



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 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



NOVEMBER 2023

Valley Talk

SERVING SENIORS IN TETON VALLEY, IDAHO AND WYOMING

A TIME TO GIVE THANKS

WE'RE COUNTING OUR BLESSINGS



EXECUTIVE DIRECTOR ALLIE MOLLENKOF



CHEF PETER TROY



HERE ARE SOME THINGS WE'RE GRATEFUL FOR ...

OUR NEW EXECUTIVE DIRECTOR: Allie Mollenkof, who knows the community and our seniors

OUR TALENTED CHEF: Peter Troy, who creates delicious food and makes volunteers feel special.

OUR VOLUNTEERS: A dedicated group who take ownership in what they do and make us look good in the process

OUR SENIORS: A vibrant bunch who make the Senior Center an inviting and fun place to be

OUR DONORS: A generous group of people who make everything possible, including a new van that is on its way

OUR COMMUNITY: The amazing people of Teton Valley, who are committed to providing services for aging adults

OUR BOARD OF DIRECTORS: A dedicated group of 10, who provide an array of talents to our organization



STAFF MEMBERS

EXECUTIVE DIRECTOR
Allie Mollenkof

KITCHEN MANAGER
Peter Troy

HOME SERVICES PROVIDER
Carissa Cook

BOARD OF DIRECTORS

CHAIR
Anna Kirkpatrick

VICE CHAIR
Hilary Frenette

TREASURER & SYSTEMS MANAGER
Ken Kirkpatrick

SECRETARY
Carol Lichti

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

NEWSLETTER EDITORS
Jim Haag & Carol Lichti

MEALS DELIVERED

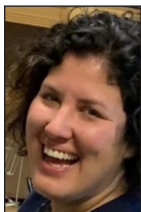
Home-cooked and delivered meals are available by contacting:

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

theSWOTteam

NOTE FROM ALLIE

There's a lot to be grateful for at SWOT



ALLIE MOLLENKOF
executive director

IT'S HARD TO ENTER into November and not have things we are grateful for slowly float to the forefront of our minds. There are so many that I am thankful for daily here at SWOT; here are just a few:

- Our volunteers! Where would we be without the folks who deliver meals, help in the kitchen, manage our front desk and lead our programs week in and week out? We are great simply because they are!

- Peter Troy - You know and I know, he's the best. It's as simple as that!

- Our hard-working, incredibly dedicated, supportive board. Thank you Anna, Hilary, Ken, Carol, Christina, Lynne, Cindy,

Tim, Jim and Matthew!

- All of you! I love our senior community in this valley. It is such a joy to experience life, share conversations, hear your stories and work to create a space you feel welcome and engaged in.

I'm so thankful for Seniors West of the Tetons and all the facets that make it a thriving and enriching community. Thanks to all of you for being a part of it!

Happy Thanksgiving!

CHAIR CHAT

Thank you to all who make SWOT happen



ANNA KIRKPATRICK
board chair

IT'S EASY TO BE THANKFUL when you are involved with an organization like Seniors West of the Tetons. What's hard is trying to fit all my thank yous into the space allotted to me, but I'll try!

Thank you to all our volunteers who give in so many ways. We couldn't survive without you.

Thank you to our chef, Peter Troy, who raises the bar on lunch every day and who treats his kitchen volunteers like royalty.

Thank you to our executive director, Allie Mollenkof, who works to enrich seniors' lives through advocacy, diverse

programming, and wellness and nutrition opportunities.

Thank you to our caring board of directors, who volunteer their time to keep our seniors engaged, supported and thriving.

And thank you to all of YOU, our supporters, who keep SWOT's doors open with your contributions. We are so grateful to you.

DONATE TO MAKE A DIFFERENCE

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 each month - any amount - at www.tetonseniors.org/sos

THANKSGIVING, VETERANS LUNCHEONS ARE PLANNED

The Thanksgiving celebration at the Senior Community Center will be at noon on Monday, Nov. 20. Teton Valley Realty is sponsoring the luncheon.



Anna Kirkpatrick

Chef Peter Troy will prepare a traditional Thanksgiving meal that will be served buffet-style. Suggested donations will be accepted, and people should sign in to help SWOT cover ongoing costs. The meal will be followed by a free game of Thanksgiving bingo.

Veterans Luncheon: SWOT will salute local veterans on Nov. 9 with a free lunch and other surprises to commemorate Veteran's Day on Nov. 11.

Wildlife art museum, other activities set

A docent-led tour of the National Wildlife Museum of Art outside Jackson is scheduled for 11 a.m. on Nov. 3. The cost is \$10, and the tour is limited. Find your own transportation or carpool from SWOT at 9:45 a.m.

Register at tetonseniors.org/museum.

Senior Art is a two-day booking making event on Nov. 6 and 7. Register at <https://tinyurl.com/seniorarts>.

The drumming program returns at 1:30 p.m. on Nov. 30 with Cindie Brouwer and Lea Hardee leading this fun activity.

Teton Valley Health offers updates, info

Health programs this month include a session on healthy meals, updates on our local health-care system and Medicare enrollment assistance.

Dietitian Alexis Blaser will discuss how making healthy meals doesn't have to be hard at 11:15 a.m. Nov. 9.

Teton Valley Health will provide an update and answer questions at a new monthly program at 1 p.m. Nov. 28.

Medicare open enrollment continues until Dec. 7. Appointments for Medicare enrollment help can be made by calling (208) 274-3252.

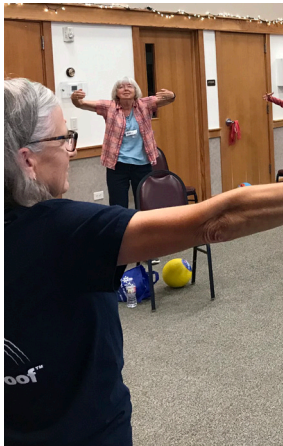


PROGRAMS & activities



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. \$5 suggested donation.

Based on the martial art Aikido; movements are circular, flowing and dance-like. It improves balance, coordination and posture. No falling, tumbling, grappling or rough stuff. Aikido develops our ability to be strong and centered while also empathetic and nurturing. Led by Aikido Shodan 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 with deep breathing. Beginners are welcome. Individual instruction is given during and after class. Led by 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

Free. Open to seniors. See calendar for date. 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 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 long with a monthly update from Teton Valley 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>



NOVEMBER

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>GIVING TUESDAY IS NOV. 28</p> <p>We hope you remember services for aging adults in Teton Valley with your generosity on Giving Tuesday, when people donate to their favorite charities.</p> 		<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. Knitting circle, 9 a.m. NATIONAL MUSEUM OF WILDLIFE ART, 11 A.M. Drive or carpool from the Senior Center at 9:45 a.m. for a tour. \$10. Register at tetonseniors.org/museum
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. Cribbage Club, 1 p.m. SENIOR ART, BOOK MAKING, 1 P.M. TETON ARTS STUDIO. Register at https://tinyurl.com/seniorarts 	<ul style="list-style-type: none"> Yoga, 9 a.m. Aiki balance, 10:15 a.m. Bridge, 1 p.m. SENIOR ART, BOOK MAKING II, 1 P.M. TETON ARTS STUDIO. Register at https://tinyurl.com/seniorarts 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. BLOOD PRESSURE CHECK, 11:45 a.m. Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. HEALTHY MEALS DON'T HAVE TO BE HARD, 11:15 A.M., dietitian Alexis Blaser. VETERANS DAY LUNCHEON LUNCH WITH MAYOR AUGUST CHRISTENSEN 	<p>OFFICIAL VETERANS DAY HOLIDAY</p> <p>Senior Center is closed.</p>
<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. TECH TIME, NOON Bridge, 1 p.m. TETON GEO CENTER TOUR, 1 P.M. Join Ralph Mossman to learn about this local asset. 	<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. TRIVIA WITH KATE, 1 P.M. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Knitting circle, 9 a.m. PIZZA & A MOVIE, 5 P.M. "Sleepless in Seattle." Register at tetonseniors.org/movie.
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. THANKSGIVING LUNCHEON Thanksgiving 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. 	<p>HAPPY THANKSGIVING</p> <p>Senior Center is closed.</p>	<p>HAPPY DAY AFTER THANKSGIVING</p> <p>Senior Center is closed.</p>
<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. TETON VALLEY HEALTH NEWS & UPDATES, 1 P.M. A new monthly program to hear and ask questions about our health-care system. 	<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. DRUMMING, 1:30 P.M. 	





NOVEMBER lunch menu

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MENU is subject to change depending on availability and weather.

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Oven roasted pork Bread stuffing and gravy Butternut squash Sliced pears 1	Cowboy spud potato with barbecue pulled pork, cheese and green onion Baked beans BIRTHDAY CAKE 2	Nachos bar with beef, guacamole, pico de gallo and homemade tortilla chips Green chili pork stew Churros 3
Meatloaf Monday Mashed potatoes Glazed carrots Garden salad Chocolate chip cookie 6	Pork carnitas tacos Refried beans Spanish rice Salsa bar Enchilada chicken soup Churros 7	Chicken alfredo Steamed broccoli Garlic butter roll Garden salad Fresh grapes 8	VETERANS DAY LUNCHEON Falafel with whole wheat pita and tzatziki sauce Quinoa salad Mixed fruit Lemon bar  9	OFFICIAL VETERANS DAY HOLIDAY Senior Center is closed. 10
Red curry chicken stir-fry with veggies and white rice Miso soup Oranges Fortune cookie 13	Reuben Tuesday Housemade potato chips Garden salad Apple slices 14	Grilled flank steak Roasted potatoes Roasted green beans Roasted corn chowder Seven-layer bar 15	Baked ziti with meatballs option Sautéed zucchini Garden salad Dinner roll Vanilla pudding  16	Barbecue chicken Potato salad Coleslaw Baked beans Garden salad Mixed fruit 17
THANKSGIVING LUNCHEON Herb-roasted turkey with mashed potatoes & gravy Cranberry sauce Green bean casserole Stuffing Pumpkin pie 20	Baked mac 'n' cheese with Italian sausage on the side Steamed broccoli Vegetable bean soup Chocolate pudding  21	French dip sandwich with au jus Housemade potato chips Garden salad Sliced pears 22	HAPPY THANKSGIVING Senior Center is closed. 23	HAPPY DAY AFTER THANKSGIVING Senior Center is closed. 24
Grilled three-cheese sandwich Tomato basil soup Garden salad Fresh grapes 27	Teriyaki chicken with white rice and stir-fry vegetables Asian mushroom soup Pineapple Fortune cookie 28	Swedish meatballs Mashed potatoes and gravy Lingonberry jelly Green beans Garden salad Chocolate brownie 29	Grilled salmon with lemon oregano aioli Roasted potatoes Mixed vegetables Potato bacon soup Mixed fruit 30	





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR SEPTEMBER 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

9,356

AT THE CENTER: 6,968
HOME-DELIVERED: 2,388

MEALS SERVED IN SEPTEMBER

1,101

AT THE CENTER: 852
HOME-DELIVERED: 249

FITNESS/HEALTH PROGRAMS IN SEPTEMBER

292

GAMES: BRIDGE, BINGO, & CRIBBAGE IN SEPTEMBER

92

ENRICHMENT PROGRAMS IN SEPTEMBER

208

GONE BUT NOT FORGOTTEN ...



These residents with ties to Teton Valley passed away recently:

Dale Jorgensen

Richard Naef

Robert Vostrejs Jr.





PICTURE perfect



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



yes, oh yes, we found cranes

SWOT's annual tour to view the Great Sandhill Cranes in Teton Valley was a success. Early risers who met at the Senior Center at 7:15 a.m. and either rode the SWOT bus or followed in cars were rewarded with sightings of numerous cranes, dozens of hawks, a bald eagle, hundreds of geese, as well as banana bread and hot cider back at SWOT.



soaking at Astoria

Seniors enjoyed time at Astoria Hot Springs, thanks to a ride on the SWOT bus driven by Board Member Cindy Dender.

leading the pack

Board Treasurer Ken Kirkpatrick and volunteer Jackie Riley led walkers to the Bitch Creek Trestle.



my, oh my, we've got pie!

SWOT's annual Harvest Fest Pie Contest & Auction produced tough competition for baking and bidding. The prizes for the best pies included ceramic pie plates made by Marie Patty, a gift certificate to Hillside Grain and a SWOT cutting board. Deirdre Morris won Best of Show with a cherry-rhubarb pie. Above Ken Chambers gets the bidding rolling.

thanksgiving word search

APPLE PIE	G	D	F	D	O	T	W	V	S	Y	Y	S
CRANBERRY	N	L	R	R	N	F	K	E	N	R	S	E
DRESSING	I	L	L	E	O	E	W	T	O	R	W	O
ELECTION DAY	V	A	U	G	S	S	I	E	W	E	E	T
FAMILY	I	B	F	A	A	S	T	R	N	B	E	A
FOOTBALL	G	T	E	T	L	B	I	A	F	N	T	T
FRIEND	S	O	T	H	A	E	X	N	I	A	P	O
FROST	K	O	A	E	D	Y	O	S	G	R	O	P
GATHER	N	F	R	R	E	C	U	D	M	C	T	D
GRATEFUL	A	N	G	K	A	Y	P	A	V	S	A	E
GRATITUDE	H	L	R	Z	W	D	L	Y	M	Q	T	H
MASHED	T	U	S	T	U	F	F	I	N	G	O	S
POTATOES	T	E	I	P	N	I	K	P	M	U	P	A
PUMPKIN PIE	E	L	E	C	T	I	O	N	D	A	Y	M
SALAD	A	P	P	L	E	P	I	E	S	O	F	V
SKI	S	O	C	C	E	R	K	K	H	D	Y	H
SNOW	D	P	E	D	U	T	I	T	A	R	G	Q
SOCCER												
STUFFING												
SWEET												
POTATO												
THANKS-												
GIVING												
TURKEY												
VETERANS DAY												

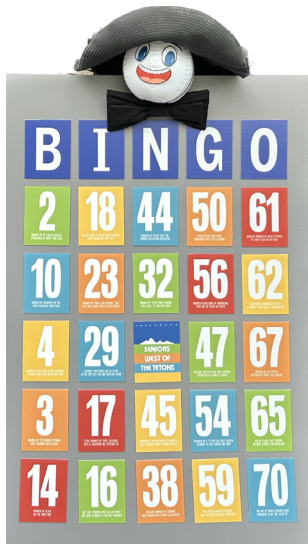
SWOT sudoku

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

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

DID YOU GET TO KNOW BINGO STARR?

SENIORS WEST OF THE TETONS' entry in this year's Downtown Driggs Scarecrow Contest was Bingo Starr. The creation was a nod to SWOT's successful Black Tie Bingo event this summer. The scarecrow was the brainchild of Board Member Jim Haag, and it was created by board members and other volunteers. From a distance, the scarecrow resembled a bingo card, but when you moved closer, you realized that each number on the board had a special meaning. If you didn't take the chance to read all the statements below each number, we're reprising it here.



B	I	N	G	O
2 Number of ice cream socials sponsored by SWOT this year	18 Age in years at which many seniors could drink but not vote	44 Number of Years that the Senior Center has operated	50 Years in age that AARP considers you to be a member	61 Average number of meals served by SWOT each day in 2023
10 Number of members on the SWOT Board of Directors	17 Total number of Tops, Seasons, Aces & Jacksons we listened to	32 Number of teeth that seniors still have – if they're lucky	56 Number of millions of Americans who are 65 years or older	62 Elevation in number of feet at which Teton Valley seniors live
4 Number of fab guys from Liverpool seniors first saw on Ed Sullivan	23 Average number of times Allie Mollenkof smiles each minute	FREE SPACE SENIORS WEST OF THE TETONS	47 Average age in years that seniors experienced a midlife	67 Number of activities offered by SWOT last month
3 Number of television stations most seniors had as kids	29 Seniors' preferred age in years after they hit the mid-century mark	45 Number of revolutions per minute that seniors' singles would rotate	54 Number of TV cop car that caused seniors to ask: where are you?	65 Age in years that seniors become eligible for Medicare
14 Number of seats on the SWOT bus	16 Age that seniors once called sweet but is now merely a distant memory	38 Average number of seniors who volunteer at SWOT each week	59 Top speed in miles per hour that the SWOT bus has reached	70 The age at which seniors now consider to be the "new 50"

BIRDVIEW

BIRDWATCHING WITH
ANNA KIRKPATRICK, SWOT BOARD CHAIR

We are so lucky to have these beautiful birds year-round in our valley. You'll see several bald eagles at times perched on utility poles on Bates Road, soaring above the fields or feeding off carcasses. A fun fact is that rather than do their own fishing, these birds harass other birds to drop their catch, and then swoop it up midair. Even fishermen have had their catch stolen by these guys!



SWOT voted favorite nonprofit once again

Seniors West of the Tetons was voted the favorite nonprofit in Teton Valley News' Best of Teton Valley competition for the third year in a row.

SWOT also was second for Best Place to Break a Sweat and third for Top Teton Valley Experience for Black Tie Bingo.

Several individuals with ties to SWOT also were honored:

- Connie Tyler, who leads SWOT yoga classes, won Best Yoga Instructor.
- Linda Swope, a volunteer, won Best Photographer.
- Janene Witherite, who conducts a SWOT Foot-Care Clinic, was third in Best Medical Provider.
- Jim Haag, a SWOT board member, placed third for Best Cocktail.
- Lina Marquis, a volunteer, placed third for Best Musical Act.

MONTHLY TIP

COLD AND FLU SEASON ADVICE

- Get vaccinated.
- Exercise - it boosts your immunity and helps fight infection.
- Wash your hands frequently.
- Get plenty of sleep.
- Manage your stress by doing the above and setting reasonable expectations.
- Eat a balanced diet and take supplements for areas you might be deficient.

SOURCE: HEALTHLINE.COM



words of wisdom



Age is an issue of mind over matter. If you don't mind, it doesn't matter."

- MARK TWAIN

PUZZLE answers

» PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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

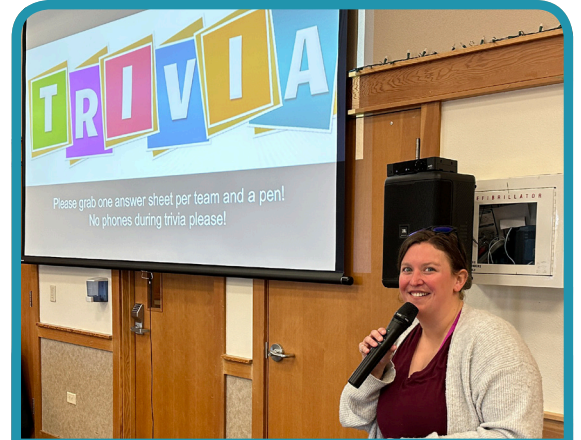


SAVE the date



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

- Nov. 3 Museum of Wildlife Art docent-led tour, 11 a.m. Carpool from Senior Center at 9:45 a.m. or drive yourself. \$10. Registration required.
- Nov. 6 & 7 Senior Art: Bookmaking, 1 p.m. Teton Arts Studio, 110 Rodeo Drive, Driggs
- Nov. 9 Healthy Meals Don't Have to Be Hard, 11:15 a.m.
- Nov. 9 Veterans Day lunch celebration, noon. Veterans eat free.
- Nov. 10 SWOT closed for Veterans Day holiday.
- Nov. 13 & 27 Cards and scrapbooks with Deb, 11 a.m.
- Nov. 14 Tech Time, noon.
- Nov. 16 Trivia with Kate, 1 p.m.
- Nov. 17 Pizza & A Movie, 5 p.m. "Sleepless in Seattle." Register at tetonseniors.org/movie.
- Nov. 20 Thanksgiving Luncheon sponsored by Teton Valley Realty, noon. Bingo 1 p.m.
- Nov. 28 Teton Valley Health update, 1 p.m.
- Nov. 30 Medicare chat, noon.
- Nov. 30 Foot-Care Clinic, 12:30 p.m. First-come, first-served.



**IT'S TRIVIA TIME! Join SWOT and play
trivia with Kate Driscoll at 1 p.m.
Nov. 16 at the Senior Center.**

12 VALLEY TALK



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

