

VOICE OF EXPERIENCE



November - December 2024

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

EMPLOYEE SPOTLIGHT WITH SENIOR NUTRITION PROGRAM ASSISTANT BARBARA BEEBY



A photo of Beebes and her children

In her words...

From a young age, I had an insatiable curiosity for life. We moved often due to my dad’s position, and I adapted to new situations and changes with ease. After several years in

California—Santa Cruz, Vallejo, and San Francisco—we were stationed on Midway Island, where I started school.

It took a few tries to actually keep me there. One time, the teacher called my mother asking why I wasn’t in school. Turns out, I had taken a shortcut through the sailor’s mess hall and was found sitting at the bar, drinking a Coca-Cola with some of the locals. I fondly remember the smell of the ocean, blue as a robin’s egg, the warm, white sand, and the Pacific waters like a freshly drawn bath. My sister and I swam daily, spent hours on the beach picking up seashells, and were occasionally chased by sea lions. We even managed to bring home some brass shells from World War II and a huge glass fish ball from the beach.

When Pan American shut down, we moved to Shelby, Montana, where my dad worked as a radio engineer for KSEN. I spent my grade school years there, playing in the open fields, often with

“Beebs” continued on page 2

Table of Contents

Daily Dinner Club Menus
Page 2-3

Senior Activities Schedule
Page 4

The Sweet Story Behind Perl’s Artisan Chocolates
Page 5

Rocky Senior Center Annual Membership Drive
Page 6

Commodities Schedule
Page 9

Letter from Lori Ladas
Page 10

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HELENA SENIOR NUTRITION MENU - NOVEMBER 2024

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
	Low fat milk is delivered daily with Home Delivered Meals and available daily in the Dinner Club		SALAD BAR INCLUDED IN CONGREGATE MEALS	1 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN BLUSHING PEARS
4 CHILI CON CARNE CORN BREAD MEDITERRANEAN VEGGIES PARSLEY CARROTS FRESH FRUIT	5 CLOSED 	6 HOT TURKEY SANDWICH MASHED POTATOES GREEN BEANS CRANBERRIES	7 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW MANDARIN ORANGES	8 BIRTHDAY DINNER CHICKEN FRIED STEAK MASHED POTATOES CARROT COINS DINNER ROLL FRUIT COCKTAIL BIRTHDAY CAKE
11 CLOSED - VETERANS DAY 	12 BEEF BROCCOLI OVER STEAMED RICE PEAS & PEARL ONIONS CARROT COINS APRICOT HALVES	13 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN BEANS BAKED CRAN APPLES	14 SALISBURY STEAK SEASONED BROWN RICE SCANDINAVIAN VEGETABLES CREAMED CORN MANDARIN ORANGES	15 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS DINNER ROLL CINNAMON APPLESAUCE
18 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS FRESH FRUIT	19 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRUITED JELLO	20 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES	21 KOREAN BEEF STEAMED RICE ASIAN VEGETABLE CAULIFLOWER FRUIT COCKTAIL	22 THANKSGIVING DINNER ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRY SAUCE PUMPKIN PIE w/FRESH WHIPPED CREAM
25 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRESH FRUIT	26 BBQ CHICKEN WHOLE GRAIN ROLL BAKED BEANS GARDEN VEGETABLES COLESLAW	27 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES SPRING VEGETABLE MIX PINEAPPLE	28 CLOSED 	29 CLOSED 

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 \$7.00.

“Beebs” continued from page 1

boys toting BB guns, as we hunted gophers in the afternoons. Eventually, we moved to Great Falls, where my mom had grown up and her parents still lived. I attended Catholic schools, and the nuns were strict. I’ll never forget when a “Mother” asked me to take out my math book. I had never even heard of math and told her so. That moment sparked a math phobia that lasted for years.

Around age eight, both my sister and I caught the measles. I couldn’t stop scratching my feet, and we were covered in red spots. We got through it and were otherwise healthy kids. Later, we were boarded at Ursuline Academy in Great Falls.

My sister and I have plenty of dire stories about our time there, but I loved Mother Raphael, who taught us art in her studio at the top of the building. The stairs were so steep that if you weren’t careful, you’d fall to your death. She always smelled of coffee and cream.

At 13, I finally got a horse—a retired Thoroughbred named Stormy—and I was horse crazy from then on. I rode bareback all over the lower west side of Great Falls. I remember riding double with my first boyfriend across the Warden Bridge, hundreds of feet above the Missouri River. He still has nightmares about




“Beebs” continued on page 3

HELENA SENIOR NUTRITION MENU - DECEMBER 2024

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
2 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS FRESH FRUIT	3 PORK & VEGGIE STIR FRY BROWN RICE GREEN SALAD w/BEANS PINEAPPLE	4 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS MANDARIN ORANGES	5 BREAKFAST BOWL (SAUSAGE, EGGS, PEPPERS, ONIONS & CHEESE) PACIFIC VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES	6 HOT HAMBURGER SANDWICH MASHED POTATOES w/GRAVY BROCCOLI SPEARS APRICOT HALVES
9 OVEN BAKED CHICKEN w/VELOUTE SAUCE WILD RICE PILAF SWEET YAMS GREEN BEANS FRESH FRUIT	10 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CARROT RAISIN SALAD JUICY PEARS	11 BAKED HAM MACARONI & CHEESE COUNTRY VEGETABLES GARDEN PEAS CINNAMON APPLESAUCE	12 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES	13 BIRTHDAY DINNER HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL GOLDEN CORN TROPICAL FRUIT BLEND BIRTHDAY CAKE
16 PEPPER STEAK ROASTED RED BABY POTATOES GREEN BEANS PICKLED BEETS FRESH FRUIT	17 SWEET-N-SOUR PORK SEASONED BROWN RICE CARROT COINS TOSSED GREEN SALAD w/RED BEANS PINEAPPLE	18 TURKEY NOODLE CASSEROLE ITALIAN VEGETABLES BRUSSELS SPROUTS CRANBERRIES	19 SWEDISH MEATBALLS FRESH PASTA GARDEN PEAS WINTER SQUASH BLUSHING PEARS	20 HOLIDAY DINNER HERB SEASONED ROAST BARON OF BEEF w/BROWN PAN SAUCE LOADED MASHED POTATOES GREEN BEANS ALMONDINE ROASTED BUTTERNUT SQUASH SPICED APPLE CRANBERRIES BLUEBERRY COBBLER w/FRESH WHIPPED CREAM
23 SALMON PATTY WILD RICE CALIFORNIA VEGETABLES GREEN BEANS FRESH FRUIT	24 CLOSED 	25 CLOSED 	26 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES CAPRI VEGETABLES BAKED APPLES	27 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
30 LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES FRESH FRUIT	31 HAMBURGER ON A BUN BAKED BEANS COLESLAW MANDARIN ORANGES			SALAD BAR INCLUDED IN CONGREGATE MEALS Low fat milk is delivered daily with Home Delivered Meals and available daily in the Dinner Club



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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 \$7.00.

“Beefs” continued from page 2

falling off, but we were just fine. Once, I found a loose horse by the railroad tracks and brought it home, hoping to keep it. My mother said “no,” of course, and the sheriff eventually found its owners, who warned us not to ride it. But I did anyway, and that horse behaved perfectly for me.

One summer, I found a baby skunk while riding through the woods. I carefully placed it in my saddlebag, asking my mother if I could keep it. Of course, she said “no.” I even took it to the vet to see if it could be de-scented, but it was too young and didn’t survive.

I started high school at Great Falls High but

got involved with a young man who would become my first husband at age 16. My parents disowned me, and I moved in with his family. He joined the Navy, and we moved to San Diego, where I had my first child. When he went to sea, I returned to Great Falls and found myself pregnant again. We divorced soon after, and my dad packed me up and took me to Chinook, where I finished high school.

Meanwhile, my father, bored with his job as a radio engineer, had enrolled in LaSalle Correspondence School and eventually became a lawyer. He was even elected County Attorney of

“Beefs” continued on page 4

SENIOR CENTER ACTIVITIES

MONDAYS

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

1:00 pm - 4:00 pm - Bridge - Dance Floor

TUESDAYS

9:00 am - Crafty Quilters - Card Room

9:15 am - Line Dancing - Dance Floor

1:00 pm - Pinochle - Card Room (Tournament Dates: November 4 & 5)

1:00 pm - Bridge - Dance Floor

WEDNESDAYS

9:30 am - 10:30 am - Senior Advisory Council Meeting (first Wednesday of each month)

10:30 am - 11:00 am Chi Gong - Card Room

11:00 am - 12:00 pm - Tech Time with Mary - Parlor

12:00 pm - Hand and Foot Card Game - Parlor

1:00 pm - 3:00 pm - Bingo - Dining Room

THURSDAYS

8:30 am - Coffee & Rolls - 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

FRIDAYS

10:00 am - 11:00 am - Cribbage - Dance Floor

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

SUNDAYS

1:00 pm - Pinochle - Card Room

HAVE AN IDEA FOR AN ACTIVITY?

If you have an idea for an activity that isn't currently offered, such as a dance class, card game, art class, etc., please contact Bill Peña at 406-457-7372 or bpena@rmdc.net.

The parlor is open every day starting at 8 am. You are welcome to come in to relax, read magazines, play cards, work on puzzles, and enjoy time visiting!

Rocky is unable to provide staff to assist in participation of these activities as they are volunteer lead.

"Beebs" continued from page 3

Blaine County. I'll never forget being called as a witness in one of his cattle rustling cases. Being interrogated, especially by my own father, was terrifying.

After graduation, I moved back to Great Falls, where I worked for KMON Radio as a traffic manager. I did some commercials for City Chevrolet and Rhondes Bread around that time, and I married my second husband. We had two daughters and bought a house in Riverview. I worked for several attorneys, becoming fondly known as "Colla" in the legal world. One of the attorneys I worked for won the first million-dollar verdict in Federal Court in Montana, and I handled all the exhibits by hand, as we didn't have computers then.

Life took a turn when I decided to move to Arizona, but plans changed when my son and his friend wrecked my car. I had no job, no place to live, no car, and was standing on a street corner when a cowboy from Cascade called, inviting me to his ranch for the 4th of July. What did I have to lose? My son and I went, and we ended up staying for 12 years. I created a beautiful garden, raised vegetables, and we raised Appaloosa horses. My son graduated and joined the Marines with honors.

After that chapter ended, I met and married a man much younger than myself, and we shared a love for horse racing. Our horses won quite a few races, but the marriage lasted only six years. I realized then that no white knight was coming to save me, so I applied for a Pell Grant and went back to school at age 50. I transferred to the University of Montana, where I studied health and wellness with a minor in gerontology. I remember seeing my name on the Dean's List and thinking it was a bad thing, but I was quickly corrected.

After graduation, I struggled to find a job in my field, so I relied on my legal background and worked for the Crow Tribe in Billings. Eventually, I moved back to Helena, where my son lived, and worked as a legal secretary for a few years. A position opened up at the State Fund in mediation and legal, and I stayed there for the next 12 years. I retired from that job, but I wasn't ready to sit at home. I reached out to Rocky Mountain

"Beebs" continued on page 11

THE SWEET STORY BEHIND PERL'S ARTISAN CHOCOLATES

As the leaves turn gold and the crisp air rolls in, fall at Rocky means more than just cozy sweaters and pumpkin spice—it's time for a sweet visit from Perl's Artisan Chocolates!

Over the past few seasons, we've eagerly looked forward to these custom gift baskets overflowing with handmade chocolate delights, all thanks to Pat Perl, a local chocolatier who has been perfecting her craft for over 30 years.

Pat got involved with Rocky through her friend Sioux Roth, one of our dedicated volunteers. What started as a hobby in 1981—taking chocolate-making classes in Pennsylvania and later Vancouver—turned into a delicious passion for Pat. “I started making chocolate because, well, I really love chocolate!” Pat says with a laugh. “The more classes I took, the more I learned about all the different types like ganache and fondant. It was such fun experimenting with flavors that I thought, ‘Why not start a business?’”

In the early 2000s, Pat began selling chocolates as a side business in Ohio, and when she moved to East Helena in 2007, she wanted to keep the chocolate magic going. After finding a commercial kitchen space at Dinners Done Right, Pat was able to continue crafting her sweets for local fundraisers,



A photo of Pat Perl selling her chocolate gift baskets at the Neighborhood Center!

holiday events, weddings, and other special occasions. Fast forward to her retirement in 2018, and Pat built her very own commercial kitchen right at home.

Pat's favorite creation? Ganache. “You can create so many flavors, and that makes it fun to try out new combinations with friends. It's even better when you can customize flavors for the season!” With fall in full swing, we can't wait to see what flavors Pat is dreaming up for us this year.

Want to get your hands on Perl's Artisan Chocolates? Just reach out to Pat directly by phone at 419-706-5978 or via email at perl@nwonline.net.

LIFEPPOINT CHURCH'S SENIOR GIFT DRIVE: A RETURN OF A HOLIDAY TRADITION

This holiday season, we're thrilled to once again partner with Lifepoint Church for their Senior Gift Drive! Since 2017, this tradition has brought joy to our Meals on Wheels recipients, and it's a wonderful reminder of the strength of community and the importance of giving back. On December 9, the church will deliver these crafted baskets to Rocky for distribution, bringing holiday cheer to seniors in need.

What makes this event truly special is that the gift bags are assembled by children in Lifepoint's child-focused classes. It's a great gesture of connection across generations—children creating gifts for elders in the community, learning the value of compassion and generosity. This hands-on approach teaches kids that giving is not just about the presents but about building relationships and showing care to others.

“Lifepoint” continued on page 11

ROCKY SENIOR CENTER 2025 ANNUAL MEMBERSHIP DRIVE

We are excited to kick off this year’s membership drive starting November 1, 2024! The annual membership fee is \$20 per individual or \$30 per couple, covering the calendar year of 2025.

Becoming a member has great benefits both at Rocky’s Senior Center and beyond! Did you know that your membership helps defray the costs of running the Senior Center? It supports room usage for activities like bingo, pinochle, card games, and line dancing. Additionally, it helps cover the cost of printing and mailing Rocky’s bi-monthly Voice of Experience (VOE) newsletter.

We sincerely thank you for your ongoing support, which allows Rocky’s Senior Center to continue offering the activities and services you enjoy each day. Our primary focus is serving you—our older adults in Helena and the surrounding communities. We’re grateful for each and every one of 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
P.O. Box 1717
Helena, MT 59624



2025 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: \$ _____

HELENA SENIOR CENTER ADVISORY COUNCIL

Interested in being part of a team that helps plan exciting events? The Helena Senior Center has a fantastic group of dedicated members who meet on the first Wednesday of every month (except July) from 9:30 a.m. – 10:30 a.m. in the Card Room at the Senior Center.

The Senior Advisory Council welcomes guests and new members, and they’re always open to fresh ideas. Rocky is fortunate to have such caring and committed individuals on the council, working to make a difference.

Our current members are:

- Walt O’Hara – President
- Fran O’Hara – Vice President & Treasurer
- Kathy Schmit
- Ruth Hoffman
- Shirley Bennett
- Rita Newman
- Marilyn Roehl
- Pat Jupka
- Shana Frankenfield
- Jill Canfield
- Marilyn Abbott
- Martha Nottveit
- Lucille Gordon

We encourage you to join us and share your thoughts!

FOOT CARE DONE RIGHT 2024

November and December appointments will be held at the Foot Care Done Right Clinic located at 1050 N Montana Ave. Call Raelynn at 406-431-0006 to make an appointment!

HOLIDAY CARD MAKING

Friday, November 8
12:45 p.m. – 2:30 p.m.
Neighborhood Center Card Room



Join us for a fun afternoon of holiday card making! We'll have a guided project for you to follow, or you can let your creativity shine and design your own.

This event is free, and all materials will be provided.

Sign up at the front desk or call 406-447-1680 to reserve your spot.

CARAMEL ROLL THURSDAYS

Thursday is Caramel Roll Day! Yummy! Caramel rolls are prepared fresh every Thursday morning and available from 8:30 to 10:30 a.m. or until they are gone. There is a small charge of \$3.00/roll. Coffee and friends are free. Come on in and enjoy the wonderful company and share a delicious roll!



Backroads of Montana: Memories and Stories



Monday, November 18



No December gathering



Time: 12:30 pm - 1:30 pm

Location: Card Room, Rocky Senior Center

No Cost!

Backroads of Montana: Memories and Stories has been a wonderful gathering. The stories shared, and friendly conversation are amazing. This is a free gathering that will take place on Mondays starting at 12:30 p.m. Everyone is invited and there is no cost. There will be light refreshments as we relax and enjoy an episode of PBS Backroads of Montana followed by conversation. Mark your calendars and come join us!

NOVEMBER AND DECEMBER SENIOR PROGRAM CLOSURES

Rocky's Senior Programs (Senior Center, Meals on Wheels, Congregate Dining and Transportation) will be closed on the following days in November and December:

Tuesday, November 5 - Remember to Vote!

Monday, November 11 - Veteran's Day

Thursday & Friday, November 28 & 29 - Thanksgiving Holiday

Tuesday & Wednesday, December 24 & 25 - Happy Holidays!

To arrange for a meal during any of these closures, please call 406-457-7378 and Barbara Beeby, our Senior Nutrition Program Assistant will be happy to assist you!

Rocky Pinochle Club

Dates

If you know how to play pinochle and are looking for a fun and friendly group of people, new members are always welcome. Come on down! Pinochle players meet every Tuesday at 1:00 p.m. and on Sundays at 1:00 p.m. in the Card Room.

Pinochle Tournament Dates:

Monday, November 4 & Tuesday, November 5

Special Note: * **Yes** there will be Pinochle on Sunday, December 1 after Thanksgiving.

Hand And Foot Card Game:

Wednesdays at 12:30 pm in the parlor. All are welcome!

Rocky Bridge:

Come Join Us!

Every Monday and Tuesday folks are welcome to play Bridge at the Helena Senior Center. Please know that a new Bridge group is now gathering on the Dance Floor on Mondays.

Time: 1:00 - 3:00 pm

There is no money involved, but we do keep score and have a lot of fun!

WE WELCOME NEW MEMBERS!

Any questions? Please call for the Helena Senior Center-406-457-7372.

BINGO BYTES

I don't know about you, but 2024 has flown by!

We've had a few changes recently:

New Weekly Payouts:

- Regular games: \$8.00
- Special games: \$10.00
- Blackout: \$14.00
- Party Payouts:

- Regular games: \$12.00
- Special games: \$14.00
- Blackout: \$20.00
- The price per card remains \$1.00.



Mark your calendars!

Our Holiday Party will be on December 18, 2024. Based on feedback, we will no longer be doing gifts this year. However, we'll still ask everyone to bring snacks to share. Karen S. and Linda B. will be in charge of the party this year.

Wishing you all a Merry Christmas and a Happy New Year!

SCRAPBOOKING CLASS



Join us for a class that explores how scrapbooking can preserve memories, support brain health, and encourage social engagement! Donations are welcome and appreciated to help our members reduce their overall out-of-pocket costs.

- When: Second Thursday of each month
- Time: 1:00 PM to 3:00 PM
- Where: Back of the Dining Room



ROCKY HANDMADE

Thursday, December 5th

9:00 am - 1:00 pm

Rocky Neighborhood Center

200 S Cruse Ave, Helena

- Rocky Woodcarver's ornaments
- Crafty Quilter's handmade goods

Complimentary hot cocoa & cookie bar

All craft proceeds go to support the Helena Senior Center



Medicare

Open Enrollment

October 15
—Through—
December 7

Need help navigating the Medicare enrollment process?



Contact Rocky's Agency on Aging
406-457-7368

Aging Services Helpline
1-800-551-3191

Or go to
medicare.gov



COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Townsend, MT	Monday, November 4 10:30 am - 11:30 am	Lincoln, MT	Wednesday, November 6 12:30 pm - 1:00 pm
East Helena, MT	Monday, November 4 2:00 pm - 3:00 pm	Whitehall, MT	Thursday, November 7 11:00am - 12:00pm
Wolf Creek, MT	Tuesday, November 19 10:00 am - 10:30 am	Boulder, MT	Thursday, November 7 1:00 pm - 2:00 pm
Augusta, MT	Tuesday, November 19 12:30 pm - 1:30 pm	White Sulphur Springs, MT	Monday, November 18 11:00 am - 12:00 pm
Elliston, MT	Wednesday, November 6 10:00 am - 10:30 am	Helena, MT @ Food Share	Wednesday, November 6 8:00 am - 11:00 am

The Commodity Supplemental Food Program (CSFP) is a program where seniors 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 senior citizens at the Helena Food Share, 1616 Lewis 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 are entering into the most festive time of the year. From Thanksgiving feasts to holiday gatherings, it's a time when we really focus on community, fellowship, and gratitude. One thing I love about working at Rocky is the sense of community, not only between staff members, but also among you as our customers. We love to see you gather

together at our locations, enjoying a meal or engaging in your favorite activities. Our staff is grateful for you and we wholeheartedly enjoy being able to be part of your days. We consider all of you part of the Rocky family!

While we've enjoyed a fairly mild autumn season so far, we all know what comes next! Remember that with the return of cooler weather comes the return of slippery conditions in the parking lot. We make every possible effort to keep the lot cleared, but winter has been known to surprise us now and then! Rocky's shuttle is available for rides to and from our sites in Helena's city limits, and we're happy to get you on the schedule if needed. Please call 406-447-1680 at least a day in advance for a ride.

Also, please make note of our upcoming holiday closures, noted elsewhere in this newsletter. If you need extra meals delivered during any of those closure times, do not hesitate to give us a call.

There's a great holiday quote that states: "May you never be too grown up to search the skies on Christmas Eve." There's a special magic to this time of year, and I hope you continue to feel that spark in your heart this holiday season. May you enjoy days of happiness, gatherings with loved ones, and hopefully some time for relaxation as well. Happy Holidays from Rocky!



BIRTHDAY MEAL CELEBRATION

We love celebrating Birthdays at the Senior Center!

Each month, we celebrate everyone with a birthday that month. If it's your birthday, you're invited to enjoy a free meal during your birthday month. And yes, we'll have cake and ice cream, too!

Mark your calendars for our upcoming celebrations:

Friday, November 8

Friday, December 13

For our November celebration, we'll have special musical guest Rick Wine joining us!



THANK YOU TO VAN'S THRIFTWAY

We would like to thank Van's Thriftway for the cake that is donated for the birthday meal every month. A birthday meal is never complete without a cake, and luckily Van's Thriftway is willing to donate a delicious cake every month to make our celebrations even better. Thank you Van's!

“Beebs” continued from page 5

Development Council and found my current position.

I’ve been blessed with four wonderful children, seven grandchildren, and seven great-grandchildren—the youngest was born on my birthday, 80 years later.

I’m known as “GG,” and when I’m out shopping, my grandkids shout my name from across the store. I lost my beloved dog, Della, but life is still good.

I love my job and the people I work with. I might retire when I’m 85, in just three more years. But when I do, it will be in the spring, so I can see the leaves starting to grow and work in my garden. I’m just not very good at sitting still.

“Lifepoint” continued from page 5

Each year, the church collects donations from its congregation, purchasing items that make up the baskets, which include everything from cozy socks to holiday treats. The children then take part in assembling the bags, transforming it into a meaningful experience for everyone involved. The partnership between Lifepoint Church and Rocky has helped this annual drive become a wonderful part of our Meals on Wheels holiday tradition, reaching hundreds of seniors each year.

A QUICK ROASTING GUIDE FOR A YOUR HOLIDAY TUKEY

Roasting is a classic and fun way to prepare a delicious holiday turkey! It keeps the meat juicy while giving you that beautiful, crispy skin we all love. Plus, the aromas will fill your kitchen and get everyone in the holiday spirit!

Why Roasting?

It’s straightforward and reliable, making it easy for everyone.

You can infuse great flavors with seasonings and herbs.

Quick Step-by-Step:

Preheat your oven to 325°F.

Rub the turkey with butter or oil, then sprinkle with salt, pepper, and your favorite herbs for extra flavor.

Tuck the wings under the bird and tie the legs together with string.

Place the turkey on a rack in a roasting pan to allow even cooking.

Roast it for about 13-15 minutes per pound, basting occasionally for extra juiciness.

If the skin browns too quickly, cover it loosely with foil.

Check the temperature—when it reaches 165°F in the thigh, it’s ready to come out!

Let it rest for 20-30 minutes before carving, so the juices settle.

Get ready for a fantastic, golden-brown turkey that’ll be the star of your holiday table! Enjoy!

THANKSGIVING FEAST

The Helena Senior Center will be hosting its annual Thanksgiving meal on Friday, November 22. We will be serving roasted turkey and all the fixings, including pumpkin pie! We hope to see you there! The meal will be served at 11:30 am.



CHRISTMAS MEAL

The Helena Senior Center will be hosting its annual Christmas meal on Friday, December 20. We will be serving delicious herb-seasoned roast baron of beef with brown pan sauce, loaded mashed potatoes and many wonderful sides. The meal will be served at 11:30 am.





Christmas Crossword

DIRECTIONS: Fill in the puzzle, using the pictures as clues.

The crossword puzzle grid consists of 18 numbered clues, each with a corresponding illustration:

- 1: A red Christmas ornament (11)
- 2: A yellow bell (2)
- 3: A candy cane (3)
- 4: A white snowflake (4)
- 5: A green gift box with a red ribbon (5)
- 6: A red Christmas stocking (6)
- 7: A lit green candle (7)
- 8: Santa Claus (8)
- 9: A snowman (9)
- 10: A blue winter boot (10)
- 11: A red Christmas ornament (11)
- 12: A Christmas wreath (12)
- 13: A red Christmas sweater (6)
- 14: A yellow bell (2)
- 15: A pair of striped Christmas socks (15)
- 16: A reindeer head (16)
- 17: Santa's hat (17)
- 18: A holly leaf with red berries (18)