



ABOUT SWOT

OUR MISSION

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

COMMUNITY 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 Mondays through Thursdays.

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

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AUGUST 2023

Valley Talk

SERVING SENIORS IN TETON VALLEY, IDAHO AND WYOMING

ICE CREAM SOCIAL

HEY, TETONIA AS WELL AS VICTOR ... PREPARE TO SCREAM!

We're coming to you with ice cream!

YES, IT'S TRUE. Seniors West of the Tetons' annual ice cream social is happening again, and this year a second location is being added to serve both the south and north sides of Teton Valley. AND ALL SENIORS can come both days!

On Thursday, Aug. 24, SWOT will be at Sherman Park, 180 Elm St. in Victor, from 2 to 3 p.m.

The following Thursday, Aug. 31, SWOT will be at Ruby Carson Memorial Park, 3103 Perry Ave., in Teton, from 2 to 3 p.m.

AND IT'S FREE!





STAFF MEMBERS

EXECUTIVE DIRECTOR
River Osborn
OPERATIONS & PROGRAM DIRECTOR
Allie Mollenkof
KITCHEN MANAGER
Peter Troy
HOME SERVICES PROVIDER
Carissa Cook

BOARD OF DIRECTORS

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MEMBERS
Christina Assante
Lynne Browning
Cindy Dender
Tim Foreman
Jim Haag
Matthew Senitzer
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

RIVER RAMBLINGS

Dear investors, let me hear from you



RIVER OSBORN
executive director

LOOK AT US settling into the dog days of summer. And it still feels like this season only recently started after that rainy June weather we had. But we're not done with our fun summer programming yet! Check out our activity calendar for a few outdoor activities that we have coming up.

Especially you, Victor and Tetonia.

Thank you so much to those who were able to donate to us during the Tin Cup Challenge. Our totals still aren't in, but we know that once again you all really showed up for us. Thank you for believing in and supporting our mission - and trusting us to do right with your investment. We won't let you down!

Because all donors are investors in our mission, I would like to invite you to share with me what you think we're doing well and what you see as areas for improvement.

We are here for you and want to continue making the Senior Community Center the best it can be. Please don't hesitate to reach out with an email or a call to share your feelings.

CHAIR CHAT

Thank you for your belief and trust in us



ANNA KIRKPATRICK
board chair

YOU MUST BELIEVE in SWOT as much as we do because you continue to support us every year through the Tin Cup Challenge, and this year was no different!

THANK YOU from the bottom of our heart for believing and trusting in us to keep our Teton Valley and Alta seniors engaged, supported and thriving.

Your donations ensure that we can continue to bring advocacy,

diverse programming, and wellness and nutrition opportunities to all of our seniors.

Hope to see you on Senior Citizens Day - it's Monday, Aug. 21 - for lunch ...
It's on us!

DONATE TO MAKE A DIFFERENCE

If you love the services we're providing and want to see even more, please consider making a donation today. We value all contributions - big or small - and we couldn't do this without your help.

Donate online Go to our website and make a contribution:
www.tetonseniors.org/online-donation-portal

By mail Send us a check at P.O. Box 871, Driggs, ID 83422

Become a monthly donor
Be part of Team SOS - Support Our Seniors - by giving at www.tetonseniors.org/sos

SWOT TO VISIT REHEARSAL FOR GRAND TETON MUSIC FESTIVAL

Early this month, SWOT is arranging for seniors to attend a rehearsal of the Grand Teton Music Festival on Friday Aug. 4..

The cost is \$10 and must be paid through registration at tetonseniors.org/music.

The SWOT bus will leave the Senior Community Center's west entrance at 8:45 a.m. Pack a lunch for after the rehearsal. Those traveling on their own should meet at 9:45 a.m. at the ticket area at Walk Festival Hall, 3330 W. Cody Lane in Teton Village.

Stéphane Denève, shown above, will be the director leading, among others, Marc-André Hamelin on piano.



Foundation grant offers vital support

The Donald C. Brace Foundation has awarded \$50,000 to Seniors West of the Teton.

Donna Brace Ogilvie, started the foundation in honor of her father, Donald Brace, co-founder of Harcourt Brace Publishing Co., to support health, education and the arts. Karen Scheid, her daughter, is a co-trustee.

"The foundation's contributions provide a critical boost for our organization's programs," said Executive Director River Osborn. "We are so grateful for this support."

Tie dye, flowers, swim set for August

August activities include:

- **Tie dye techniques** for Senior Art at the Teton Arts studio at 1 p.m. Aug. 7. Bring white clothing items to dye. Register online at <https://tinyurl.com/seniorarts>.

- **Senior swim with Teton Valley Aquatic** at 1 p.m. Aug. 9 for \$5 at Driggs City Park. Register at <https://tinyurl.com/swotswim>.

- **Floral arranging** with Red House Flowers will be at 1:30 p.m. Aug. 29 at the Senior Center. Register at tetonseniors.org/flowers. Class is limited to 20 participants. Bring \$10.

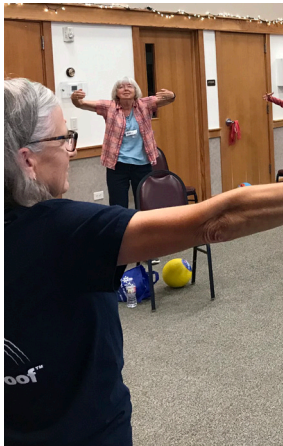


PROGRAMS & activities



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.

Aiki Balance

10:15 a.m. Tuesdays. 4 p.m. Thursdays. \$5 suggested donation.

Based on the flowing, strengthening and bending moves of the Japanese martial art Aikido, Aiki improves balance, coordination, posture and poise. It calms the nervous system, and reduces pain and tension. Plus, it's fun. Led by Cathy Pollock.

Tai Chi

9 a.m. Wednesdays. Wear loose clothing; bring water. Suggested \$5 donation. Open to all.

This is a series of movements performed in a slow, focused manner and with deep breathing. Beginners are welcome. Individual instruction is given during and after class. This class is led by longtime SWOT friend, Dan Kesler.

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 your breath efficiently. It's led by instructor extraordinaire, 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

Foot-Care Clinic

Check calendar for dates. Free. Open to seniors. First come, first served. Sign up when you arrive.

Do you have trouble getting to your toes? Is clipping your toenails difficult? Health-care professionals Anna Gunderson and Sandra Woolstenhulme are here to help with foot care. They also provide referrals for potentially larger issues.

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. A focus this year has been on mental health.

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!

Scrapbooking

11 a.m. second and fourth Mondays. Some materials for purchase. Learn scrapbooking, card making and photo tips. Preserve memories.

Cribbage

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

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

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 and has spread throughout the world - and is now spreading through Teton Valley. Come on down to join in or learn how to play!

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>





AUGUST

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"> • Yoga, 9 a.m. • Aiki balance, 10:15 a.m. • Bridge, 1 p.m. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • SUMMER MEDITATION WITH TETON YOGA CO-OP, 1:30 P.M. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. in Driggs City Park • Knitting circle, 9 a.m. • GRAND TETON MUSIC FESTIVAL, 10 A.M. \$10. SWOT bus leaves at 8:45 a.m. Meet at 9:45 a.m. Register at teton seniors.org/music
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • SENIOR ART, 1 P.M. Tie dye techniques at Teton Arts. Bring white clothing items. Register at https://tinyurl.com/seniorarts. 	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Aiki balance, 10:15 a.m. • TECH TIME, NOON • Bridge, 1 p.m. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 • BLOOD PRESSURE CHECK, 11:45 a.m.-12:45 p.m. • Mah-jongg, 1 p.m. • SENIOR SWIM, 1 P.M., Teton Valley Aquatics at Driggs City Park, \$5. Register at https://tinyurl.com/swotswim 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • LUNCH WITH MAYOR AUGUST CHRISTENSEN • DEATH CAFE, 1:30 P.M. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. in Driggs City Park • TETON VALLEY FARMERS MARKET, 9 A.M. TO 1 P.M. SWOT sells breakfast burritos and more!
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • SCRAPBOOKS & CARDS, 11 A.M. • Cribbage Club, 1 p.m. 	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Aiki balance, 10:15 a.m. • Bridge, 1 p.m. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. in Driggs City Park • Knitting circle, 9 a.m. • TETON VALLEY FARMERS MARKET, 9 A.M. TO 1 P.M. SWOT sells breakfast burritos and more!
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • NATIONAL SENIOR CITIZEN DAY Lunch is free for everyone 60 and over. • BINGO, 1 P.M. • Cribbage Club, 1 p.m. 	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Aiki balance, 10:15 a.m. • Bridge, 1 p.m. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • ICE CREAM SOCIAL, 2 P.M. SHERMAN PARK IN VICTOR Register at tetonseniors.org/ice-cream 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. in Driggs City Park • TETON VALLEY FARMERS MARKET, 9 A.M. TO 1 P.M. SWOT sells breakfast burritos and more!
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • SCRAPBOOKS & CARDS, 11 A.M. • Cribbage Club, 1 p.m. 	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Aiki balance, 10:15 a.m. • Bridge, 1 p.m. • FLORAL ARRANGING, 1:30 P.M. Red House Flowers leads this limited class. \$10 fee. Register at tetonseniors.org/flowers 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • MEDICARE CHAT, NOON • FOOT-CARE CLINIC, 12:30 P.M. • ICE CREAM SOCIAL, 2 P.M. RUBY CARSON MEMORIAL PARK, TETONIA Register at tetonseniors.org/ice-cream 	





AUGUST

at the center table

MENU is subject to change depending on availability and weather.

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

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
	Baked potato with housemade chili, cheese sauce, broccoli and sour cream Garden salad Oatmeal raisin cookie 1	Veggie coconut curry stir-fry with broccoli, red pepper, baby corn & chicken option Mandarin oranges Fortune cookie 2	Salmon Nicoise salad with tomato, potatoes, green beans, olives, and boiled egg French onion soup BIRTHDAY CAKE 3	FARMERS MARKET SWOT BREAKFAST BURRITOS! 4
Parmesan chicken with marinara sauce on pasta Steamed broccoli Garden salad Dinner roll Grapes Vanilla pudding 7	Pork carnitas tacos with pico de gallo Spanish rice Refried beans Salsa bar Green chile chicken soup Cinnamon tortillas 8	Beef stroganoff on egg noodles with Parmesan cheese Green beans Garden vegetable soup Sliced apples Chocolate brownie 9	Egg salad croissant sandwich Vegetable pasta salad Garden salad Mixed fruit Cupcakes 10	FARMERS MARKET SWOT BREAKFAST BURRITOS! 11
Sweet and sour pork with stir-fry vegetables and white rice Asian noodle soup Pineapple Fortune cookie 14	Chicken fried steak Mashed potatoes and gravy Buttered peas and carrots Sliced pears Chocolate mousse 15	Vegetarian and Quiche Lorraine with bacon and Swiss cheese and sour cream Fresh cut fruit Spinach salad Dinner roll Rice Crispy treats 16	Mediterranean cod with tomatoes, olives, artichokes, fresh basil Garlic green beans Garden salad Grapes Chocolate mousse 17	FARMERS MARKET SWOT BREAKFAST BURRITOS! 18
NATIONAL SENIOR CITIZEN DAY (SENIORS EAT FREE) Vegetable lasagna with sautéed zucchini Garden salad 21	Baked salmon filet Boiled potatoes Steamed broccoli Peaches Blondies 22	Pasta Primavera with chicken on the side Mixed vegetables Sliced pears Cookie 23	White chicken chili with sour cream, cilantro and cheese Garden salad Cornbread 24	FARMERS MARKET SWOT BREAKFAST BURRITOS! 25
Salisbury steak Mashed potatoes and gravy Glazed carrots Cream of mushroom soup Sliced apples 28	Chicken taco salad with black beans, corn, tomato, cheese in a tortilla bowl with chipotle ranch dressing White bean tortilla soup Churros 29	Veggie falafel with tzatziki sauce, lettuce, tomato, Wheat pita Quinoa salad Garden salad Fresh grapes Lemon bar 30	Grilled ham steak Scalloped potatoes Green beans Roasted corn chowder Seven-layer bar 31	





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR JUNE 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 2023

6,195

AT THE CENTER: 4,566
HOME-DELIVERED: 1,629

MEALS SERVED IN JUNE

1,083

AT THE CENTER: 868
HOME-DELIVERED: 215

FITNESS/HEALTH PROGRAMS IN JUNE

333

GAMES: BRIDGE, BINGO, CRIBBAGE ETC. IN JUNE

110

ENRICHMENT PROGRAMS IN JUNE

167

GONE BUT NOT FORGOTTEN ...



These residents with ties to Teton Valley passed away recently:

Melvin Burgener

Charlene (Bates) Davenport

Charles "Ray" Pond

Royce Reiley





PICTURE perfect



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



up where we belong

Grand Targhee Resort offered Seniors West of the Tetons lift tickets last month. The SWOT bus took seniors to the resort, where many others joined the group to ride the lift and take in the views.

parade pride

SWOT's Fourth of July Parade entry drew a great crowd of marchers, including many with blue hair.



summer picnic fun

More than 100 people attended the annual summer picnic in Driggs City Park in June. The SWOT kitchen crew delivered barbecue pulled pork and barbecue chicken along with veggie pasta, coleslaw, cornbread and fabulous chocolate chip cookies - and all received rave reviews.



ice cream word search

BLACK	L	E	M	A	R	A	C	P	O	O	C	S
CHERRY	U	G	J	T	T	E	M	I	A	H	O	I
BUTTER	E	D	E	V	R	E	S	T	F	O	S	M
PECAN	B	U	T	T	E	R	P	E	C	A	N	A
BUTTER	L	F	V	S	T	B	I	Y	S	Y	U	E
SCOTCH	E	T	A	D	T	L	S	R	K	R	T	R
CARAMEL	C	O	N	E	U	A	T	R	C	R	S	C
CHOCOLATE	S	H	I	P	B	C	A	E	A	E	E	D
CONE	T	P	L	P	T	K	C	B	R	B	T	E
DIPPED	R	E	L	I	U	C	H	E	T	S	A	P
HOT FUDGE	A	A	A	D	N	H	I	L	E	A	L	P
HUCKLEBERRY	W	N	A	L	A	E	O	K	S	R	O	I
MOOSE	B	U	T	T	E	R	S	C	O	T	C	H
TRACKS	E	T	Y	N	P	R	A	U	O	H	O	W
NUTS	R	S	R	A	O	Y	R	H	M	L	H	A
PEANUT	R	O	C	K	Y	R	O	A	D	T	C	S
BUTTER	Y	S	E	L	K	N	I	R	P	S	N	L
PEANUTS												
PISTACHIO												
RASBERRY												
ROCKY ROAD												
SCOOP												
SOFT SERVE												
SPRINKLES												
STRAWBERRY												
VANILLA												
WHIPPED												
CREAM												

SWOT sudoku

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

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



in the SPOTLIGHT

A REGULAR VOLUNTEER in the SWOT kitchen, Lynne Browning is one of the newest members of the Seniors West of the Tetons Board of Directors. We caught up with her to learn more about her and why she's involved in SWOT.

Tell us about yourself.

I was raised in Rhode Island and married my high school sweetheart. We have three wonderful children and six grandbabies. Throughout the years, we have always traveled to various mountain areas for skiing and backpacking. Most of our recreation on the East Coast was spent playing in the Green Mountains of Vermont. When traveling west, we visited dozens of Rocky Mountain resorts and always wished to relocate there. I had a most fulfilling career as a registered nurse and certified nurse midwife, offering care to multiple families and attending 1,000 births.

When and how did you get to Teton Valley?

After years of vacations, we had always been most attracted to the family-friendly, smaller communities rather than the populous mountain

Q&A WITH LYNNE BROWNING

YOU'VE PROBABLY
SEEN LYNNE
VOLUNTEERING IN
THE KITCHEN; NOW,
SHE'S A NEW
BOARD MEMBER



resorts. In 2017, we bought property in Teton and committed to relocating after retirement. Teton Valley has always been our favorite location. The community has such a warm welcoming feeling, and everyone loves the beauty of the environment. I love the seasons changing and watching nature unfold. It is such a great place to share with my East Coast grandchildren. Its proximity to endless camping, hiking, biking, fishing and skiing opportunities makes it the perfect retirement location. I have such appreciation for all of Idaho.

How did you get involved with the Senior Center?

After finishing the building

of our home in Teton, I needed and wanted to become more involved in the community. To be part of the greater picture, I answered a post from Allie, looking for SWOT kitchen volunteers. I took my joy of cooking to the Senior Center in October of 2021.

Why do you like it?

The SWOT staff is amazing and dedicated to the entire community. The gratitude and appreciation from the community is very rewarding. The food is nutritious and delicious and also very affordable to everyone. Peter rocks as a chef. I respect the amount of volunteers it takes to prepare, serve and deliver meals. Our community has many wonderful altruistic

individuals in many arenas.

What would you say to others about volunteering?

Do it without hesitation; it will bring you happiness.

When not volunteering what do you like to do?

Aside from playing outdoors - which I already mentioned - I am learning to garden in this high altitude, short season environment. I spend time quilting, and I am now a member of the local guild. I would like to attend more classes at Teton Arts.

What do you think is the best part of living in Teton Valley?

The people who love living here!

healthMATTERS

Learning about advanced care directives

Dr. Erin Prissel, right, a family medicine physician and hospitalist, talked to seniors last month about advanced care directives.

Such directives include Physician Orders for Life Sustaining Treatment, which are commonly called POLST, that seniors should discuss with their physicians, who will complete the POLST medical order.

More information is available at <https://prepareforyourcare.org> and <https://polst.org>.



Health-care provider is leaving Teton Valley

Sandra Woolstenhulme, right, is one of the health care professionals who has provided foot care and other health-related care for Seniors West of the Tetons.

Sadly, for us, she is moving from Teton Valley, and her SWOT clients as well as many of her other patients will miss her.

The Senior Center and community wish her well and thank her for all that she has done for the community.



BIRDVIEW

BIRDWATCHING WITH ANNA KIRKPATRICK, SWOT BOARD CHAIR



The Long-billed Curlew comes back to our area in the spring after wintering in warmer climates. In our valley, look in fields after the snow melts for standing water, and you're bound to see a curlew walking along and foraging for worms and other insects. Many people hear them before they see them with their loud "cur-lee" whistle.

TIP of THE MONTH

FUN WITH HEALTHY HERBS

Rosemary helps keep your mind sharp and your dentures clean. Added to focaccia, lamb chops or ratatouille, it is delicious cuisine.



Thyme, bay leaf and parsley – the classic bouquet garni – are a source of vitamins A and K, among others.

SOURCE: AARP

words of wisdom



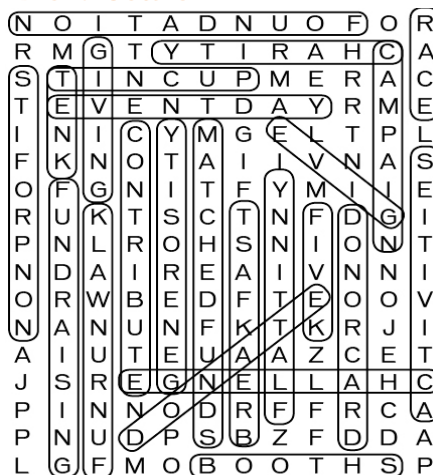
You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there."

- GEORGE BURNS

PUZZLE answers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



SAVE the date



ALL ACTIVITIES

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

- Aug. 3 Summer meditation series, 1:30 p.m.
- Aug. 4 Grand Teton Music Festival rehearsal, 10 a.m. Walk Festival Hall, Teton Village. SWOT bus leaves at 8:45 a.m. Others meet at box office area at 9:45 a.m. \$10 charge at registration, which must be paid at tetonseniors.org/music
- Aug. 4 & 18 Knitting Circle at the Senior Center, 9 a.m.
- Aug. 7 Senior Art at Teton Arts studio, 1 p.m., tie dye techniques, bring white clothing items to dye. \$5 suggested donation. Register at <https://tinyurl.com/seniorarts>.
- Aug. 9 Senior pool party with Teton Valley Aquatics, 1 p.m. Driggs City Park. \$5 fee. Register at <https://tinyurl.com/swotswim>
- Aug. 14 & 28 Card-making or scrapbooking, 11 a.m.
- Aug. 21 National Senior Citizen Day. Those 60 and over eat for free at lunch. Bingo 1 p.m.
- Aug. 29 Floral arranging with Red House Flowers. \$10 fee. Register at tetonseniors.org/flowers.
- Aug. 24 SWOT annual Ice Cream Social in Victor, 2 p.m. Sherman Park. Register at tetonseniors.org/ice-cream
- Aug. 31 SWOT annual Ice Cream Social II in Teton, 2 p.m. Ruby Carson Memorial Park, 3130 Perry Ave. Register at tetonseniors.org/ice-cream



JOIN SWOT at 10 a.m. rehearsal on Aug. 4 for the Grand Teton Music Festival, which will include a performance by Marc-André Hamelin.

12 VALLEY TALK



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

