

Valley Talk

SERVING ACTIVE SENIORS IN TETON VALLEY, IDAHO AND WYOMING

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

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

ONLINE

 www.tetonseniors.org
 On Facebook: Seniors West of the Tetons

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BY NOW, YOU'VE PROBABLY been to the Senior Center and seen the changes we've made to improve services - the addition of a new room and improved flooring in the area where food is served.

We're always looking for ways to enhance your experiences.

February holds a lot of opportunities for that. Here are just a few:

HOLIDAY FUN

This is something we specialize in, and SWOT is planning a festive Valentine's Day luncheon at noon Feb. 14, followed by Valentine's Bingo.

GET OUTSIDE

It's time to snowshoe and cross-country ski in Teton Canyon at 1 p.m. Feb. 16. Meet at the trailhead.

LESS-TAXING TAXES

We aim to make the inevitable experience of filing your taxes less costly and painful. Help is on the way. See this month's tip on Page 11.

HAVE AN ADVENTURE

An Adventure Travel Series is planned on Feb. 9 and 16. See Page 11.

THE USUAL STUFF

We've got you covered with activities from Mah-jongg to Aiki Balance. You also can make your own cards. See the calendar on page 5.

MARDI GRAS MERRIMENT

We'll be closed on Presidents' Day but there's much to do on Fat Tuesday, Feb. 21, with a Mardi Gras lunch celebration at noon. Bring your own beads and masks. But we'll probably have some on hand.

WHOA! A MOVIE!

Movie night is for horse-racing lovers: "Seabiscuit." Join us at 5 p.m. Feb. 24; pizza will be served.

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MEALS
DELIVERED

Home-cooked and
delivered meals are
available by contacting:

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Community Action
Partnership,
(208) 522-5391

theSWOTteam

RIVER RAMBLINGS

We welcome all to this loving space



**RIVER
OSBORN**
executive
director

AH, FEBRUARY. We're deep in the heart of winter, and the heart-filled season of Valentine's. I've never been a huge fan of the Hallmark holiday, but I will take this opportunity to share my love with all of you.

I mean it when I say I love the Senior Center, and I love all of you who bless us with your presence. And even those of you who do not.

In this time when it feels like our country is chronically divided over politics and whatnot, I find solace in the Senior Center being a loving community space where

we can break bread and connect, no matter our political or religious affiliations. All are welcome!

And though we may not always agree with one another, we come together with dignity, care and respect for one another.

And if that's not love, I don't know what is.

CHAIR CHAT

New room makes more possible at SWOT



**ANNA
KIRKPATRICK**
board chair

AT OUR JANUARY board meeting, I was honored to be re-elected to a third term as board chair of Seniors West of the Tetons. We have a great board and staff, and I can't think of a better place to be.

I think the past two years of COVID closures are finally behind us, and we can move forward and continue to enrich seniors' lives through advocacy, diverse programming, and wellness and nutrition opportunities.

Here at SWOT, our vision is to have Teton Valley seniors engaged, supported and thriving. To that end, a new room was constructed in the former lounge area of the center last month.

Through grants from the CHC Foundation and the Eastern Idaho Community Action Partnership, this room will allow us to provide privacy for our Medicare chats, VITA tax program, social worker visits, meetings and so much more. We also will be able to have two activities going on at once, which is a win-win for everyone.

I'm so excited to be a part of this vision for another year.

See you at the center!

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

TWO EVENTS IN FEBRUARY FOCUS ON HEALTH CARE

Dr. Erin Prissel of Teton Valley Health will be at the Senior Center at 1 p.m. Feb. 22 to give an update about the hospital and to discuss advance directives, the swing-bed program and other local health-care issues.

A doctor of family medicine, Prissel cares for patients at the hospital and its swing-bed skilled nursing program. Register at tetonseniors.org/healthcare.

The Senior Mental Health series continues this month with a discussion of the myths of aging, including brain health and well-being.

Social worker Carol Taylor will lead an interactive session at 1 p.m. Feb. 27 designed to engage seniors. She has been a clinical social worker for about 40 years, specializing in geriatric and hospice care. Register at tetonseniors.org/mentalhealth.

Senior Art returns with clay creations

Senior Art, a collaboration between SWOT and Teton Arts, is back on Feb. 13 at 1 p.m. with a class on clay art.

Seniors will be working with clay, exploring several techniques to create sculptures or functional objects.

Registration now includes a \$5 fee to help fund the program but can be waived by using the code: FREE.

SWOT and Teton Arts are seeking sponsors to fund the program.

The link to sign up is <https://tinyurl.com/seniorarts>.

Your support is appreciated.

SWOT sets meeting times, new officers

New officers were elected at the Seniors West of the Tetons Board of Directors meeting on Jan. 3.

Anna Kirkpatrick was re-elected chair. Other officers are Hilary Frenette, vice chair; Ken Kirkpatrick, treasurer and systems manager; and Carol Lichti, secretary. Committees were also formed.

The board set its monthly meeting time and dates to be the first Monday of the month at 5:30 p.m. except for July and September, when it will meet the second Monday. Plans are to meet at the Senior Center.

VALLEY TALK 3

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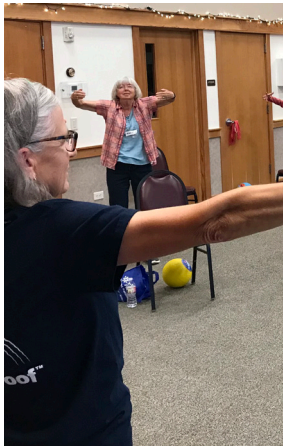


PROGRAMS & activities



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

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

4 p.m. Tuesdays. \$5 suggested donation.

Based on the flowing, strengthening and bending moves of the Japanese martial art Aikido. Aiki improves balance, coordination, posture and poise. You can explore a new way of being that calms the nervous system, and reduce pain and tension. Plus, it's fun. Led by Cathy Pollock.

Tai Chi

9 a.m. Wednesdays and Fridays. 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 Kessler.

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.

Local health care update 1 p.m. Feb. 22 with Dr. Erin Prissel. Brain health and well being with Carol Taylor 1 p.m. Feb. 27.

SOCIAL



Bingo

Check the calendar. Free. Open to all.

Fun prizes and we promise you'll have that many laughs!

Scrapbooking

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

Bridge

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

Whether you've played for years or haven't played once, this one's for you. Bridge is a trick-taking card game using a standard 52-card deck. Experienced or not, you're welcome to come learn and play or just play!

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.



FEBRUARY

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"> 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. TAX TIPS FOR SENIORS, 1 P.M. Learn about changes at this brief session (See tip on Page 11) TAX ASSISTANCE, 1-4 P.M. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m.
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. 	<ul style="list-style-type: none"> Yoga, 9 a.m. TECH TIME, NOON Bridge, 1 p.m. Aiki balance, 4 p.m. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee klatsch, 10:30 a.m. BLOOD PRESSURE CHECK, 11:45 A.M.-12:45 P.M. Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. LUNCH WITH MAYOR AUGUST TAX ASSISTANCE, 1-4 P.M. DEATH CAFE, 1:30 P.M. ADVENTURE TRAVEL SERIES, 6 P.M. See Page 11. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m.
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. SENIOR ART, CLAY CREATIONS, 1 P.M. Teton Arts Studio, 110 Rodeo Drive, Driggs. See Page 3 for details. CARD MAKING, 1 P.M. 	<ul style="list-style-type: none"> Yoga, 9 a.m. VALENTINE'S PARTY, NOON VALENTINE BINGO, 1 P.M. Bridge, 1 p.m. Aiki balance, 4 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. SNOWSHOE/CROSS COUNTRY SKI TETON CANYON, 1 P.M. Register at tetonseniors.org/snowshoe TAX ASSISTANCE, 1-4 P.M. ADVENTURE TRAVEL SERIES, 6 P.M. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. DRUMMING WITH LANA, 1 P.M.
<p>PRESIDENTS' DAY</p> <p>SWOT IS CLOSED</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. MARDI GRAS CELEBRATION, NOON Bridge, 1 p.m. Aiki balance, 4 p.m. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee klatsch, 10:30 a.m. Mah-jongg, 1 p.m. LOCAL HEALTH CARE UPDATE, DR. ERIN PRISSEL, 1 P.M. Register at tetonseniors.org/healthcare 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. MEDICARE LUNCH CHAT, NOON TO 2 P.M. FOOT-CARE CLINIC, 12:30 P.M. TAX ASSISTANCE, 1-4 P.M. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. PIZZA AND A MOVIE, 5 P.M. "Seabiscuit." Register at tetonseniors.org/movie
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. CARD MAKING, 1 P.M. NEW ROOM SENIOR MENTAL HEALTH, 1 P.M. Myths of Aging: Brain Health and Well Being with Carol Taylor. Register at tetonseniors.org/mentalhealth 	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. Aiki balance, 4 p.m. 	<div data-bbox="771 1648 1445 1942" data-label="Complex-Block"> <p>SNOWSHOE OR CROSS COUNTRY SKI IN TETON CANYON</p> <p>Join SWOT for this great outdoor activity of the month. Meet at the Teton Canyon trailhead east of Driggs at 1 p.m. Feb. 16. Bring your own equipment. Register at tetonseniors.org/snowshoe.</p>  </div>		



FEBRUARY 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
		Turkey club sandwich Homemade potato chips Garden salad Mixed fruit	Vegetable risotto Applesauce BIRTHDAY CAKE 	
Chicken bake Quinoa salad Steamed broccoli Vanilla pudding	Grilled caprese sandwich Pasta salad Garden salad Grapes 	Roast pork Braised red cabbage Mashed potatoes Sliced apples Brownies	Chicken and dumplings Salad Wheat roll Melon	
6	7	8	9	10
Grilled turkey patty melt Potato chips Garden salad Pears	VALENTINE PARTY Picatta with or without chicken Tomato salad Strawberries Red velvet cupcakes 	Pork or cheese enchiladas Pico de gallo Refried beans and rice Oatmeal raisin cookies 	Sloppy joes on wheat bun Coleslaw Sliced apples	
13	14	15	16	17
PRESIDENTS' DAY SENIOR CENTER IS CLOSED	MARDI GRAS CELEBRATION Gumbo and rice Collard greens Cornbread King cake	Grilled reuben sandwich Potato chips Garden salad Mixed fruit	Ratatouille pasta Wheat roll Brownies 	
20	21	22	23	24
Chicken broccoli casserole Fruit cocktail Cookies	Salmon filets Roasted garlic potatoes Salad Applesauce			
27	28			



SUGGESTED MEAL DONATION GOES UP
Because of increasing food prices and limited government reimbursement for meals for seniors, the suggested donation for meals at the Senior Center is being raised to \$6 for those 60 and over, \$8 for those under 60 and \$4 for children under 12.





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR DECEMBER AND 2022

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 2022

8,618

AT THE CENTER: 5,026
HOME-DELIVERED: 3,592

MEALS SERVED IN DECEMBER

897

AT THE CENTER: 633
HOME-DELIVERED: 264

FITNESS/MOVEMENT PROGRAMS IN DEC.

223

GAMES: BRIDGE, BINGO AND MAH-JONGG IN DEC.

83

ENRICHMENT PROGRAMS IN DEC.

111

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

Thomas Cogbill
Sharon Froberg



VALLEY TALK 7



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Daniel Marshall, DO
Brandon Tracy, FNP-C



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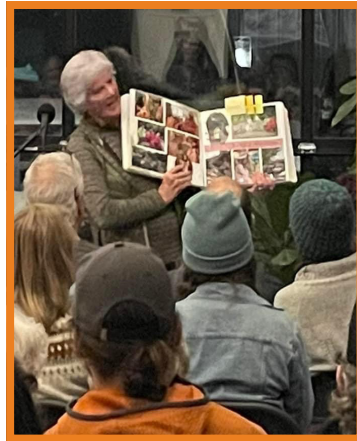


A LOOK AT some of the activities from the past few weeks.



constructive fun

Last month, work at the center included adding a room built by New West Building Co., top photo, and added floor covering installed by staff Allie Mollenkof, bottom photo, and River Osborn.



senior voices

SWOT was the featured nonprofit at the January gathering of Valley Voices, a storytelling event, at Highpoint Cider. Proceeds of \$5 admission charges were donated. Speaking on the topic of "Second Wind," storytellers included Executive Director River Osborn, Board Member Jim Haag and Deb Grove Hinkley, a volunteer and scrapbook and card-making instructor.



cookie decorating

Seniors helped second- and third-graders from Mountain Academy, left, decorate cookies before Christmas. The mix of generations created an opportunity to make new friends, such as Peter Mollenkof and Ray Wallace, center, and memories for grandparents, right, including Nell Fay with Madeline and Kris Fisher with Zoe.

candle fun

Barb Sanders, left and Pamela Kirscher, made candles in a special workshop with Will Hill in December.



February fun

BEADS	O E T U C M Y D N A C R
BLUES	V Y E D R O H V E M H G
CANDY	V D K U E F U A W X O Z
CARDS	N A I R P R G L O A C L
CHOCOLATE	S T N E D I S E R P O G
DANCING	I E G N A E A N L V L R
DATE NIGHT	C N C T N N R T E S A E
FLOWERS	I I A R C D G I A W T Z
FRIENDSHIP	S G K A I S I N N E E C
HUGS	D H E P N H D E S E O E
JAZZ	Z T P S G I R S R T H R
KING CAKE	B A F K J P A E E H S O
KISSES	X R C I S U M S W E W S
LOVE	S J R R Z N D S O A O E
MARDI GRAS	C A R D S A F I L R N S
MUSIC	M Z P V E G N K F T S H
NEW ORLEANS	U Z F B L U E S I J M T
PARTNER	
PRESIDENTS	
ROSES	
SWEETHEART	
SNOW SHOE	
VALENTINES	

SWOT sudoku

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

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

<p>CREATIVE MEMORIES Deb Grove 307-413-5360 INDEPENDENT ADVISOR photo safe archival products, sorting & organization www.creativememories.com/cm/deb.grove debgro24@gmail.com personal shopping at 40 Scott Drive in Victor <i>3~Season Scrapbooks & Pretty Papers</i></p> <ul style="list-style-type: none"> Photo Albums, Paper Crafts, Custom Albums Card Kits, Punches, Trimmers, Stickers Classes at Seniors West of the Tetons Workshops at Victor Elementary 3 Season Scrapbook Group 	 <p>FREE AD DESIGN with purchase of this space CALL 800-950-9952</p>
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in the SPOTLIGHT

CATHY POLLOCK is a movement specialist who has been teaching people of all ages and interests to find balance, ease and coordination since becoming a certified Alexander Technique Teacher in 1994. She is also certified as a yoga instructor and holds a black belt in the martial art of Aikido. Cathy finds joy in empowering people to make changes for themselves that increases confidence, mental and physical agility, and creates ease in everyday life. She teaches a class called “Aiki” at the Senior Center, at 4 p.m. every Tuesday. We caught up with her as her course gears up for another year to learn more about her.

Tell us about the Aiki class.

Aiki teaches right-left, forward-back, and side-to-side movements. Feet and hands learn to follow our brains’ orders. The movements are flowing, sometimes circular and swirling. It can feel like dancing. It’s puzzling and delightful at the same time. We laugh a lot and learn even more.

How did you get into Aikido?

I was living in Tucson., Ariz., in 1978, when I walked into an Aikido studio (a dojo), and knew I’d found my tribe. It was pure fun. There was a lot of

Q&A WITH CATHY POLLOCK

VOLUNTEER
AIKI
BALANCE
INSTRUCTOR



tumbling and rolling, which we don’t do in the SWOT Aiki class; Aiki is a “no-fall” class. I stopped Aikido training in 2000, but have never lost my passion for the art. Aikido teaches how to view and respond to conflict in a harmonious way that de-escalates attacks. The attacks can be physical, verbal or otherwise. The reason for training is to foster understanding and love in all of our interactions. There is no competition in Aikido, rather we practice to help one another learn.

How did you get to Teton Valley?

I moved around the intermountain West for around 30 years - from Salt Lake to Jackson, back to Salt Lake, to Bend, Ore., and so on. This is my second time living in Teton Valley, and I love it!

Why did you want to

start an Aiki class at the Senior Center?

One day last year, while daydreaming, I decided I wanted to share my love of Aikido by teaching it in Teton Valley. I am a senior myself and have the joint replacements to prove it! But, I thought, why not create a class that even us older folks can enjoy? In late November, I spent three weeks immersing myself in Aikido training in the Bay area. It had been 22 years since I last got on the mat. And I rolled and tumbled and all of my previous training came back. The big message: We are resilient!

What is your outlook for this year with Aiki classes?

I’d like to see the class grow to at least 15 devoted students. The class is set up so newcomers are always welcome. Because we often practice with a

partner, many couples attend together.

What things other than Aikido and helping clients do you like to do?

I skate ski, backcountry ski, climb, hike and mountain bike. I also volunteer with the Pierre’s Pedal Project, which rescues and refurbishes bicycles to donate in the community, and with the Teton Valley Food Pantry.

What have you learned about the Senior Center since you started teaching there?

It’s a dynamic, happening place, not just for the elderly.

What is the best part of living in Teton Valley?

All the outdoor activities and opportunities we have. It’s being in the mountains and being with people who love nature and healthy living.

NEW EVENT

Travel adventure series begins

A TRAVEL ADVENTURE SERIES starts this month at the Senior Community Center. Sue O'Connor, who has arranged the series previously, is bringing it to the Senior Center at 6 p.m. on two consecutive Thursdays, Feb. 9 and 16. Admission is a suggested \$5 donation for the presenter. Here are the details for the February presentations; the series will continue in March:

FEBRUARY 9: BIKING AT CRATERS OF THE MOON

On Feb. 9, Aaron Couch will share tales from "Bikepacking the Great Rift," his 300-mile, five-day solo trek on mostly unpaved surfaces through Idaho's Craters of the Moon National Monument and Preserve and the Great Rift Zone.

Hear and see photos of his adventure skirting expansive lava flows as he biked into the remote high desert of the Snake River Plain.

FEBRUARY 16: HIKING IN THE HIMALAYAS

On Feb. 16, Jasmine Star will share her experiences in "The Greater Ranges of Pakistan: Himalayas, Hindu Kush and Karakoram."

Highlights include a partial circuit of Nanga Parbat, the westernmost 8,000-meter peak in the Himalayas; three short walks in the Hindu Kush on the doorstep of Afghanistan; and a traverse of the Karakoram, starting with a trek along the world's longest glacial system outside of the polar regions.

WILDLIFEVIEW

WILDLIFE SPOTTING WITH **ANNA KIRKPATRICK, SWOT BOARD CHAIR**



I love these guys, especially when they are in a tree or bush as pictured here.

While porcupines spend most of their time on the ground, they are good climbers and eat bark while perched on a branch. They cannot shoot their quills, which are so lightly attached they come off easily when another animal gets too close. They are common here.

TIP of THE MONTH

FREE TAX HELP

Teton Valley VITA volunteers will explain changes in tax law and answer questions about their services at 1 p.m. on Feb. 2. VITA is a free tax preparation service for low and moderate income taxpayers sponsored by the IRS. For more information and to schedule an appointment, see <https://www.tetonseniors.org/vita/>.

words of wisdom



In this world, nothing is certain but death and taxes.."

- BENJAMIN FRANKLIN

PUZZLE answers

>> PUZZLES ARE ON PAGE 9

Word search

O	E	T	U	C	M	Y	D	N	A	C	R	
V	Y	E	D	R	O	H	V	E	M	H	G	Z
N	D	K	U	E	F	U	A	W	X	O	C	L
V	A	I	R	P	R	G	L	O	A			
S	T	N	E	D	I	S	E	R	P	O	G	
I	E	G	N	A	E	A	N	L	V	A	T	
C	N	C	T	N	N	R	T	E	S	A	T	
I	I	A	R	C	D	G	I	N	E	W	A	T
S	G	K	A	I	S	I	N	E	E	C	E	
D	H	E	P	N	H	D	E	S	E	E	O	H
Z	T	P	S	G	I	R	S	R	E	H	S	R
B	A	F	K	J	P	A	F	E	H	S	R	O
X	R	C	I	S	U	M	S	W	E	W	S	
S	J	R	R	Z	N	D	S	W	O	A	R	S
C	A	R	D	S	A	F	I	F	L	R	T	S
M	Z	P	V	E	G	N	K	L	F	T	S	H
U	Z	F	B	L	U	E	S	I	J	M	T	

SWOT sudoku

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



SAVE the date



ALL ACTIVITIES

should be registered for online at tetonseniors.org or call (208) 354-6973.

Feb. 1, 8, 15 & 22	Coffee Klatsch, 10:30 a.m.
Feb. 2	Tax info for seniors, 1 p.m.
Feb. 2, 9, 16 & 23	VITA tax preparation sessions, 1-4 p.m.
Feb. 7	Tech Time, noon
Feb. 8	Blood pressure checks, 11:45 a.m.
Feb. 9	Death Cafe, 1:30 p.m.
Feb. 9 & 16	Adventure travel series, 6 p.m.
Feb. 13	Senior art at Teton Arts studio, 1 p.m. Clay creations.
Feb. 13 & 27	Card making, 1 p.m.
Feb. 14	Valentine's Day luncheon and bingo, noon.
Feb. 16	Snowshoeing and cross country skiing in Teton Canyon, 1 p.m.
Feb. 17	Drumming with Lana, 1 p.m.
Feb. 22	Teton Valley Health's Dr. Erin Prissel, 1 p.m. Register online.
Feb. 23	Medicare chat, noon
Feb. 23	Foot-Care Clinic, 12:30 p.m.
Feb. 24	Pizza and a movie, "Seabiscuit," 5 p.m. Register at tetonseniors.org/movie
Feb. 27	Myths of Aging: Brain Health and Well Being with Carol Taylor, 1 p.m. Register at tetonseniors.org/mentalhealth



LINDA SWOPE/
SWOPE MOUNTAIN PHOTOGRAPHY

MARDI GRAS LUNCH is at noon Feb. 21 as Seniors West of the Tetons celebrates Fat Tuesday with gumbo, collard greens and king cake. Shown is Jack Haddox with last year's king cake that he made.

12 VALLEY TALK



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Seniors West of the Tetons
P.O. Box 871
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LIVING THE HIGH LIFE
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