipes and join in on *Rocky Entertains with Sharon*, sing-a-long edition! June softens your pace a bit. The Arts and Crafts Class gives you a creative outlet and people will admire your work.

♍ Virgo - (August 23–September 22) - May has you in organizing mode, naturally. Channel that energy into the Crafty Quilters, it;s for a good

cause! June brings more social fun, so loosen up with a few rounds of Hand and Foot. Perfection can take a day off.

♎ Libra - (September 23–October 22) - May nudges you to try something new. Backroads of Montana could spark your adventurous side. In June, your charm is on full display. Scrapbooking is the perfect place to create something beautiful and enjoy great company.

♏ Scorpio - (October 23–November 21) - May has you feeling reflective. Balance those deep thoughts with something hands-on like Wood Carving. June opens your mind to learning, and Tech Time with Mary might just turn you into the most mysterious tech expert in the room.

♐ Sagittarius - (November 22–December 21) - May is all about connection. Grab a partner and dive into Bridge or Pinochle. June encourages you to check in with yourself. A visit to the Be Well Clinic keeps you ready for your next big idea or spontaneous plan.

♑ Capricorn - (December 22–January 19) - May is perfect for getting into a groove! Jennie’s Exercise Class keeps you strong and steady. June brings warm connections and good conversations. Enjoy lunch with friends and maybe even linger a little longer than usual at *Rocky Entertains with Sharon*.

♒ Aquarius - (January 20–February 18) - May is your time to play! Bingo, Parlor Games, and a little silliness suit you perfectly. June shifts your focus to wellness. Qi Gong helps you stay balanced while your mind continues dreaming up big ideas.

♓ Pisces – (February 19–March 20) - May wraps you in cozy creativity. Scrapbooking with JoJo is just your speed. In June, your playful side comes out! Whether it’s Line Dancing or Arts and Crafts Class, let your imagination run free! You’re guaranteed to brighten everyone’s day.

THE OVERLOOKED DANDELION

By Senior Member, Donna Randolph

Once upon a time, there was a dandelion. Its mother had grown up with an inferiority complex because people said she kept having too many children. Ironically, it was human children who loved dandelion children and wanted more of them. The children thought the yellow bursts of color made a day happier, so they gave bouquets of them to their mothers. Some mothers gave hugs and put the dandelions in vases to be on display. Other mothers left them on the table and called them weeds.



The dandelions liked Spring and Summer. They enjoyed riding on the wind, getting tangled in trees, and, yes, having babies.

People don't look at life from a dandelion's perspective. If they did, they'd see that the world isn't just black and white. Well, it's not grey either. Dandelions are more open-minded than people.

As they move through the air, as they tend to their babies, as they learn they aren't welcome anywhere, they think: "Unless you get to know me, don't cut me down" or "If you don't like my peaches, don't rattle my tree".

Now, dandelions are pretty simple. They just "blow and go".

Dandelion tea, made from dandelion root, is considered an ancient herbal medicine. It's said to improve gut health, protect against illness, stabilize blood sugar levels, and pack a nutritional punch (among other benefits). A 2018 study from Evidence-Based Complementary and Alternative Medicine discusses research done on the many facets of the root.

So, as the weather continues to warm and yellow tendrils begin to appear, as dandelions can be cursed or cultivated (depending on the point of view), if we humans would listen to the wisdom of nature, could it be possible for a dandelion to teach us, "Until you get to know me, don't cut me down"!

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Grandma Moses Continued from P. 1

Women's National Press Club Trophy by President Harry Truman for outstanding accomplishment in art. Grandma Moses lived to 101, and in just under three decades of painting, she produced 1,500 canvas paintings!

Aging can look different for everyone, and stories like Grandma Moses should not put pressure on you. You might be doing just enough and feel completely fulfilled. But if you are letting your age affect your confidence, consider Grandma Moses' story and let it inspire you to accomplish your goals, and perhaps exceed them.

STAY HYDRATED WITH EASY-TO-PREPARE WATERMELON SMOOTHIES!

While water should be the main source of hydration, nature provides additional options we can add to improve hydration while also gaining vitamins and electrolytes. This is especially true with fruits, and one of the very best fruits for improving hydration is watermelon. Fortunately for all of us, just as things begin to heat up outside in June, watermelons become widely available in most stores.



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Watermelon on its own is refreshing and hydrating. Add a pinch of salt, and it becomes even more effective.

Watermelon Continued on P. 9

COMING IN 2026: LISTENING TO OLDER MONTANANS THROUGH CASOA

Montana's population is aging, and understanding what older adults need to live healthy, independent, and connected lives is more important than ever. In 2026, Montana's Area Agencies on Aging, in partnership with Polco, will once again conduct the **Community Assessment Survey for Older Adults (CASOA)**.

CASOA is a statewide survey that asks adults age 55 and older about their experiences with health and wellness, housing, transportation, caregiving, social connection, safety, and access to services. The results provide trusted, data-driven insights that help communities plan programs, prioritize resources, pursue funding, and improve quality of life for older residents.

The survey will be available both online and by mail, ensuring participation from rural, frontier, tribal, and urban communities across the state. By participating, older Montanans help ensure that planning and policy decisions are guided by lived experience—not assumptions.

Results from CASOA will support Area Agency on Aging planning, county and community decision-making, and statewide efforts to prepare for Montana's aging future. Every response helps build a clearer picture of what's working, where gaps exist, and how Montana can better support aging in place.

Your voice matters—please participate when the survey arrives this spring

Caregiver Support Programs

- Rocky's caregiver support specialist will host several **in-person caregiver-focused**

events this spring, in partnership with local organizations.

- **Dementia-Friendly Movie Program:** Relaxed, accessible film screenings for people with dementia and their caregivers, with adjusted lighting, sound, and breaks to encourage social engagement and reduce isolation. Hosted by Rocky's AAA in partnership with the Myrna Loy Theater, with the first event set for May 26, 2026.

Join the Area IV Agency on Aging Advisor Council!

Be a voice for older adults across Broadwater, Jefferson, Lewis & Clark, Meagher, Gallatin, and Park counties.

Why Join?

Make a Difference Locally – Shape programs that meet the needs of older Montanans

- Advocate for Older Adults – Raise awareness of caregiving supports and services
- Shape Policy & Planning – Provide input on Area Plans and community needs
- Connect with Community Leaders – Collaborate with local organizations
- Promote Equity & Inclusion – Ensure rural, low-income, and underserved populations are represented

What You'll Do

Attend Bi-Monthly Advisory Council meetings via Zoom

Review program plans and provide recommendations

Serve as a community ambassador for Area IV Agency on Aging. Bring your personal or professional experience to guide decisions

What Advisory Council Members Do NOT Do

- Manage staff
- Approve budgets
- Make binding policy decisions

Area IV Continued on P. 9

Watermelon continued from P. 7

tive by helping replenish sodium lost in the heat. If you have just a little more time on your hands, you can also create a simple, hydrating smoothie using just a few ingredients you likely already have at home.

Simple Hydrating Watermelon Smoothie

Ingredients:

- 2 cups watermelon, cubed
- ½ cup yogurt
- ½ banana
- ½ cup cold water or a few ice cubes
- Optional: a drizzle of honey

Directions:

Add all ingredients to a blender and blend until smooth. Adjust thickness with more water if needed,

Area IV Continued from P.8

Get Involved!

For more information, contact: Agency on Aging Director John Gorton
 Email: jgorton@rmdc.net
 Phone: 406-457-7359

SENIOR ADVISORY COUNCIL EASTER EGG HUNT

The Easter egg hunt held on March 23 was a great success. Thirty Headstart kids searched for over 300 eggs in the dining room. Thanks to the Senior Advisory Council and all the volunteers who donated candy and plastic eggs and then filled the eggs. Seniors and kids alike enjoyed the fun.



COMMODITIES SCHEDULE

Avon, MT
 Wednesday, May 20
 10:45 am - 11:00 am

Townsend, MT
 Monday, May 18
 11:00 am - 11:30 am

Lincoln, MT
 Wednesday, May 20
 12:30 pm - 1:00 pm

White Sulphur Springs, MT
 Monday, May 18
 1:00 pm - 2:00 pm

Whitehall, MT
 Thursday, May 21
 11:00 am - 12:00 pm

East Helena, MT
 Monday, May 18
 2:00 pm - 3:00 pm

Boulder, MT
 Thursday, May 21
 1:00 pm - 1:30 pm

Wolf Creek, MT
 Tuesday, May 19
 10:30 am - 11:00 am

Helena, MT @ Food Share
 Monday, May 18
 12:30 pm - 6:30 pm
 Tuesday, May 19
 12:30 pm - 3:30 pm
 Wednesday, May 20
 12:30 pm - 3:30 pm
 Thursday, May 21
 12:30 pm - 6:30 pm

Augusta, MT
 Tuesday, May 19
 12:30 pm - 1:00 pm

Elliston, MT
 Wednesday, May 20
 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

The Administration for Community Living acknowledges May as Older Americans Month, which according to their website is a time to recognize older adults' contributions and to support their health and independence. This year's theme is "Champion Your Health". Rocky encourages you to take advantage of wellness opportunities offered at our locations, including the arthritis exercise class, Stepping On, and various opportunities for socialization at our senior centers. Remaining active and maintaining social connections are two keys to continued good health!

Greater Helena Gives is May 6-7. This is an annual day of giving for Helena Area non-profits. Rocky is participating and we would love your support! Visit www.greaterhelenagives.org to donate to a Rocky program that resonates with you!

Memorial Day is right around the corner! What do you plan to do over the long holiday weekend? Don't forget to call ahead for your meal if you are needing one as a Meals on Wheels client. Please note that Rocky will also be closed on Friday, June 19.

These are months of transition for us at Rocky. The LIHEAP season draws to a close, and the Head Start classrooms finish their school year, with a new group of young learners ready for kindergarten in the fall. While these programs wind down, our senior center continues to provide daily lunches and activities, along with air conditioning when the summer heat really kicks in! Join us all summer long!

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.



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!



MOBILE MEMORY CAFÉ

Sponsored by: AARP



HELENA SENIOR CENTER
Tuesday, June 30th
11:00 AM - 1:00 PM
DROP-IN EVENT

200 South Cruse Ave, Helena, Montana 59601

RAISING AWARENESS & PROVIDING ESSENTIAL RESOURCES FOR FAMILIES, CAREGIVERS, AND ADULTS EXPERIENCING MEMORY LOSS & DEMENTIA

For more information and resources on Healthy Aging visit:
montana.edu/extension/health/healthy_aging



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

RED ALDER RESIDENCES 1-406-447-1680 <small>Helena, Montana</small>	EAGLE MANOR RESIDENCES 1-406-442-0610 <small>Helena, Montana</small>
PTARMIGAN RESIDENCES 1-406-461-9849 <small>Helena, Montana</small>	PHEASANT GLEN RESIDENCES 1-406-461-9849 <small>Helena, Montana</small>
RIVER ROCK RESIDENCES 1-406-461-9849 <small>Helena, Montana</small>	ROCKY MOUNTAIN FRONT PROPERTIES 1-406-437-4411 <small>Augusta, Montana</small>
BIG BOULDER RESIDENCES 1-406-438-5611 <small>Boulder, Montana</small>	TOWNSEND HOUSING 1-406-437-4411 <small>Townsend, Montana</small>



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



SUMMER

WORD SEARCH



L	F	S	G	S	S	E	Q	T	K	BOAT BLISS CAMP FISH HOT POOL SAND SUN SWIM TRIP
L	N	K	M	A	A	T	A	O	N	
T	P	L	S	U	N	B	U	G	S	
H	P	O	O	L	D	H	S	A	T	
O	T	R	I	P	X	F	I	S	H	
T	I	Z	F	G	G	E	X	X	M	
X	J	D	B	S	W	I	M	K	T	
B	K	T	O	U	U	A	L	U	Q	
Y	S	E	A	C	A	M	P	K	Y	
X	A	Y	T	M	H	X	P	O	Z	

