



Valley Talk

SERVING 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

- (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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ACTIVITIES FOR GRANDPARENTS AND GRANDKIDS

HAVE SUMMER FUN WITH THE LITTLE ONES

BY MARIE PATTY

LET'S FACE IT. It's harder to be a grandma than it used to be! Sure, our grandmas might argue with that statement, but they weren't competing against video games or iPads for their young ones' attention.

These days, we Grandmas, Nanas and Mimis need some help. As so do the Grandpas, Papas and Grumps.

I'm not sure I can claim to be an expert as a grandma, but I do have two of the sweetest grandkids, or as an artist, though I did teach art in elementary and high school.

So I have consulted the experts - grandparents or folks experienced enough to qualify as honorary gramps - and together we've come up with some surefire ways to get those kids off the couch and enjoying our beautiful valley this summer instead of playing on their screens!

So here are some ideas of fun things to do.

>> CONTINUED ON PAGE 11



Marie Patty is a retired art teacher at the elementary and high school levels.





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MEALS DELIVERED

Home-cooked and delivered meals are available by contacting:

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

theSWOTteam

RIVER RAMBLINGS

Take time for yourself and recharge



RIVER OSBORN
executive director

WE FINALLY MADE IT to summer – WOOHOO! I'd like to welcome back all of our snowbirds, who wisely chose to ride out the longest and hardest winter in recent memory from warmer climes.

If we all seem extra jazzed about the nice weather, please don't make fun of us – we just went through some hard months.

As the weather warms up and the days get longer, I encourage you all to take some time for yourselves to practice self-care. Whether it's spending time outdoors, enjoying a good book or connecting with loved ones, make sure to take the time to

recharge your batteries.

Remember, taking care of yourself is not selfish, it's necessary for your overall health and well-being.

As always, we are here to support you in any way we can. From fitness classes and social activities to lunch and support services, we are committed to providing you with resources and programs that promote your health and happiness.

CHAIR CHAT

Let's get out and enjoy the great outdoors



ANNA KIRKPATRICK
board chair

"JUNE IS BUSTIN' out all over..."

June is chock-full of outdoor fun activities. Consider the following:

- **The Farmer's Market:** Did someone say breakfast burritos? Yep, our Chef Peter Troy is in charge this summer, and you know that means scrumptious breakfast burritos starting June 2.
- **Our annual Bird watching Trip:** Join us on the SWOT bus for a June 7 trip to Market Lake with our birding expert Laura Brattain.

– RODGERS AND HAMMERSTEIN

- **Our annual Bike Tune-Up:** Bring your bike to the Senior Center on June 5 and let the experts get it ready for all your summer riding.
- **Our annual Picnic in the Park:** This is my favorite summer event, seeing all our friends in a beautiful outdoor setting. Come join us June 28 at Driggs City Park. Check the calendar for more. See you out there!

TINCUP2023

REMEMBER SWOT

The Tin Cup Challenge kicks off on June 15 and runs through July 21. Mark your calendars now for Tin Cup Event Day on July 15.

- The campaign raises money for 54 nonprofits serving Teton Valley.
- **Donate online** at www.TinCupChallenge.org

SUMMER BRINGS CHANGE AND CHANCE FOR MEDITATION

Teton Arts' weekly knitting circle is moving to the Senior Center for the summer. Knitters will meet in the conference room at 9 a.m. on Fridays June 2 and 16.



A special summer meditation program starts on June 1 at 1:30 p.m. Teton Yoga Co-op instructors will lead this monthly guided relaxation and meditation class, incorporating aspects of yoga nidra and various styles of meditation. It is free and will take place in the conference room.

Also, Friday's Tai Chi class led by Dan Kesler, will move to the Driggs City Park for the summer.

Birds and bikes among June activities

This month, seniors have the chance to get their bicycles tuned and go on a bird watching tour to Market Lake.

The Bike Tune-up will be from 1 to 3:30 p.m. June 5 at the Driggs City Center. Volunteers from Pierre's Pedal Project will examine bikes, make minor adjustments and make referrals in return for donations. First come, first served. The event will move indoors if needed.

A bird watching tour with Laura Brattain begins at 7:45 a.m. June 7. Bring binoculars, a sack lunch, and \$5 for gas. Space is limited. Register at tetonseniors.org/birds.

But wait, there's more fun at SWOT

Seniors West of the Tetons takes pride in offering special lunches and activities this month. Two of our favorites occur in June. Join us for:

• **Pride Month luncheon and bingo** is set for noon June 15 at the Senior Center. This is the second year for this inclusive, fun event. Enjoy a great meal and stay to win fun bingo prizes.

• **SWOT's annual summer picnic** is scheduled for noon June 28 at the Driggs City Park. Besides barbeque and cornbread, we will have fun and games. Register at tetonseniors.org/picnic.

VALLEY TALK 3

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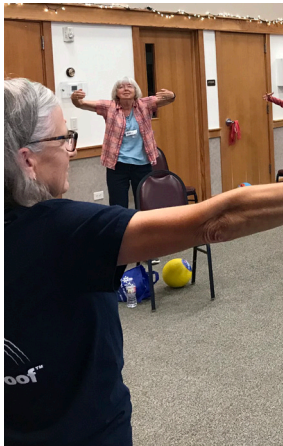


PROGRAMS & activities



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

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 reduces 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 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>



JUNE

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
		<p>JUNE 3 EVENT Don't miss the fun! Check if seats still available at tetonseniors.org/blacktiebingo</p>	<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. • 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. • Cribbage Club, 1 p.m. • BIKE TUNE-UP WITH PIERRE'S PEDAL PROJECT, 1 TO 3:30 P.M. First-come, first-served. 	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Bridge, 1 p.m. • Aiki balance, 4 p.m. 	<ul style="list-style-type: none"> • BIRD WATCHING TOUR, 7:45 A.M. Register at tetonseniors.org/birds • 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. • 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. • SENIOR ART, 1 P.M. Clay slabs at Teton Arts. Register at https://tinyurl.com/seniorarts. • Cribbage Club, 1 p.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. • PRIDE LUNCHEON, NOON • PRIDE BINGO, 1 P.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!
<p>JUNETEENTH FREEDOM DAY! The Senior Center is closed.</p>	<ul style="list-style-type: none"> • Yoga, 9 a.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. 	<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. • SCRAPBOOK AND CARDS WITH DEB, 11 A.M. • Cribbage Club, 1 p.m. 	<ul style="list-style-type: none"> • Yoga, 9 a.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. • SWOT ANNUAL SUMMER PICNIC, NOON Come to Driggs City Park for food, fun and games. Register at tetonseniors.org/picnic • 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. 	<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!





JUNE 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
			Marsha's crab cakes with red pepper aioli Side salad Wild rice soup BIRTHDAY CAKE	FARMERS MARKET SWOT BREAKFAST BURRITOS!
			1	2
Chicken Caesar wrap Homemade potato chips Zucchini corn chowder Peanut butter cookie	Swedish meatballs Mashed potatoes Sauted green beans Peaches Chocolate pudding	Tuna Nicoise salad with egg, tomato, green beans, roasted potatoes and kalamata olives Beef mushroom soup Seven-layer bar	Veggie grilled 3 cheese on sourdough Garden salad Sliced apples Tomato basil soup Cupcakes	FARMERS MARKET SWOT BREAKFAST BURRITOS!
5	6	7	8	9
Open-face roast beef sandwich Mashed potatoes and gravy Glazed carrots Sliced apples Snickerdoodle bar	Beef gyro on warm pita with tzatziki sauce Garden salad Fresh grapes Chocolate brownies	Crunchy quinoa salad with jicama, radish, spinach and egg Vegetable beef soup Oatmeal raisin cookie	PRIDE LUNCHEON Crab salad croissant sandwich Homemade potato chips Mixed fruit Coconut macaroons	FARMERS MARKET SWOT BREAKFAST BURRITOS!
12	13	14	15	16
JUNETEENTH FREEDOM DAY! The Senior Center is closed.	Reuben Tuesday Grilled reuben sandwich Potato salad Green salad Sliced apples Vanilla pudding	Chicken cordon bleu Roasted potatoes Steamed broccoli Vegetable cheddar soup Sliced pears Whole wheat roll	Stuffed bell peppers with rice, black beans, corn, cheese Garden salad White bean tortilla soup Churros	FARMERS MARKET SWOT BREAKFAST BURRITOS!
19	20	21	22	23
Grilled ham and swiss with dijonaise on whole wheat Homemade potato chips Green salad Mixed fruit Brownies	Seafood risotto with shrimp, salmon and parmesan Asparagus Pineapple New England clam chowder Coconut macaroons	SWOT PICNIC AT DRIGGS CITY PARK Pulled pork or chicken Vegetarian baked beans Vegetable pasta salad Coleslaw Cornbread Cookies	Veggie stir-fry with chicken optional Soba noodles Asian mushroom soup Mandarin oranges Fortune cookie	FARMERS MARKET SWOT BREAKFAST BURRITOS!
26	27	28	29	30





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR APRIL 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

3,929

AT THE CENTER: 2,800
HOME-DELIVERED: 1,129

MEALS SERVED IN APRIL

1,017

AT THE CENTER: 734
HOME-DELIVERED: 283

FITNESS/HEALTH PROGRAMS IN APRIL

302

GAMES: BRIDGE, BINGO, CRIBBAGE ETC. IN APRIL

108

ENRICHMENT PROGRAMS IN APRIL

209

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- John Buhler
- Gloria Christensen
- John C. Cushman III
- Allen "Papa" Davis
- Col. Garth Holmes
- Brett "Bear" Jennings
- Jerry Kaufman
- John Lawson
- John "Woody" Long
- Greg Symons



VALLEY TALK 7

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THRIVE LOCALLY



PICTURE perfect



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



everyone loves Peter Troy

SWOT loves and appreciates its staff, and so does the community. We recently celebrated Chef Peter Troy's birthday, thanks to the lunch crowd and Mark Kaczor, shown bottom right at right, who raised money to buy Peter a season ski pass to Grand Targhee Resort. Peter's birthday in April also gave us the chance to commemorate his one-year anniversary with SWOT, which occurred in May. The celebration included a birthday cake and a Peter look-a-like contest. Above left, Peter is shown with SWOT's awesome executive director, River Osborn, and extraordinary program and operations director, Allie Mollenkof. No one could compete with Peter's socks in the contest, above right, though many tried.



awash in fun

Jan Tice and Megan Bogle examine watercolor creations made at Teton Arts for the Senior Art program.



goat snuggling

Georgina Worthington and Sally Plows enjoy time with baby goats at Winter Winds Farm. The annual event lets seniors enjoy time with the kids.

tattoo you

Executive Director River Osborn helps Julie Stockdale get her tattoo at the annual Blues & Tattoos celebration in April.



bicycle word search

BRAKE	P	I	P	P	R	O	A	D	L	P	M	F
CHAIN	N	K	U	E	M	A	R	F	A	O	M	J
CHAIN LUBE	I	T	M	D	J	B	W	T	L	E	C	Q
CHASE	A	L	P	A	E	N	C	W	T	D	H	K
CRUISER	T	C	E	L	M	H	F	S	A	I	A	N
DRAFT	N	R	L	E	K	P	P	S	E	R	S	F
ELECTRIC	U	Z	U	I	H	O	G	X	S	B	E	C
FAT	O	G	T	O	K	W	C	H	A	I	N	I
FRAME	M	Q	P	E	T	E	M	L	E	H	L	R
HANDLEBARS	S	R	A	B	E	L	D	N	A	H	Z	T
HELMET	D	T	R	H	T	Q	M	L	T	E	X	C
HYBRID	I	F	R	A	L	S	R	E	C	I	H	E
LOCK	R	A	F	O	E	N	C	A	D	H	R	L
MOUNTAIN	B	R	F	K	H	O	R	V	E	N	Y	E
PATCH KIT	Y	D	A	R	E	S	I	U	R	C	A	Z
PEDAL	H	R	E	B	U	L	N	I	A	H	C	T
PUMP	B	W	A	T	E	R	B	O	T	T	L	E
RACE												
RIDE												
ROAD												
SEAT												
SHORTS												
SPOKE												
TANDEM												
TIRE												
TOUR												
WATERBOTTLE												
WHEEL												

SWOT sudoku

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

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



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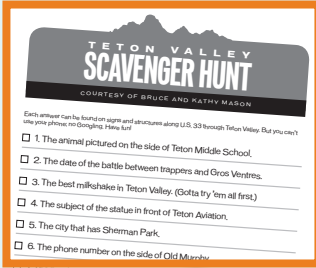
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» CONTINUED FROM PAGE 1



SCAVENGER HUNT: Get your copy at the Senior Center.



ROCK PAINTING: Try your hand with these creations.



SEE A SHOW: Pierre's Theatre has a variety of shows.



TETON VALLEY MUSEUM: Explore the valley's history.

HAVE SUMMER FUN WITH THE LITTLE ONES

Here are the some things that the experts think you and yours will enjoy:

FREE (for the most part)

Complete Bruce and Kathy Masons' Teton Valley Scavenger Hunt:

Pick up a copy at the Senior Center and travel the valley getting familiar with the landmarks and where to get the best huckleberry shakes.

Visit the Geo Center, an interactive museum in Driggs that explains the history, geography, culture and activities found in this area.

Check out Cosmic Apple Gardens: It's an organic garden in Victor.

Enjoy Music On Main: Thursday evenings, starting June 22 at the Victor City Park.

Go hiking: Teton Canyon and the Alaska Basin are just two of the many places that are great for a hike. Just be sure to bring the bear spray.

Go fishing: free for kids under 14 at Trail Creek Pond near Victor.

Go biking: On the bike path or at Victor Bike Park.

Try skating: At Fifth Street Skate Park.

Shop the Teton Valley Farmers Market: You'll find veggies, cheeses, breads, beautiful artwork and fine crafts on Fridays starting June 2.

Float the Teton River: You can access the river at several places including South Bates (check out the restroom for some cool artwork) and Bates Bridge.

Visit the Valley of the Tetons Library and Makerspace: The library is great, and the Makerspace in Driggs has equipment and supplies to let the kids create whatever they imagine.

Check out Downtown Driggs events: You'll find free arts and cultural events. Check the schedules and just bring along your blanket or your lawn chairs.

CHEAP

Spend time at the Teton Valley Historical Museum:

Free for those 6 and under, \$4 for 6 to adult, \$8 for adults; open Memorial Day through September. See teepees, covered wagons, a bear, a cougar (both taxidermied, of course) and more.

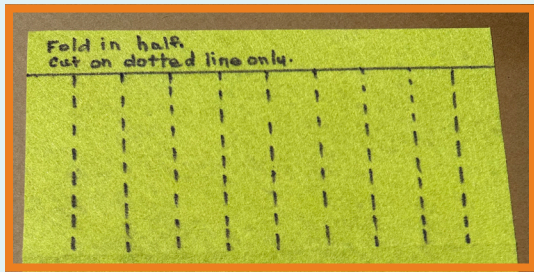
Visit Pierre's Theatre: Check www.pierrestheatre.com for the schedule and prices because both vary.

Enjoy Warbirds Museum and Restaurant: The museum, which features neat old airplanes, is free, but you'll probably want to eat, too, so that will cost you.

DO AT HOME

You can do these things at home - the cost and time will vary with the ages and interests of the grandkids:

Rock painting: You don't have to look far for the rocks; you probably picked some up when you were mowing or raking. Wash them and paint with acrylic paint, then draw, stamp or paint princesses, dinosaurs, hearts or whatever. Seal with clear gloss acrylic spray paint.



Here's an example of a template for weaving art on paper or felt.

Felt or construction paper weaving:

Fold and cut the paper as shown above. Cut 1 inch strips of felt or construction paper and weave over, under, over, under – the way you used to make pot holders. You can weave in pipe cleaners, twigs, yarn, or strips of fabric as well. Decorate with Sharpies, paint pens, beads and glitter.

Air-Dry clay sculptures: These harden in a few days and then you can paint and seal them with clear acrylic spray.

WORKSHOP

If you want to practice these projects, check the July Valley Talk schedule for the date and time of our Senior Center workshop.

THE EXPERTS

Bruce and Cathy Mason

Retired educators, Bruce and Cathy are experts in many things – gardening, science, valley history, the weather and even music! Bruce, an experienced science teacher and bagpipe player, is active in the Boy Scouts and is the valley weatherman. Cathy taught middle school English and first grade and plays her flute along with Bruce's bagpipes.

Marilyn Nishitani

A grandmother of one, Marilyn is a retired nurse practitioner. Now, she and her weaving partner, Sue Howell, own Close Knit Weavers and make beautiful wearable art.

Patty Reed

A grandmother of four, Patty is a professional potter who teaches pottery at Teton Arts.

Connie Tyler

A grandmother of three, Connie still finds time to teach yoga – including at the Senior Center – and works as a member of the Board of Trustees for the Valley of the Tetons Library.

words of wisdom



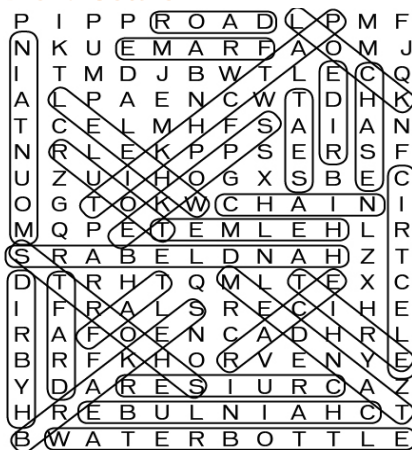
You can live to be a hundred if you give up all things that make you want to live to be a hundred."

- WOODY ALLEN

PUZZLEanswers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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

June 1	Summer meditation series, 1:30 p.m.
June 2 & 16	Knitting Circle at the Senior Center and Tai Chi in Driggs City Park, 9 a.m.
June 3	Black Tie Bingo, 5:30 p.m. Tickets limited at tetonseniors.org
June 5	Bike Tune-up with Pierre's Pedal Project, 1 to 3:30 p.m.
June 7	Bird watching Tour, 7:45 a.m. to 2:30 p.m. Bus leaves from SWOT entrance. Register at tetonseniors.org/birds .
June 8	Death Cafe, 1:30 p.m.
June 12 & 26	Card-making or scrapbooking, 11 a.m. Note time change.
June 12	Senior Art at Teton Arts studio creating with clay slabs, 1 p.m.
June 13	Tech Time, noon
June 14	Blood-pressure checks, 11:45 a.m.
June 15	Pride Month Lunch and Bingo, noon and 1 p.m.
June 19	Senior Center closed for Juneteenth
June 28	SWOT annual Summer Picnic, noon. Register at tetonseniors.org/picnic
June 29	Medicare chat, noon



12 VALLEY TALK



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