

CELEBRATING
45 YEARS

SENIORS
WEST OF
THE TETONS

ABOUT
SWOT

OUR MISSION

Enriching seniors' lives through advocacy, diverse programming, and wellness and nutrition opportunities.

SENIOR CENTER

Located in the Driggs City Center at 60 S. Main in Driggs, Idaho. Hours are 9 a.m. to 3 p.m. Monday through Friday.

LUNCH

Served at noon Mondays through Fridays.

HOW TO REACH US

- (208) 354-6973
- swot@tetonseniors.com
- P.O. Box 871, Driggs, ID 83422

ONLINE

- www.tetonseniors.org
- Facebook: Seniors West of the Tetons
- Instagram: [seniors_west_of_the_tetons](https://www.instagram.com/seniors_west_of_the_tetons)

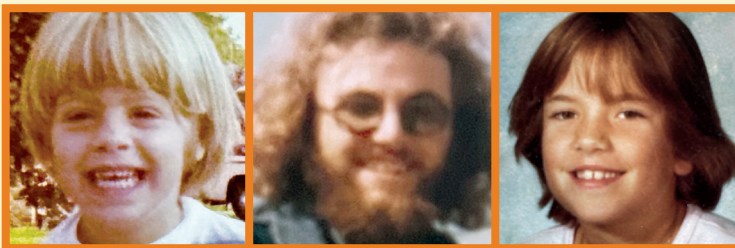
REMINDER
SWOT FIELD TRIP
We're going to the East Idaho Aquarium in Idaho Falls in the new van.
See Page 3

APRIL 2024

Valley Talk

SERVING SENIORS IN TETON VALLEY, IDAHO AND WYOMING

THE WAY WE WERE



We're time-traveling back to 1979 - that's the year that SWOT began serving seniors in Teton Valley.

It's all part of our yearlong 45th anniversary celebration. We've asked our staff and board members to show us what they looked like in 1979. That was the year that "Three's Company" was the hot TV show and "My Sharona" was blaring from our AM radios.

But we want you to join in the fun. Turn to Page 10 to see all the photos of our staff and board and to guess who's who. Then, dig up an old Polaroid of yourself from that time and send it to carol@tetonseniors.com.

WHAT'S COMING NEXT MONTH?

We'll reveal the photo identities at a luncheon celebration. Also, we'll show a 1970s movie that you help pick. And our Trivia event will feature tidbits from the Me Decade.



STAFF MEMBERS

EXECUTIVE DIRECTOR
Allie Mollenkof

KITCHEN MANAGER
Peter Troy

OPERATIONS DIRECTOR
Stacey Nail

SYSTEMS MANAGER
Ken Kirkpatrick

BOARD OF DIRECTORS

CHAIR
Anna Kirkpatrick

VICE CHAIR
Lynne Browning

TREASURER
Matthew Senitzer

SECRETARY
Carol Lichti

MEMBERS
Christina Assante

Cindy Dender

Amy Fradley

Tim Foreman

Hilary Frenette

Jim Haag

Jackie McManus

NEWSLETTER EDITORS
Jim Haag & Carol Lichti

MEALS DELIVERED

Home-cooked and delivered meals are available by contacting:

Eastern Idaho Community Action Partnership,
(208) 522-5391

theSWOTteam

NOTE FROM ALLIE

It's finally time to take your seat



ALLIE MOLLENKOF
executive director

IT'S HERE! IT'S HERE! You know that van that we have been talking about for ages? The van that we have gotten grants for, run a fundraising campaign that many of you contributed to and dreamed about?

It is here, and we could not be more excited. It's brand new and beautiful, and we are already scheming the trips we will take in it starting this month!

Thank you to everyone who came together to make this happen. Not only will this van be comfortable and safe, but it will allow us to carry many of you all over the region so you can see and explore so much of what our area has to offer.

Happy April!



Board Chair Anna Kirkpatrick and Executive Director Allie Mollenkof show off the new van.

CHAIR CHAT

It's been a long process, but worth the wait



ANNA KIRKPATRICK
board chair

AS THIS IS MY FOURTH and last year as chair, I've been going down memory lane as I write these chats. I've kept all the newsletters from the past three years, and it's really like digging up a time capsule.

In April 2021, we had been closed for a year because of COVID, and we were getting ready to install a new ventilation system, which would enable us to safely gather indoors once we were able to. We were preparing for a reopening that wouldn't take place until June of that year!

Four months later, we once again had to shut down our lunch program and fitness classes. Finally, in April 2022, we reopened for lunch three days a week, and it was truly a time of celebration.

A year later, we received a grant from the Teton Springs Foundation to purchase a 14-passenger van. After

receiving another grant from the Community Foundation of Teton Valley and an incredibly successful campaign asking folks to buy a seat, we were on our way to our dream of owning a reliable vehicle to transport our seniors on field trips and more.

So here we are in April 2024. After waiting a whole year due to delays in building the van, we finally got it delivered in the middle of March.

Four years later, things are looking up. The Senior Community Center is a hubbub of activity and a welcoming place for all.

So do all good things come to those who wait? In this case, I think so!

SENIORS BOARD ELECTS TWO NEW BOARD MEMBERS

The Seniors West of the Tetons Board of Directors recently elected two new board members.

• **Amy Fradley:** Fradley retired last year as executive director of the Teton Valley Foundation. She also was the Music on Main program director and has volunteer and board experience with several nonprofits.

• **Jackie McManus:** A regular SWOT volunteer and participant, McManus is a retired nurse educator and psychiatric nurse. You've likely seen her at the SWOT registration desk.



Fradley



McManus

Oh the places you'll go in the new van

Thanks to a \$25,000 grant from the **Teton Springs Foundation** along with \$7,000 from the **Community Foundation of Teton Valley** and a "Buy-a-Seat" fundraising campaign, SWOT has a new van.

The grants and funds were secured last year, but SWOT had to wait for the opening of bids for new vehicles, the manufacturing and then the delivery of the new van.

The SWOT bus, which provided many fun times, was traded in for these new wheels. See more info and photo on Page 2.

Don't miss special events this month

SWOT's usual activities are on tap this month, as well as a class to teach you how to knit and a field trip to the aquarium in Idaho Falls.

Here's what's planned:

• **April 8:** Senior Art at Teton Arts Studio at 1 p.m., you can learn or relearn how to knit. Register at tinyurl.com/seniorarts.

• **April 29:** 9 a.m. gather at the Senior Center lot to ride the new van or caravan to East Idaho Aquarium, 570 E. Anderson in Idaho Falls. Bring a bag lunch. Register by April 22 at tetonseniors.org/aquarium. \$10 fee suggested.



PROGRAMS & activities



WE'VE GOT a lot going on at the Senior Center. Here is your guide to our programs.

FITNESS



Fit & Fall Proof

9 and 10 a.m. Mondays and Thursdays. Wear loose-fitting clothing and bring water with you. Free. Open to all.

This is an exercise program that focuses on improving strength, mobility and balance to reduce an older adult's risk of falling. Local volunteer leaders are trained to teach the class.

Drumming

Check the activities calendar for the date and time. Wear loose-fitting clothing; bring water. Free. Open to all.

Led by Lea Hardee and Cindie Brouwer this fun cardio routine set to music involves movement and beating an exercise ball with drumsticks. Also helps cognitive function through concentration and coordination.

Tai Chi

9 a.m. Wednesdays intro for beginners with instruction. 9 a.m. Fridays for any level with no instruction during class. Wear loose clothing; bring water. Suggested \$5 donation. Open to all.

This is a series of movements performed in a slow, focused manner with deep breathing. Led by Dan Keslar.

Yoga for a Better Life

9 a.m. Tuesdays. Wear loose clothing; bring water. Yoga mats and gear are provided. Suggested \$5 donation. Open to all.

This Hatha-based yoga practice is designed to increase flexibility while building strength and using breath efficiently. Led by Connie Tyler.

ENRICHMENT



Death Cafe

1:30 p.m. the second Thursday of each month (with some exceptions). Free. Open to all.

At these gatherings, we eat, drink and discuss that often taboo subject: Death. It is not a support group; rather, it is a directed discussion whose objective is "to increase awareness of death with a view to helping people make the most of their lives."

Tech Time

At noon the second Tuesday of each month. Free. Open to all.

This program will help you with any technology questions. Phil Mollenkof and Andy Harlan are good friends of SWOT and quite proficient with various technologies. These guys will help you master technology; just bring your device in question and fire away.

HEALTH

Teton Valley Health updates

Free. Open to all.

Teton Valley health provides a monthly update of news and information. Come hear about the health services in our community and ask questions to learn more about the care available. See the activities calendar on Page 5 for date and time.

Blood Pressure Check

The second Wednesday at 11:45 a.m. Free.

Teton County Fire and Rescue EMTs will check your blood pressure.

Healthy Seniors

Free. Open to all.

A variety of health topics are covered throughout the year along with flu shots and other clinics.

SOCIAL



Bingo

Check the calendar. Free. Open to all.

We can't guarantee you'll win fun prizes but we can promise you'll have many laughs!

SWOT walks

1 p.m. Fridays. Free.

Join us after lunch for a walk around Driggs. Meet at the SWOT registration table.

Cribbage

1 p.m. First Monday of the month. Free.

This card game uses a board and pegs to score points as cards reach combinations of 15.

Trivia

1 p.m. Check calendar for monthly date. Free.

Kate Driscoll leads a trivia competition once a month that becomes more challenging as we go. Winners get a prize.

Bridge

1 p.m. Tuesdays. Free. Open to all.

Bridge is a trick-taking card game using a standard 52-card deck.

Mah-jongg

1 p.m. Wednesdays. Free. Open to all.

Mah-jongg is a tile-based game that was developed in the 19th century in China.

Senior art classes

1 p.m. second Monday at Teton Arts studio. \$5 suggested donation. Limited.

A collaboration with Teton Arts offers monthly opportunities to explore your creativity with clay, painting, drawing and other creative endeavors. Register at <https://tinyurl.com/seniorarts>



APRIL

fit and active



WE'LL KEEP you busy, whether it's a fitness class, a game or a gathering to teach you something.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> Fit & Fall, 9 & 10 a.m. Cribbage, 1 p.m. <p>1</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. <p>2</p>	<ul style="list-style-type: none"> Intro to Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. Mah-jongg, 1 p.m. <p>3</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. LUNCH WITH MAYOR AUGUST <p>4</p>	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Knitting circle, 9 a.m. Drumming, 10:30 a.m. SWOT walk, 1 p.m. Dress for weather conditions. <p>5</p>
<ul style="list-style-type: none"> Fit & Fall, 9 & 10 a.m. SENIOR ARTS, 1 P.M. KNITTING BASICS: Learn the basic knit stitch on a small project. Register at tinyurl.com/seniorarts. <p>8</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. TECH TIME, NOON Bridge, 1 p.m. <p>9</p>	<ul style="list-style-type: none"> Intro to Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. BLOOD-PRESSURE CHECK, 11:45 a.m. to 12:45 p.m. Mah-jongg, 1 p.m. <p>10</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. TRIVIA WITH KATE, 1 P.M. Death Cafe, 1:30 p.m. <p>11</p>	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Drumming, 10:30 a.m. SWOT walk, 1 p.m. <p>12</p>
<ul style="list-style-type: none"> Fit & Fall Proof, 9 & 10 a.m. <p>15</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. <p>16</p>	<ul style="list-style-type: none"> Intro to Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. BREAKFAST BRUNCH FOR LUNCH, NOON. Wear your pajamas! Mah-jongg, 1 p.m. <p>17</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. FILE OF LIFE, 1 P.M. Kevin Bollar of Teton County Fire & Rescue will offer information for emergency responders and answer questions. <p>18</p>	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Knitting circle, 9 a.m. Drumming, 10:30 a.m. LIBRARY INFO, NOON. Learn about the local library. SWOT walk, 1 p.m. <p>19</p>
<ul style="list-style-type: none"> Fit & Fall, 9 & 10 a.m. Cribbage, 1 p.m. EARTH DAY BINGO, 1 P.M. <p>22</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. <p>23</p>	<ul style="list-style-type: none"> Intro to Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. Mah-jongg, 1 p.m. <p>24</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. MEDICARE CHAT, NOON MACRAME CRAFT CLASS, 1 P.M. Make a plant hanger. Register at tetonseniors.org/macrame. <p>25</p>	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Drumming, 10:30 a.m. SWOT walk, 1 p.m. PIZZA & A MOVIE, 5 P.M. "Sully" starring Tom Hanks. Register at tetonseniors.org/movie. <p>26</p>
<ul style="list-style-type: none"> IDAHO FALLS AQUARIUM TOUR, 9 A.M. TO 2 P.M. \$10 for admission and gas. Register at tetonseniors.org/aquarium Fit and Fall Proof, 9 and 10 a.m. <p>29</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. TETON VALLEY HEALTH NEWS & UPDATES, 1 P.M. Learn about general surgery, what it does and what it can do with Dr. Luke Martin. <p>30</p>			

FILE OF LIFE

Battalion Chief Kevin Bollar of Teton County Fire & Rescue will discuss the File of Life that provides emergency responders information about your health and wishes for life-saving measures at 1 p.m. on April 18.





APRIL lunch menu

MENU is subject to change depending on availability and weather.

WHEN Lunch is served at the Senior Center at noon on Mondays through Fridays.

SUGGESTED DONATIONS
• \$6 for those 60 years and older,
• \$8 under 60 and \$4 for children.



VEGETARIAN OPTION
A vegetarian option is available. It may include dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled ham steak Scalloped potatoes Oven-roasted asparagus Split pea soup Pineapple upside down cake 1	Rueben Tuesday with housemade potato chips Garden salad Mixed fruit Chocolate brownie 2	Cheese flatbread pizza with side salad Minestrone soup Vanilla pudding 3	Deviled egg salad croissant with housemade potato chips Vegetable stew BIRTHDAY CAKE 4	Nachos on housemade tortilla chips, seasoned ground beef and cheese sauce Chipotle chicken soup Churros 5
Build-your-own sandwich with choice of meat and cheese Housemade chips Savory sausage soup Chocolate brownie 8	Sundried tomato zucchini quiche Spinach salad Vegetable bean soup Mixed fruit salad 9	Shrimp and cheesy grits with Andouille sausage Fried okra Red bean and bacon soup Vanilla pudding 10	Oven-roasted herb turkey Mashed potatoes and gravy Roasted cauliflower Garden salad Pumpkin pie 11	Mushroom Swiss burger on brioche bun Fried pickle chips Garden salad Fresh-baked cookie 12
Grilled tuna melt on wheat Housemade chips Garden salad Sliced melon 15	Chicken fajitas with flour tortillas Refried beans Spanish rice Salsa bar Black bean and blue tortilla soup Cookie 16	BREAKFAST BRUNCH FOR LUNCH Breakfast buffet with scrambled eggs, bacon, sausage, home fries, French toast, fresh fruit and muffins 17	Cheese ravioli with marinara sauce and parmesan cheese Grilled zucchini Garden salad Fresh grapes 18	Korean BBQ pork ribs Asian slaw Pork fried rice Asian vegetable soup Mandarin oranges Fortune cookie 19
Marsha's crab cakes with red pepper aioli Side salad Cream of tomato basil soup Cookie 22	Thai sweet chile chicken with white rice Stir-fry vegetables Egg roll Mandarin oranges Fortune cookie 23	Apple-cranberry chicken salad in warmed pita Pineapple coleslaw Garden salad Mixed fruit 24	Oven-roast pork Roasted rosemary potatoes Gravy Sautéed green beans Garden salad Chocolate brownie 25	Chicken wings with choice of sauce Carrots Celery Potato bacon soup Sliced melon 26
Gyros with warmed pita, tzatziki sauce, feta and kalamatas Pasta salad Lemon orzo chicken soup Cookie 29	Chicken tikka masala with white rice Roasted vegetables Cauliflower curry soup Maharani cupcakes 30			





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR FEBRUARY AND 2023

HERE ARE THE NUMBER OF PARTICIPANTS for a few of the activities available at Seniors West of the Tetons. Numbers are the latest month available.

MEALS SERVED IN 2024

2,099

AT THE CENTER: 1,523
HOME-DELIVERED: 576

MEALS SERVED IN FEBRUARY

1,070

AT THE CENTER: 764
HOME-DELIVERED: 306

FITNESS/HEALTH PROGRAMS IN FEBRUARY

309

GAMES: BRIDGE, BINGO, & CRIBBAGE IN FEBRUARY

83

ENRICHMENT PROGRAMS IN FEBRUARY

250

GONE BUT NOT FORGOTTEN ...



These residents with ties to Teton Valley passed away recently:

David Hartshorn

Sheree Miller





PICTURE perfect

A LOOK AT some of the activities from the past few weeks.



and the winner is ...

Last issue, Executive Director Allie Mollenkof asked readers to send in photos of them reading Valley Talk. Well, she got three. Thank you to those who submitted. Winner of the contest is Linda Prentice, shown above left reading Valley Talk, SWOT's monthly newsletter outside. Other entries were from Norm Smith, top right, and Scott Prindle. Keep sending them in to programs@tetonseniors.com.

bingo night

SWOT was the benefitting nonprofit at the Highpoint Cider Bingo Night on March 8. Christy Schroeder, below left, joined Operations Director Stacey Nail and her husband, James Canedy. James "won" the final round as the last player to not have a bingo.



joint health

Dr. Stefan Turkula, an orthopedic surgeon at Teton Valley Health, spoke to seniors about surgical and non-surgical approaches to injuries.

fun in the bubble

Seniors West of the Tetons offered hot chocolate and conversation in the Bubble at the Driggs City Plaza.



going green

The first Library at Lunch session in March occurred during the St. Patrick's Day luncheon. Susan Strayer, communication assistant at Valley of the Tetons Library, provided information about upcoming events, answered questions and got into the spirit of the day.

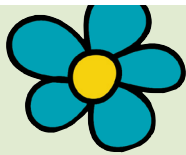
Earth Day word search

BIODIVERSITY Z E N V I R O N M E N T
 COMPOST T S C S R E W O L F M C
 CONSERVE E N M O I E L C Y C E R
 EARTH L Y I E L B A W E N E R
 ECOLOGY R W G R S O O T R A S H
 ECOSYSTEM Y E Z R P D G C R S K P
 ENERGY C T D M E T S Y S O C E
 ENVIRONMENT S I I U E N O Z O I K A
 EXTINCT E G N S C C E O Y L J N
 FLOWERS A V R A R E U O F F W X
 FOOTPRINT L L R E G E A R T H T P
 GARBAGE E F B E E R V G N S R L
 GREEN V R M E S N O I O O E A
 GROW E E X T I N C T D M E N
 ORGANIC L W O R G C O M P O S T
 OZONE W A T E R R E C O M I S
 PLANTS B D W G A R B A G E T B
 RECYCLE
 REDUCE
 RENEWABLE
 SEA LEVEL
 SOIL
 TRASH
 TREES
 WATER

SWOT sudoku

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

>> **ANSWERS** TO THIS MONTH'S PUZZLES CAN BE FOUND ON PAGE 11



» CONTINUED FROM PAGE 1

THE WAY WE WERE

[BUT WHO ARE WE?]



1



2



3



4



5



6



7



8



9



10

SEND US YOUR PHOTOS!

We want to see what you looked like in 1979.

EMAIL
photos to carol@teton seniors.com

BRING
your photos to the Senior Center.

DISPLAY
We'll show them all at the Senior Center.



11



12



13

These are photos of SWOT staff and board members from 1979 - the year SWOT was founded. Do you know who's who?

Christina Assante	Anna Kirkpatrick
Lynne Browning	Ken Kirkpatrick
Cindy Dender	Carol Lichti
Tim Foreman	Allie Mollenkof
Hilary Frenette	Stacey Nail
Jim Haag	Matthew Senitzer
	Peter Troy

We'll reveal the answers at a luncheon in May.

VOTE FOR A '70S MOVIE

For Pizza & Movie in May, we'll show a 1970s film. You can vote for one these five by emailing carol@teton.seniors.org or picking up a ballot at the Senior Center.
Breaking Away
Close Encounters of the Third Kind
Saturday Night Fever
Star Wars
Taxi Driver

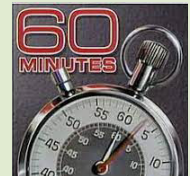
REMEMBERING 1979

GET THE KNACK



TOP SONGS

1. My Sharona, The Knack
2. Bad Girls, Donna Summer
3. Le Freak, Chic
4. Do Ya Think I'm Sexy, Rod Stewart
5. Reunited, Peaches & Herb
6. I Will Survive, Gloria Gaynor
7. Hot Stuff, Donna Summer
8. Y.M.C.A., Village People
9. Ring My Bell, Anita Ward
10. Sad Eyes, Robert John



TOP TV SHOWS

1. 60 Minutes
2. Three's Company
3. That's Incredible
4. Alice (tie)
MASH (tie)
6. Dallas
7. Flo
8. The Jeffersons
9. The Dukes of Hazzard
10. One Day at a Time



TOP MOVIES

1. Superman
2. Amityville Horror
3. Rocky II
4. Star Trek: The Motion Picture
5. Alien
6. Apocalypse Now
7. 10
8. The Jerk
9. Moonraker
10. Meatballs

NONPROFITFOCUS

This regular feature shines a spotlight on nonprofits that offer services to seniors.

Community Resource Center of Teton Valley

WHAT THE ORGANIZATION DOES It serves as a resource hub to connect Teton Valley residents to available resources based on individual needs - such things as applying for assistance and aid programs for rent, assisting with utility bills and gas for transportation, assisting with employment, offering financial literacy support and food. The center has free food distributions via Food for Good program five days a week with no requirements or applications necessary. All services are offered in both English and Spanish.

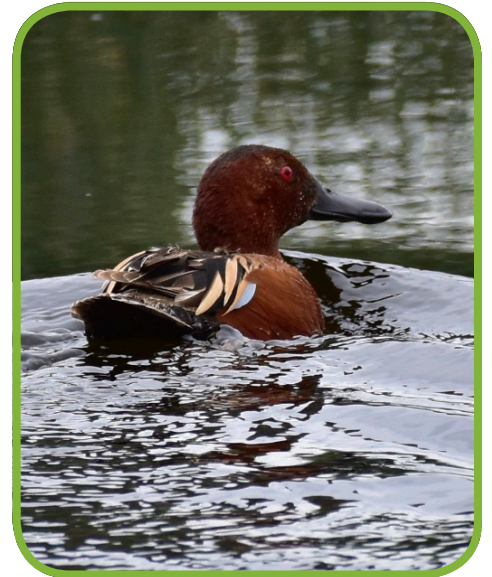


HOW TO APPLY Contact the resource center by phone, email or drop by the office with any requests for assistance. There is an application process that can be completed on the organization's web page or by paper application at the office.

CONTACT Address: 1420 N. Hwy. 33, Suite 204, Driggs. Hours: 10 a.m. to 4 p.m. Monday through Friday. Phone: (208) 354-0870. Email: info@crctv.org. Website: crctv.org.

BIRDVIEW

BIRDWATCHING WITH ANNA KIRKPATRICK, BOARD CHAIR



The breeding male cinnamon teal is a gorgeous waterfowl with unmistakable red eyes. The teals love marshy areas and can be seen foraging for bugs on the Teton River as well as in ditches along the side of the road. The males are generally with a female or with flocks of other cinnamon teals.

words of wisdom



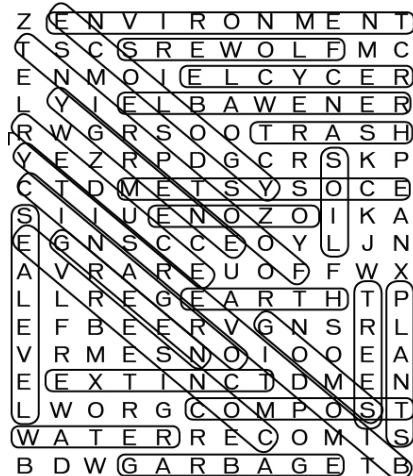
I'm very pleased to be here. Let's face it, at my age I'm very pleased to be anywhere."

- GEORGE BURNS

PUZZLEanswers

» PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



SAVE the date



ALL ACTIVITIES

are at the Senior Center unless noted. Participants should register online at tetonseniors.org or call (208) 354-6973.

- April 8 Senior Art: Knitting, 1 p.m. at Teton Arts Studio, 110 Rodeo Drive, in Driggs. Learn to knit a small item. Suggested \$5 donation. Register at tinyurl.com/seniorarts.

- April 9 Tech Time, noon.

- April 10 Blood-pressure check, 11:45 a.m. to 12:45 p.m.

- April 11 Trivia with Kate, 1 p.m.

- April 11 Death Cafe, 1:30 p.m.

- April 17 Breakfast Brunch for Lunch, noon. Wear your PJs.

- April 18 File of Life information, 1 p.m. Learn to prepare for emergencies.

- April 19 Library lunch table, noon.

- April 22 Earth Day Bingo, 1 p.m.

- April 25 Medicare chat, noon.

- April 25 Macrame craft class, 1 p.m. Make a plant hanger. Register at tetonseniors.org/macrame.

- April 26 Pizza & a Movie, 5 p.m. "Sully" starring Tom Hanks. Register at tetonseniors.org/movie

- April 30 Teton Valley Health update, 1 p.m. Topic: general surgery.



APRIL 29 TRIP TO EAST IDAHO AQUARIUM
Meet at SWOT at 9 a.m. to ride the van or caravan to Idaho Falls. Bring a bag lunch. \$10 fee. Register at tetonseniors.org/aquarium.

12 VALLEY TALK



Nonprofit Organization
 U.S. Postage
 PAID
 Permit No. 2
 Driggs, Idaho 83422

