

VOICE OF EXPERIENCE



JANUARY - FEBRUARY 2025

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

HOW IT WORKS

By Jim Marks
Program Director
Rocky's Agency on Aging



Remember the Allstate Insurance television commercial showing two older women arguing over technology? One made a claim about how she thought the technology behaved, and the other admonished her by saying, "That's not how this works. That's not how any of this works."

Here is a not-so-secret technology wisdom: Those who approach technology by learning how the tools work end up with function and success. Those who try to bend the technology to fit their assumptions crash into dysfunction and failure.

Today's technology demands constant learning. Whether you are mastering software on a personal computer, a

smart phone application, or the operation of motor vehicles or televisions, each of us must take time to learn how to use the tool. If one wants to replace learning with guesses, your relationship with technology will spectacularly misfire.

Next time you try something new, put some time into figuring out how it works. With today's online resources such as Microsoft's Co-Pilot, Google's Gemini, Apple's Apple Intelligence, or conventional search engines such as Google.com, it is remarkably easy to figure out how anything works. One will find tutorials and other

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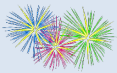
PO Box 1717

HELENA SENIOR NUTRITION MENU - JANUARY 2025

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
<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>January</p>	<p>1 CLOSED HAPPY NEW YEAR</p>	<p>2 BEEF STROGANOFF EGG NOODLES GARDEN VEGETABLES PICKLED BEETS PINEAPPLE</p>	<p>3 BAKED COD WITH FETTUCINE ALFREDO ZUCCHINI SQUASH HOMINY CHERRY APPLES</p>
<p>6 HEARTY BEEF GOULASH CAULIFLOWER PICKLED BEETS FRESH FRUIT</p>	<p>7 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES HOUSE MADE COLESLAW FRUIT COCKTAIL</p>	<p>8 TATER TOT CASSEROLE CARROT COINS GREEN PEAS CLING PEACHES</p>	<p>9 BISCUITS & SAUSAGE GRAVY BREAKFAST POTATOES BAHAMA VEGGIES APRICOTS</p>	<p>10 BIRTHDAY DINNER MAPLE BACON PORK TENDERLOIN WITH DIJON CREAM SAUCE ROSEMARY ROASTED RED POTATOES CABBAGE & CARROTS WHOLE WHEAT ROLL CINNAMON APPLESAUCE BIRTHDAY CAKE</p>
<p>13 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS FRESH FRUIT</p>	<p>14 CHICKEN NOODLE CASSEROLE SAN FRANCISCO VEGGIES FRESH GREEN SALAD WITH RED BEANS MANDARIN ORANGES</p>	<p>15 KFC BOWL POPCORN CHICKEN MASHED POTATOES & GRAVY CORN & CHEDDAR CHEESE BRUSSELS SPROUTS WHOLE GRAIN ROLL SWEET PEARS</p>	<p>16 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES LIMA BEANS PLUMP PEACHES</p>	<p>17 BIS-CUT SMOKED SAUSAGE WITH SAUERKRAUT BABY RED POTATOES GREEN BEANS APRICOTS</p>
<p>20 CLOSED</p>	<p>21 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS CARROT RAISIN SALAD SWEET PEACHES</p>	<p>22 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL PINEAPPLE</p>	<p>23 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE GOLDEN PEARS</p>	<p>24 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER TROPICAL FRUIT</p>
<p>27 CHICKEN FRIED STEAK w/MASHED POTATOES & PEPPER CREAM GRAVY SAUTÉED GREENS CARROT COINS FRESH FRUIT</p>	<p>28 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW PINEAPPLE</p>	<p>29 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>30 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES</p>	<p>31 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS MIXED FRUIT</p>

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS
 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.

(How It Works cont'd from P.1)

supports as well as in-person and online classes. The moral is to learn and avoid false expectations. Then, and only then, will you get the most from your technology tools.

PROTECTING YOURSELF IN THE DIGITAL WORLD

*By Michele Mathot
 Education and Outreach Coordinator
 Rocky's Agency on Aging*

As senior citizens navigate the digital world, it's



important for them to feel safe and secure online. With technology evolving so quickly, many older adults may be unsure how to protect their personal information from cybercriminals.

These scammers often target seniors, hoping to exploit any gaps in their online safety knowledge. Fear not - by staying informed about common threats, like phishing emails or fake phone calls,

(How It Works cont'd on P.3)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>Low fat milk is delivered daily to Home Delivered Meal customers and served daily in the dinner club</i></p>			<p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p>
<p>3 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS FRESH FRUIT</p>	<p>4 BEEF BROCCOLI OVER STEAMED RICE CARROT COINS 4-BEANS & GREENS JUICY PEACHES</p>	<p>5 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL FRUIT COCKTAIL</p>	<p>6 SALISBURY STEAK MASHED POTATOES w/GRAVY SCANDINAVIAN VEGETABLES WHOLE GRAIN ROLL MANDARIN ORANGES</p>	<p>7 SALMON PATTY w/LEMON SAUCE OVER WILD RICE KEY LARGO VEGGIES SWEET POTATOES APRICOT HALVES</p>
<p>10 CHEESEBURGER ON A BUN JOJOS PACIFIC VEGGIES FRESH FRUIT</p>	<p>11 BEEF RAVIOLI LASAGNA CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO</p>	<p>12 CHICKEN BREAST IN MUSHROOM GRAVY BROWN RICE GARDEN PEAS CARROT COINS PINEAPPLE</p>	<p>13 CREAMY CHICKEN STROGANOFF OVER LINGUINE GREEN BEANS DICED BEETS CRANBERRIES</p>	<p>14 <u>BIRTHDAY DINNER</u> SMOKED SAUSAGE CAJUN ALFREDO OVER CAVATAPPI BROCCOLI SPEARS SPRING VEGETABLE MIX MANDARIN ORANGES BIRTHDAY CAKE</p>
<p>17 CLOSED </p>	<p>18 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE</p>	<p>19 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS FRUIT COCKTAIL</p>	<p>20 ZITI NOODLES w/MEATBALLS GARLIC BREAD BRUSSELS SPROUTS GOLDEN CORN JUICY PEACHES</p>	<p>21 CHICKEN BACON RANCH TATER TOT CASSEROLE PICKLED BEETS CARROT RAISIN SALAD BAKED CRAN-APPLES</p>
<p>24 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS WHOLE GRAIN ROLL FRESH FRUIT</p>	<p>25 POTATO, VEGGIE & CHEESE EGG BAKE PACIFIC VEGETABLES GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>26 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS APRICOT HALVES</p>	<p>27 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE</p>	<p>28 CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL MIXED FRUIT</p>

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(How It Works cont'd from P.2)

seniors can better safeguard their data. In addition to staying informed, friendly resources are available to help seniors boost their online safety! Community education programs and workshops focused on digital skills can make learning about technology more enjoyable and accessible. Simple steps like creating strong passwords, using two-factor authentication, and regularly checking bank statements can go a long way in keeping their finances secure. With a bit of curiosity and the right support, seniors can confidently explore the online world while staying protected.

Please contact Michele at 406-441-3985, or at mmathot@rmdc.net with Rocky's Agency on Aging for online safety resources.

A SUCCESSFUL CHRISTMAS GIFT DRIVE!

Rocky's Meals on Wheels volunteers were able to deliver all 250 Christmas gift bags supplied by Lifepoint Church!

Delivering these bags gives our volunteers and recipients a shared sense of joy. Thank you to



(Gift Drive cont'd on P.5)

VOICE OF EXPERIENCE

SENIOR CENTER ACTIVITIES

January - February

MONDAYS

10:30 am - 11:15 am – Jennie’s Arthritis 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 (Every other month Pinochle has a tournament on Monday & Tuesday) Tournament Dates: January 6 & 7
1:00 pm - Bridge - Dance Floor

WEDNESDAYS

9:30 am - 10:30 am - Senior Advisory Council Meeting - Card Room - (first Wednesday of each month)
11:00 am -12:00 pm - Tech Time with Mary (second and fourth Wednesday of the month) - Parlor
12:00 pm - Hand & Foot Card Game - Parlor
1:00 – Bingo – Dining Room

THURSDAYS

8:00 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 - Parlor
10:30 am – 11: 15 am - Jennie’s Chair Exercise Class- Card Room

SUNDAYS

1:00 pm – Pinochle – Card Room

The Parlor is open Monday through Friday at 8 am. You are welcome to come in to relax, read magazines, play cards, work on puzzles, and enjoy time visiting.

We are taking donations of books, magazines, and puzzles, and small knick-knacks. We do not collect clothing, food, blankets, vitamins, or things that cannot fit on the free table. A special thanks to everyone for their wonderful and generous donations.

Thank you for making the Helena Senior Center a wonderful, safe, and healthy place for everyone!

CARAMEL ROLLS

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



BIRTHDAY MEAL CELEBRATIONS

We love to celebrate birthdays at the Helena Senior Center, and each month we celebrate everyone’s birthday for the month. As a member, you are welcome to have a free meal when it is your birthday month. Yes, we will have cake and ice cream, too! Mark your calendars!

Friday, January 10, 2025 & Friday, February 14, 2025



ROCKY CLOSURES

JANUARY AND FEBRUARY SENIOR PROGRAM CLOSURES

Rocky’s Senior Programs, including the Senior Center, Meals on Wheels, Congregate Dining, and Transportation, will be closed on the following days in January and February:

- Monday, January 1 – New Years’ Day
- Monday, January 20 – Martin Luther King, Jr. Day
- Monday, February 17 – Presidents’ Day



(Gift Drive cont'd from P.3)

Lifepoint Church and our Meals on Wheels volunteers for all their hard work in making the holiday season special - we look forward to this continued partnership.

FREE TAX HELP AT THE NEIGHBORHOOD CENTER!

Montana residents can get their taxes done for free.

AARP Foundation Tax-Aide, the nation's largest free tax preparation assistance service has trained volunteers



eager to help elderly and low-income taxpayers. An appointment can be made by calling 406-616-3080 beginning January 15, 2025, and leaving the requested information. Taxes are being prepared on Thursday and Saturday from February 6 through April 12 at the Rocky Mountain Development Council Inc.'s Neighborhood Center at 200 South Cruse Avenue. Call early as appointments are limited and fill up fast.

The Same Day-Drop tax method is being used again for TY24 whereby the taxpayer arrives at their appointed time and a trained Tax-Aide volunteer reviews all tax documents to ensure that all necessary information is available and that the return is not beyond the Tax-Aide designated scope of practice. Once the initial review is completed, the taxpayer will leave and return at a designated time in the afternoon to review their completed return and authorize e-filing of the Federal and State returns.

All AARP Tax-Aide volunteers are IRS Advanced certified. AARP membership is not required.

FEBRUARY IS NATIONAL SENIOR INDEPENDENCE MONTH!

February is National Senior Independence Month, a perfect time to celebrate and honor our senior members and volunteers at the Helena Senior Center and our rural locations. Your contributions and involvement make Rocky's Senior Centers a welcoming hub where seniors can build connections, find purpose, and maintain their independence.

Tips for Maintaining Independence

Stay Connected to Your Community

Engaging with your community is a key part of staying independent. Volunteering is an excellent way to build friendships and find purpose. At Rocky, we offer many volunteer opportunities, including our AmeriCorps Seniors and Meals on Wheels programs, which are actively seeking new volunteers!



Prefer a more leisurely connection? Spending time with friends is fantastic for mental health. Consider catching a movie at the Myrna Loy Theatre, enjoying a play at the Grand Street Theatre, or attending a concert at the Helena Symphony—all offering wonderful winter schedules.

Embrace Technology

Technology can be an incredible tool for seniors, but it's no secret that keeping up with new gadgets can feel overwhelming. Don't let intimidation hold you back from learning! To gain confidence and practical skills with technology join us for Tech Time with Mary, held on the second and fourth Wednesday of each month,



(National Senior Month cont'd on P.7)

THE NOT SO SWEET HISTORY OF VALENTINES DAY

*By Steven Ferriter
Community Outreach Coordinator*

Have you ever wondered how Valentine's Day began? Why is it that every February 14th, we buy candies and cards to show affection for our loved ones?

Perhaps unsurprisingly, like many of our modern holidays, the origins of Valentine's Day are not linear, and accounts vary, making the answer anything but clear cut. Its history stretches back to ancient times and has taken several twists and turns along the way. Ironically, the day we now associate with love and romance has a much darker and somewhat violent past.

A Dark Past

The consensus appears to be that Valentine's Day traces its roots to ancient Rome, where a mid-February festival included a lottery system that paired men and women together. These pairings often sparked relationships that lasted through the festival and sometimes beyond.

So how did the name of this loving holiday come about? As legend goes, the Roman Emperor Claudius II is said to have executed two Christian priests, both named Valentine, on February 14th during different years in the 3rd century. It remains unclear whether there were actually two separate individuals or if the stories merged into one over time.

Beneath this story is another layer of intrigue: one of the Valentines, while imprisoned, is said to have befriended his jailer's daughter and sent her a note signed "From your Valentine,"

In the late 5th century, Pope Gelasius I sought to replace the Roman festival with a Christian observance, officially naming February 14th "St. Valentine's Day."



From Martyrdom to Romance

It wasn't until the 14th century that Valentine's Day began to take on the romantic overtones we are familiar with today. During this time, William Shakespeare helped popularize the association of the day with love and courtship. Shakespeare's works, such as *A Midsummer Night's Dream*, played a role in romanticizing the holiday, and handmade valentines became a common way to express affection around this time.

As We Know It Today

Fast forward to modern times, and Valentine's Day has become one of the most commercialized holidays of the year. In 2023, Americans spent an astonishing \$25.9 billion celebrating the occasion, with candy taking the top spot as the most popular purchase.

For those in relationships—or those hoping to start one—now might be a good time to start saving up for Valentine's Day to impress that special someone - whether it's chocolates, flowers, or a heartfelt card, showing love has become a tradition steeped in history, even if its origins remain a little murky.

FOOT CARE DONE RIGHT 2024

Foot Care Done Right will no longer have their clinic at the Senior Center. To make an appointment at their clinic call 406-431-0006. They are located at 1050 Helena Avenue.



TECH TIME WITH MARY

This is a wonderful service that Mary offers, helping older adults address questions, issues, and problems related to the many tech devices we use these days. Mary will be at the Senior Center in the Parlor from 11:30 am to 12:30 pm on the second and fourth Wednesday of each month.

BRING ON THE NEW YEAR!

Bingo is a fantastic opportunity for people to come together. Did you know that playing Bingo offers benefits for older adults? Besides the enjoyment of gathering with friends for laughter and fun, it enhances social engagement. Many older adults grapple with feelings of isolation, and at Rocky, Bingo serves as a structured form of competition that encourages interaction among seniors. It provides a wonderful weekly routine for reflection and memory recall, contributing to a decrease in the risk of mental illness.

Bingo also plays a role in improving cognitive function and memory, and it enhances hand-eye coordination. Its benefits extend beyond entertainment, making it a practical and enjoyable activity. Invite your friends and relish the time spent playing, with the added possibility of being fortunate enough to win!

As a reminder, all cards are \$1 each. We eagerly anticipate your presence at the Helena Senior Center for Bingo every Wednesday at 1:00 pm in the dining room.

BACKROADS OF MONTANA: MEMORIES AND STORIES

Monday, January 27 & Monday, February 24

Time: 12:30 pm

Location: Card Room, Senior Center

No Cost!



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

(National Senior Month cont'd from P.5)

Prioritize Nutrition

Healthy eating is one of the best ways to support independence. Try cooking some meals at home— not only does it ensure a nutritious meal, but it also stimulates the mind and reduces stress.

If you have trouble getting to the grocery store we would recommend our congregate dining available at the Helena Senior Center Monday through Friday from 11:30 am to 12:30 pm. Rocky provides free



transportation to and from lunch, and the meals are very affordable! A \$5 donation is asked for those over 60, and for those under 60, lunch is \$10 dollars. All of the meals are designed by a certified nutritionist and include a delicious salad bar!

We hope these tips inspire you to take steps toward maintaining your independence. If you have questions about Rocky's programs, volunteering opportunities, or any of the community events mentioned in this article, feel free to reach out to Steven Ferriter, Rocky's Community Outreach Coordinator, at 406-457-7377 or sferriter@rmdc.net.

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 pm and Sundays at 1:00 pm in the Card Room.

Pinochle Tournament Dates:

Monday, January 6 & Tuesday, January 7

HAND & FOOT CARD GAME

Wednesdays at 12:00 pm in the parlor. All are welcome!



Hand and

Foot is a Canasta-style card game where players use two piles of cards—a “hand” and a “foot”—to create melds and score points. The goal is to play all cards while maximizing points and avoiding penalties.

It's especially great for seniors as it promotes social interaction, keeps the mind sharp through strategy, and provides a fun, low-pressure way to stay engaged and connected.

ROCKY BRIDGE - COME JOIN US!

Every Monday & Tuesday, folks are welcome to play Bridge at the Helena Senior Center.

Time: 1:00 - 4:00 pm

No money involved. We do keep score and have a lot of fun!



WE WELCOME NEW MEMBERS!

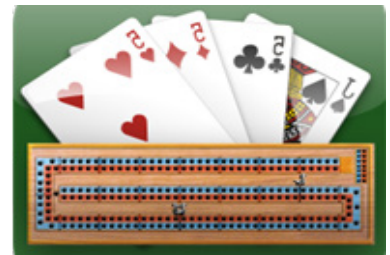
CRIBBAGE CLUB

Come be a part of our Cribbage Club!

Cribbage is a classic card game that involves simple strategy and math skills that anyone can learn. It is a great way to use your brain while socializing and reducing stress. Senior Center member Shana Frankenfield coordinates the club. The Cribbage Club welcomes players of all skill levels and encourages those who are new to the game to come and try it out!

Time: Fridays @ 10 am

Location: Neighborhood Center Parlor



Any questions? Please call Bill Péna, Program Coordinator for the Helena Senior Center, at 406-457-7372.



CARD MAKING WORKSHOP

FEBRUARY 14

12:45 PM - 2:30 PM

NEIGHBORHOOD CENTER
CARD ROOM

THIS CLASS IS OPEN TO ALL AND DOES NOT REQUIRE PRE-REGISTRATION!



Rocky's Neighborhood Center offers daily lunch for our community! Lunch is served from 11:30 am to 12:30 pm, Monday through Friday.



Come Enjoy:

Nutritious Meals!
Great Variety!
Salad Bar Included!



More than a lunch!

Save Time!
Meet Friends!
Save Money!



\$5 suggested donation if 60+
\$10 if under 60

Want More Information?
Contact us at (406) 447-1680
Visit the Neighborhood Center!
200 S. Cruse Helena, MT 59601



COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE	Whitehall, MT
Townsend, MT	Thursday, January 30 11:00 am - 12:00 pm
Monday, January 27 10:30 am - 11:30 am	Boulder, MT Thursday, January 30 1:30 pm - 2:00 pm
East Helena, MT	White Sulphur Springs, MT
Monday, January 27 2:00 pm - 3:00 pm	Monday, February 3 11:00 am - 12:00 pm
Wolf Creek, MT	Helena, MT @ Food Share
Tuesday, January 28 10:00 am - 10:30 am	**1280 Boulder St** Monday, January 27 12:30 pm - 6:30 pm
Augusta, MT	Tuesday, January 28 12:30 pm - 1:30 pm
Avon, MT	Wednesday, January 29 12:30 pm - 3:30 pm
Wednesday, January 29 10:45-11:00am	Thursday, January 30 12:30 pm - 6:30 pm
Elliston, MT	Friday, January 31 12:30 pm - 3:30 pm
Wednesday, January 29 10:00 am - 10:30 am	**Pickup times can vary due to weather*
Lincoln, MT	
Wednesday, January 29 12:30 pm - 1:00 pm	

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 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.

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.

ROCKY SENIOR CENTER 2025 ANNUAL MEMBERSHIP DRIVE


Rocky’s annual senior center membership drive started 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. The form and payment can also be completed online at www.rmhc.net. Forms and payments can be dropped off at Rocky’s Senior Center or mailed to:

Rocky
P.O. Box 1717
Helena, MT 59624



ROCKY 2025 Annual Membership Form Date: _____
ROCKY MOUNTAIN DEVELOPMENT COUNCIL, INC.
Improving lives, strengthening communities.

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

Do you want to be a part of a team that has the opportunity to plan exciting events? Helena’s Senior Center has a wonderful group of dedicated members that meet the first Wednesday of every month (no meeting in July) from 9:30 am to 10:30 am in the Card Room at the Senior Center. The Senior Advisory Council welcomes guests and new members and is always willing to listen to new ideas. Rocky is very fortunate to have such caring and dedicated members who serve on the Senior Advisory Council. 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

A COZY ROASTED TOMATO SOUP RECIPE FOR FOUR!

Ingredients:

2 lbs fresh tomatoes (Roma or cherry work well), halved
 1 medium onion, quartered
 4 cloves garlic, peeled
 2 tbsp olive oil
 2 cups vegetable broth (or chicken broth for a non-vegetarian option)
 1/2 cup heavy cream (optional, for creaminess)
 1 tsp dried basil (or a handful of fresh basil leaves)
 Salt and pepper to taste

Instructions:

Prep the vegetables:

Preheat your oven to 400°F
 Spread the halved tomatoes, onion quarters, and garlic cloves on a baking sheet.

Roast the veggies:

Drizzle with olive oil, then sprinkle with salt and pepper.
 Roast for 25-30 minutes, or until the tomatoes are soft and slightly caramelized.

Blend the soup:

Transfer the roasted vegetables to a blender or use an immersion blender in a pot.
 Add the vegetable broth and blend until smooth.

Simmer:

Pour the blended mixture into a large pot. Add dried basil (or fresh basil leaves).
 Simmer over medium heat for 10 minutes, stirring occasionally.

Finish it off:

Stir in heavy cream for a creamy texture (optional).
 Adjust salt and pepper to taste.
 Ladle into bowls and garnish with a drizzle of olive oil, fresh basil, or croutons!

CHINESE NEW YEAR BUFFET

Join us as Rocky's Senior Advisory Council hosts a delightful Chinese New Year Celebration Buffet. This festive meal promises a great time with friends and an array of delicious Chinese dishes. Register with Bill Peña, Helena Senior Center Coordinator, to secure your spot for this special event. Contact Bill at bpena@rmdc.net or by phone at 406-457-7372.

- Date: Saturday, February 1, 2025
- Location: Helena Senior Center, Dining Room
- Time: 12:00 pm
- Cost: \$25.00
- Final Date to Register: Friday, January 17, 2024
- Event Thyme Catering will be catering the Buffet.

Reservations are required





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



*Lori Ladas,
Executive
Director*

Happy New Year! We hope you enjoyed a wonderful holiday season, and we certainly enjoyed seeing those of you who joined us at the Neighborhood Center for our annual Thanksgiving and Christmas meals. Rocky has some great plans for 2025, and we're grateful you've chosen to make us part of your new year.



I did a little research about some of the top new year's resolutions made each year. I am happy to say that many of the top items listed – such as improving your diet, making new connections, and getting more exercise – are all areas addressed by Rocky's senior center. If any of these goals are part of your 2025, come over to the Neighborhood Center! Invite a friend and try something new, we'd love to see you here. As C.S. Lewis said, "you are never too old to set another goal or to dream a new dream".

Our winter has been mild so far, but any of us who have lived in Montana for a while, know what's coming! We do our best to keep up with snowfall during the winter months, but Mother Nature has been known to surprise us now and then. We encourage you all to take it slow in our parking lot and walk slowly and carefully as you enter and exit the building.

While thinking about the start of another year,