

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



September - October 2026

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

National Senior Center Month is a wonderful opportunity to showcase Rocky's Senior Center. It helps bring to focus all of the valuable programs, activities, and services Rocky offers to older adults. We also find this a good time to promote a positive image of aging while highlighting how Rocky's Senior Centers improve the lives of our local seniors. Rocky's Helena Senior Center is proud to celebrate that we are an important part of not only our Helena community, but also Senior Centers in the neighboring communities of Augusta, Boulder, Lincoln, Townsend, and Whitehall.

This year's theme for National Senior Center Month is "Happier Birthdays Happen Here!". Senior Centers have continued to evolve since their inception in the 1940s. Getting recognized in the Older Americans Act in 1973 was a major step forward and is

one of the reasons why Senior Centers are still going strong today. Currently Rocky works with community partners to provide access to programs promoting health, economic security, social engagement, purpose, creativity, mobility, and nutrition. This is all accomplished in a safe environment that promotes socialization and fun for older adults.

Research shows older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, emotional, mental, and economic well-being.

With this in mind, Rocky's Senior Programs are building for a better future. All of these efforts are to make sure that Rocky's Senior Programs continue to thrive and be a local place that connects older adults to programs, services, and opportunities. We encourage each of you to visit one of our vibrant Senior Centers, join in an activity, or stay for a delicious and nutritious meal!

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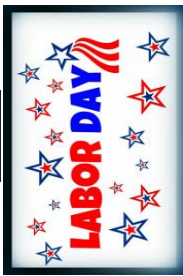
Phone: 406-447-1680
1-800-356-6544

HELENA SENIOR NUTRITION MENU - SEPTEMBER 2026

LUNCH SERVED AT 11:30 AM to 12:30 PM

*This menu is subject to change due to product availability

For More Information Call (406) 447-1680

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SPAGHETTI w/MEAT SAUCE GARLIC BREAD	2 BBQ PORK RIBS	3 TERIYAKI CHICKEN BREAST BROWN RICE	4 CHILI CON CARNE CORN BREAD
7 <u>CLOSED</u> 	8 TATER TOT CASSEROLE	9 HOT TURKEY SANDWICH MASHED POTATOES	10 BEEF TACO CASSEROLE W/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA	11 <u>BIRTHDAY DINNER</u> HAM & SCALLOPED POTATOES BIRTHDAY CAKE
14 SALISBURY STEAK SEASONED BROWN RICE	15 CHICKEN PATTY ON A BUN	16 BEEF BROCCOLI OVER STEAMED RICE	17 BBQ CHICKEN	18 SALMON PATTY ON A BUN
21 CHEESEBURGER ON A BUN	22 TURKEY AND WILD RICE CASSEROLE	23 SHEPHERD'S PIE S	24 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES	25 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES
28 ZITI NOODLES W/MEATBALLS GARLIC BREAD	29 ORANGE CHICKEN WILD RICE	30 OPEN FACE PORK SANDWICH W/GRAVY MASHED POTATOES		2% Milk is delivered daily to Home Delivered Meal customers And served 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 - OCTOBER 2026

LUNCH SERVED FROM 11:30-12:30

*This menu is subject to change due to product availability

For More Information Call: (406) 447-1680



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2% Milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club SALAD BAR INCLUDED IN CONGREGATE MEALS			¹ HOMEMADE HAM & BEAN SOUP	² LEMON PEPPER COD ROTINI NOODLES IN A CREAMY PARMESAN SAUCE
⁵ MONTANA PASTY W/GRAVY	⁶ POTATO, VEGGIE & CHEESE SAUSAGE EGG BAKE	⁷ PORK & VEGGIE STIR FRY BROWN RICE	⁸ CHICKEN A LA KING BUTTERMILK BISCUITS	⁹ BIRTHDAY DINNER CHICKEN FRIED STEAK MASHED POTATOES W/GRAVY BIRTHDAY CAKE
¹² CLOSED 	¹³ SLOPPY JOES ON A BUN	¹⁴ OVEN BAKED CHICKEN WILD RICE PILAF	¹⁵ BAKED HAM MACARONI & CHEESE	¹⁶ CHILI OVER TORTILLA CHIPS WITH CHEESE
¹⁹ SWEET-N-SOUR PORK WILD RICE	²⁰ BEEF GOULASH	²¹ TURKEY NOODLE CASSEROLE	²² SWEDISH MEATBALLS BROWN RICE	²³ CHICKEN PATTY ON A BUN BAKED POTATO WEDGES
²⁶ HEARTY MEATLOAF MASHED POTATOES W/GRAVY	²⁷ PARMESAN CHICKEN BREAST	²⁸ PEPPER STEAK ROASTED POTATOES	²⁹ SALMON PATTY WITH DILL CREAM SAUCE WILD RICE	³⁰ HAPPY HALLOWEEN CHILLING CHILI DOG ON A BUN 

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

♦ Card Room	♪ Dining Room	☀ Parlor
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Helena Senior Center Activities Schedule

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



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

RMDC SENIOR CENTER ACTIVITIES

Tai Chi For Arthritis - 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!

Arts and 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. Tournaments (the 3rd Friday of the month) are a \$2 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**



Horoscopes September/October The Stars Speak

Mildly Inaccurate Astrology

By Mary McKittrick, Senior Center Coordinator

♈ **Aries** - (March 21–April 19) - September's Harvest moon encourages you to gather what you've planted. Gathering your half-finished yarn and needlework projects for Yarn with Friends just may do the trick! It's time to get serious about balance in October. Tai Chi will have you balanced in no time!

♉ **Taurus** - (April 20–May 20) - September brings cozy things and good food. A caramel roll may not be celestial nourishment, but the stars don't read nutrition labels. October says don't waste your afternoon looking for the TV remote. The Creative Arts Workshops call to you.

♊ **Gemini** - (May 21–June 20) - September's New Moon says it's time for a fresh start. Get your life in order with 1 on 1 Estate Planning with Ann! In October, Mercury gets a little extra attention, and your communication skills are sparkling! Sing from the rooftops (AKA the card room) at Karaoke. Remember: knowing all the words is optional. Confidence is... also optional.

♋ **Cancer** - (June 21–July 22) - The Harvest Moon encourages gathering with people who make you feel at home in September. A Rocky Entertains Concert may have the vibes you need. October's stars say it's time to let go of something that's been weighing on your heart. If the timing feels right, the Grief Group offers a warm, supportive place to talk, listen and remember that you don't have to carry everything alone.

♌ **Leo** - (July 23–Aug 22) - The equinox shifts the spotlight in September. Put that natural flair to work at the Crafty Quilters. Try not to demand a standing ovation. Saturn at opposition reminds you that even stars must follow rules. Good luck with that.

♍ **Virgo** - (Aug 23–Sept 22) - September's New Moon loves a clean slate and sharper focus. Get a fresh card and focus on a ... BINGO! Mercury's October appearance gives your practical mind a boost with Estate Planning. It's not glamorous, but neither is realizing your important paperwork is sitting under a stack of old magazines.

♎ **Libra** - (Sept 23–Oct 22) - September is practically your personal holiday! Your social calendar is calling, and the Bridge table is where you should be. October's New Moon is perfect for resetting your cosmic scales. Take that peaceful feeling into Qi Gong and remember: Sometimes balance means sitting down.

♏ **Scorpio** - (Oct 23–Nov 21) - September is stirring up deep thoughts, and a sudden urge to know what everybody else is up to. Enjoy free coffee and tea and catch up during the lunch hour! In October, your creativity is strong. At Creative Arts Workshops, turn those thoughts into something wonderful, and unapologetically you.

♐ **Sagittarius** - (Nov 22–Dec 21) - September has travel written all over it, even if your passport is currently hiding in a drawer. Backroads of Montana could satisfy your wanderlust and remind you that adventure doesn't always require a plane ticket. October's meteors are practically shouting, "Go somewhere!" Before you book a one-way ticket to the Moon, stop by Rocky Entertains Armchair Traveler.

♑ **Capricorn** - (Dec 22–Jan 19) - The equinox encourages you to restore balance between work, responsibilities and actually having fun. Try Jennies Exercise and resist the temptation to keep track of everybody else's repetitions. October is an excellent month for taking stock of long-term goals. Afterward, celebrate your responsible behavior with Cribbage. Nothing says "strategic planning" like hoping somebody else doesn't skunk you.

♒ **Aquarius** - (Jan 20–Feb 18) - September's New Moon invites new ideas, and you have approximately 47 before breakfast. Pick one and run with it. Line dancing is a perfect place to experiment and prove once again that creativity does not come with an expiration date. Mercury's October appearance may have you feeling especially clever.

♓ **Pisces** - (Feb 19–March 20) - September: The Harvest Moon brings a dreamy, nostalgic mood. A Rocky Entertains Concert will feed your sentimental side and perhaps get you on the dance floor. Why fight it?! The October skies are full of shooting stars, but you don't need to make a wish for more joy. Your assignment is simply to notice it. Try Hand and Foot with friends, laugh at the cards you've been dealt and remember that winning is nice but telling the story afterward is even better.

FAMILY IS DOGGONE MESSY!

By Mark McKittrick, Senior Center Coordinator



One of Kathy Bernier's (a regular here at the Senior Center) favorite things to do is to cook with her grandkids. Baking cookies is ideal because... well who doesn't like a cookie!? Kathy says the whole idea is to make a mess. Lots of adults think that everything must be in its place while cooking, but to Kathy, it's quite the opposite. When you've finished baking, the bigger the mess, the more successful the dish is! This recipe is Kathys' favorite, and she says, if you like peanut butter and chocolate together, it's the best!

Snoop Dogg's "Rolls Royce Peanut Butter Chocolate Chip Cookies"

Ingredients

- 1 ½ cups all-purpose flour
- 1 tsp baking soda
- ½ tsp salt
- 2 sticks butter room temperature
- ½ cup creamy peanut butter
- ½ cup packed light or dark brown sugar
- ½ cup granulated sugar

- 1 large egg
- 1 tsp vanilla extract
- 2 cups semisweet chocolate chips or a mix of chocolate and peanut butter chips

Instructions

1. Wash your hands.
 2. Preheat your oven to 375°F (190°C). Prepare two ungreased baking sheets.
 3. Combine dry ingredients: In a medium bowl, whisk together flour, baking soda, and salt.
 4. Cream the butter: In a large mixing bowl, use an electric mixer to beat the butter, peanut butter, brown sugar, and granulated sugar until creamy.
 5. Add wet ingredients: Beat in the egg and vanilla, making sure everything is well incorporated.
 6. Mix the dough: Gradually stir in the dry ingredients until the dough forms. Add chocolate chips.
 7. Shape and bake: Using a tablespoon, form dough balls and place them on the baking sheets. You should get about 36 cookies.
 8. Bake: Bake for 8-10 minutes until edges begin to crisp but the center looks a bit underdone. Don't overbake. If baking two sheets at a time, rotate them halfway through.
 9. Cool: Let the cookies cool on a wire rack after baking.
 10. Eat or Store: Keep these cookies in an air-tight container for up to a week or freeze the dough for future baking!
- Feel free to get flour on the floor and dough on your nose. That means you've had fun, and that's what spending time together is all about.

By Mary McKittrick, Senior Center Coordinator

Recipe Source: "From Crook to Cook" by Snoop Dogg

THE HOLTER HEALING ARTS CART & CREATIVE AGING WORKSHOPS COMING TO ROCKY STARTING IN SEPTEMBER!

Thanks to a generous Blue Impact grant from Blue Cross Blue Shield of Montana the Holter is pleased to be able to expand their Holter Healing Arts programs to Rocky, bringing people, art, artists, and life-long learning together to promote connection, skill-building, and creative problem solving for the Helena community.

Join Holter Museum of Art teaching artists for a fun and engaging weekly arts workshop at Rocky. Every Friday **beginning September 11th** the Holter will be bringing Creative Aging Workshops to Rocky where participants can participate in arts learning like drawing, sketchbook club, painting, clay, textiles, jewelry, sculpture, and so much more! These are no-cost classes and all materials are provided. They are on a drop-in basis, no registration required.

The Holter Creative Aging Workshops are coming to the Senior Center!



DATES TO REMEMBER

(See Activities Schedule for Times)

NEW! Karaoke: Sept. 14th (No October Date)

Rocky Entertains with Sharon: Sept. 21st Concert
and Oct. 19th Armchair Traveler

Backroads of Montana: Sept. 28th and Oct. 26th

NEW! Tai Chi for Arthritis:

Every Monday & Thursday

Craft Class: Sept. 23rd Fluffy Pumpkins

Oct. 28th Clay Candle Holders

Cribbage Tournament: Sept. 18th & Oct. 16th

Stepping On Falls Prevention Class:

Classes will start September 17th. Online registration will be available the beginning of September. If you have any questions call Michele Mathot at 406-441-3985.

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, enjoy great conversation, & indulge in a delicious caramel roll.

AmeriCorps Seniors RSVP Blood Drive:

Friday, September 11th

10:00 am - 3:00 pm, Helena Senior Center

To sign-up visit: <https://bit.ly/Rockyblooddrrive>

CDC STEADI FALL RISK SCREENINGS

Falls are a major threat to the health and independence of older adults. Each year, one in three older adults aged 65 and older experiences a fall, and people who fall once are two to three times more likely to fall again. Falls can be devastating. Come and learn more. Gift bags for the first 20 participants!

Helena Senior Center, 200 South Cruse, Helena MT

Friday, September 25, from 12-4

No Registration Required!

SEPTEMBER & OCTOBER CLOSURES

Rocky's Senior Programs (Senior Center, Meals on Wheels, and Congregate Dining) will be closed:

Monday, September 7 in honor of Labor Day and;

October 12 in honor of Columbus / Indigenous People's Day.

To arrange for a meal, please call 406-457-7324 and we will be happy to assist you!

Rocky and The Myrna Loy have been partnering to offer dementia friendly movie screenings. At the last screening on July 28th there were 36 seniors and 6 caregivers in attendance. There is another screening planned for September 15th with the movie TBD. Be on the look out for the flyer! A big thank you to The Myrna Loy for this amazing partnership! Questions? Contact Ryan at 406-457-7376.

COMMODITIES SCHEDULE

Townsend, MT

Monday, September 21
11:00 am - 11:30 am

White Sulphur Springs, MT

Monday, September 21
1:00 pm - 2:00 pm

East Helena, MT

Monday, September 21
2:00 pm - 3:00 pm

Wolf Creek, MT

Tuesday, September 22
10:30 am - 11:00 am

Augusta, MT

Tuesday, September 22
12:30 pm - 1:00 pm

Elliston, MT

Wednesday, September 23
10:00 am - 10:30 am

Avon, MT

Wednesday, September 23
10:45 am - 11:00 am

Lincoln, MT

Wednesday, September 23
12:30 pm - 1:00 pm

Whitehall, MT

Thursday, September 24
11:00 am - 12:00 pm

Boulder, MT

Thursday, September 24
1:00 pm - 1:30 pm

Helena, MT @ Food Share

Monday, September 21
12:30 pm - 6:30 pm
Tuesday, September 22
12:30 pm - 3:30 pm
Wednesday, September 23
12:30 pm - 3:30 pm
Thursday, September 24
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

September is National Senior Center Month, and this year's theme, "Happier Birthdays Happen Here!", celebrates the role senior centers play in helping us stay healthy, active, and connected as we age.

At Rocky, our senior centers are more than a place for activities and a daily meal. They are places to gather with friends, meet new people, enjoy conversation, and feel connected to our community.

And speaking of happier birthdays, the Helena Senior Center celebrates each month's birthdays on the second Friday with a special served meal at 11:30 a.m., followed by cake and ice cream. A special thank-you to Town & Country Foods for generously donating the birthday cakes! Our next celebrations are Friday, September 11, and Friday, October 9.

During National Senior Center Month, I encourage you to stop by your local senior center, share a meal, participate in an activity, or invite someone new to join you. Thank you to everyone who makes Rocky's senior centers such welcoming places to connect and belong!



Sudoku.com 07/20/2026

Answer Key

Medium

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

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 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:

September 7 and 8

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!

Fall Harvest Festival



Sponsored by the Senior Council

Bring Cash for the
50/50 Raffle
\$1 ea. or 6 tickets for \$5
as well as a
Silent Auction!

*Registration opens
October 1st and closes
on October 30th.
Register in person with
Mary McKittrick.

MENU

Event Thyme Catering
Fresh Veggies
Apple-stuffed Chicken
Garlic Mashed Potatoes
Roasted Vegetables
Ice Cream with Wafer

Cost \$25/ Person
Saturday, November 7th
Doors open at 11a &
Food served at 12p
Senior Center Dining Rm



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

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



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



Medium

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

Sudoku.com 07/20/2026

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!