

# 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

Available for delivery to home-bound seniors or take-out.

### HOW TO REACH US

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

### ONLINE

 [www.tetonseniors.org](http://www.tetonseniors.org)  
On Facebook: Seniors West of the Tetons

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## A NEW FUNDRAISING PROGRAM AIMS TO ENSURE THAT SWOT HAS A STEADY REVENUE STREAM. BUT WE NEED YOUR HELP.

SENIORS WEST OF THE TETONS is unveiling a new fundraising program to encourage monthly donations. We are seeking donors to help us refocus our efforts from the ongoing need to raise funds to spending more time serving seniors. Here's why it's important:

- » It's a simple, sustaining and convenient way to support the Senior Center and its ongoing needs.
- » It's as easy as committing to give monthly and clicking a button to make your donation recurring.
- » It's easy on your budget, spreading the financial obligation across 12 months instead of one or two donations a year.
- » It's reassuring, knowing you're helping seniors receive nutritious meals, enriching activities and health services each month.
- » And it's going to be fun! We have special perks available only to those who provide ongoing monthly support for Teton seniors.

### JOIN THE SWOT SOS TEAM

Act now to get the best incentives for joining the SWOT SOS.

SEE MORE DETAILS and what you'll receive on Page 10.

SIGN UP by May 1 to receive a free breakfast burrito at the Teton Valley Farmers Market.



CHAIR  
**Anna Kirkpatrick**  
VICE CHAIR  
**Laura Brattain**

SECRETARY  
**Kate Hull**  
TREASURER  
**Carol Lichti**  
SYSTEMS MANAGER  
**Ken Kirkpatrick**

MEMBERS  
**Nell Fay**  
**Allie Mollenkof**  
**Barbara Rieb**  
**Lisa Vitucci**

NEWSLETTER EDITORS  
**Jim Haag**  
**Carol Lichti**

● ● ● ● ● ● ● ● ● ●  
**WANT TO GET INVOLVED?**

To join our Board of Directors or volunteer, call (208) 354-6973 or e-mail [swot@teton-seniors.com](mailto:swot@teton-seniors.com).

● ● ● ● ● ● ● ● ● ●  
**STAFF MEMBERS**

EXECUTIVE DIRECTOR  
**River Osborn**

KITCHEN MANAGER  
**Ceci Clover**

ASSISTANT KITCHEN MANAGER  
**Stacey Nail-Canedy**

● ● ● ● ● ● ● ● ● ●  
**MEALS DELIVERED**

Home-cooked and delivered meals are available by contacting:

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

# the SWOT team

## RIVER RAMBLINGS

### It's time for a new mindset of abundance



**RIVER OSBORN**  
executive director

AS ONE OF MY FAVORITE musicians, Lauryn Hill, says, "Anything that is not growing is dead." While we are not dead, the Senior Center has been in a state of dormancy as we've waited out the pandemic this past year. During that time, we've been able to imagine the possibilities of what the Senior Center could be.

I am dreaming BIG. I want our programming to grow by leaps and bounds. I want the Senior Center to have a robust calendar of events with diverse options.

Whether it's lunches at the center, fitness classes, guest speakers, dance, art, bingo, choir – I want there to be something for everyone. I want the Senior Center to be your Community Center. A place where you can bump into an old, or new, friend while enjoying high-quality programming and delicious meals.

In the past, we have operated with the mindset of scarcity.

Scarce funds meant limited programs and services. But it's time for us to move past that to the mindset of abundance.

I envision us having abundant programs and services, with abundant attendees and abundant support.

That is why we need your help. It's going to take a little bit from all of us to expand this place. If you can, please consider signing up for monthly donations. No amount is too small.

Together, we can turn the Senior Center into a vibrant community hub full of fun activities and friendly faces.

## CHAIR CHAT

### Positive change can spring us forward



**ANNA KIRKPATRICK**  
board chair

SPRING IS IN THE AIR! Can you feel it? The snow is receding, the Red-winged Blackbird is singing its conk-la-ree song, the Mountain Bluebird is flitting from post to post, and we are taking more and more walks outside now that the streets and sidewalks are clear. No wildflowers yet, but we should be seeing them soon.

All this positive change. I don't know if I paid this much attention to all of this last year when we were in the throes of COVID-19, but I am definitely paying attention now.

We are planning to refurbish the Senior Center's ventilation system, so that when we reopen we will be able to safely use the space for all of the fitness classes, lunch and other afternoon activities.

With the majority of you vaccinated, we should be able to safely gather together indoors.

Meanwhile, we will continue to offer all of our programming on Zoom – Bingo, Happy Hour, Healthy Seniors, Book Club and Tai Chi, to name a few.

I'm looking forward to taking a nice outdoor walk on the bike path on the 26th.

Will you join me?  
See you then!

## SENIOR CENTER RECEIVES SILVER STAR GRANT

Silver Star Communications has awarded Seniors West of the Tetons a \$1,000 grant to cover part of the cost of updating the Community Center's audio and visual system.



The grant was awarded through Silver Star's Caring Community program that provides grants to nonprofits in its service area. Silver Star also organizes volunteer opportunities for its employees in the communities it serves.

Plans are to upgrade the Senior Center's system for more enhanced programming.

## Take a walk with SWOT on April 26

Seniors West of the Tetons' outdoor activity for April will be a walk on the bike path that links the towns of Driggs and Victor.

The walk will start at 1 p.m. April 26 at the Caribou-Targhee National Forest office, 495 S. Main, in Driggs.

Wear appropriate walking shoes and layered clothing that fits the weather conditions for the day.

Register at our website, [tetonseniors.org/takeawalk](http://tetonseniors.org/takeawalk). Also check the website and the Seniors West of the Tetons page on Facebook for updates related to weather.

## Zoom with us for April events

Virtual programming in April on Zoom will include:

- Hilary Frenette, a nurse, will discuss Medicare basics and what you might not know at 11 a.m. April 8. Register at [tetonseniors.org/healthyseniors](http://tetonseniors.org/healthyseniors).
- Author Anne Fish will discuss her book "Riskformation" - about taking risks and making a difference at any age - at 1 p.m. April 14. Register at [tetonseniors.org/Fish](http://tetonseniors.org/Fish).
- The next book club meeting - for "The Guernsey Literary and Potato Peel Pie Society" - will be at 1 p.m. April 29. Register at [tetonseniors.org/bookclub](http://tetonseniors.org/bookclub).

### VALLEY TALK 3

# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at

[www.ourseniorcenter.com](http://www.ourseniorcenter.com)



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## Keeping you on the right path



Teton Valley Health  
**Driggs Clinic**  
**Victor Clinic**

208.354.2302  
[tvhcare.org](http://tvhcare.org)





# in the SPOTLIGHT

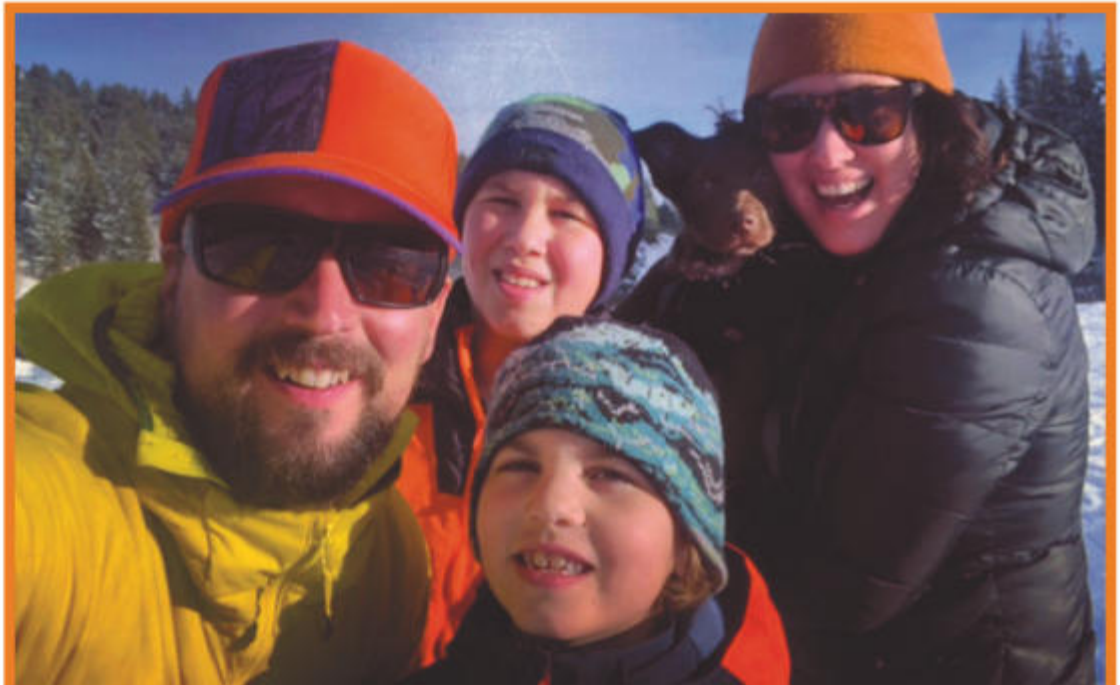
**ALLIE MOLLENKOF** is the newest member of the Seniors West of the Tetons Board of Directors. She joined us in January, bringing fundraising and nonprofit experience along with her gentle smile and calming nature. We caught up with her recently to find out more about her.

## Tell us a little about your background.

I grew up in Poughkeepsie, N.Y., just north of New York City. I went to college in western Pennsylvania and lived in Pittsburgh for more than 12 years. There, I met my husband, Phil, and we had our two boys, Ian and Peter. I worked for over 10 years in college ministry and transitioned to foundation work after that. I have always loved and been drawn to programming, fundraising and development work.

## What brought you to Teton Valley?

After working remotely and spending a couple of summers in the valley, we made the permanent move in 2018. As our boys grew, we knew we wanted more of an outdoor lifestyle for them, and Teton Valley fit that bill perfectly. We loved the easy way of living and the emphasis on the outdoors.



## Q&A WITH ALLIE MOLLEKOF

ALLIE JOINED  
THE BOARD OF  
DIRECTORS OF  
SENIORS WEST  
OF THE TETONS  
IN JANUARY



Allie Mollekof (above, right) is shown with her family - husband, Phil, and sons Ian, 10, and Peter, 7.

## What got you interested in SWOT?

I work with Church in the Tetons and got to know SWOT as we worked closely with Executive Director River Osborn as a renter. It was in conversations with her that I got to know of the work of the Senior Center and came to understand the vital need that it serves. When I was asked to consider being on the board, it was an easy yes

as I not only loved and believed in the mission but also loved what I knew of River and the wonderful board members.

## Is there something you've learned about Seniors West of the Tetons that surprised you or you think most people don't know?

I think that people don't realize how vibrant the community at SWOT is. It is an amazing place to

connect with retirees in Teton Valley and enjoy programming that allows you to experience the richness of this valley together.

## What's the best part of living in Teton Valley?

Our family never tires of all of the outdoor options - from skiing to floating on the river. The ability to be outside in so many ways is a gift we will never take for granted.



# APRIL

## at the center table

MENU is subject to change depending on availability and weather.

**WHEN** Lunch is available for take out and delivered Mondays, Tuesdays and Thursdays for 5 meals a week.

**SUGGESTED DONATIONS**  
\$4 for those 60 years and older.

**TO RECEIVE MEALS**  
Call (208) 354-6973 to reserve takeout meals or sign up for delivery.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Snails Rainwater Grass  <b>BIRTHDAY CAKE</b> 1	Leg of lamb Roasted green beans and tomatoes Mashed potatoes and gravy 2
Nicoise salad Whole wheat roll Pudding  5	Navy beans and ham Herbed quinoa Cottage cheese Cookies  6	Chicken salad wrap Pears  7	Salmon chowder Peas Whole wheat rolls Rice Krispie bars  8	Thai peanut noodles Steamed broccoli Pears  9
Roasted chicken breast Carrots, potatoes and onions Green salad Pudding with berries  12	Vegetable stir-fry Rice Pears  13	Reuben sandwiches Green salad Peanut butter cookies  14	Chef salad Whole wheat roll Apricots with cottage cheese Cake  15	Chili Sauteed zucchini Cornbread  16
Creamy fish Green beans Quinoa Fruit cocktail  19	Fritattas Hash browns Lemon bars  20	Veggie enchiladas Peaches  21	Chicken marbella Rice Broccoli Tapioca  22	Shepherd's pie Roll Apricots  23
Spaghetti Green salad Pears  26	Mushroom orzo Peas Peaches with cottage cheese Fruit cobbler  27	Beef barley soup Salad Roll Cheesecake  28	Cod fillets Quinoa Broccoli and carrots Pears  29	<b>HAWAIIAN LEI DAY</b> Pulled pork sandwiches Cole slaw Oranges and pineapple  30





# APRIL

## fit and active

**TAI CHI** Learn the Chinese exercise. Zoom classes online at <https://us02web.zoom.us/j/81354988221>. Enter passcode 452787. Donations accepted.

**GENTLE YOGA** Zoom classes on hold for this month. Visit [www.mountainmermaidwellness.com](http://www.mountainmermaidwellness.com) for the latest info about classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FOOT-CARE CLINIC</b> 11 a.m. to 12:30 p.m. April 8 with Anna Gunderson and 1 p.m. to 2:20 p.m. April 22 with Sandra Woolstenhulme. Call (208) 354-6973 to schedule. Participants should soak their feet for 20 minutes that morning or the night before.</p> <p>Pilates on Zoom with Frankie, 9:30 a.m. Zoom link: <a href="https://us02web.zoom.us/j/2273366819">https://us02web.zoom.us/j/2273366819</a></p> <p>5</p>	<p>Tai Chi, online via Zoom, 9:30 a.m. (See link above.)</p> <p>6</p>	<p>Gentle Yoga Zoom classes on hold this month. Check Kari Swenson's website for classes.</p> <p>Advanced Pilates with Frankie, 9:30 a.m. Zoom link: <a href="https://us02web.zoom.us/j/2273366819">https://us02web.zoom.us/j/2273366819</a></p> <p>7</p>	<p>Fit and Fall Proof suspended until further notice. Check Tetonseniors.com for updates.</p> <p>1</p>	<p>Tai Chi, online via Zoom, 9:30 a.m. (See link above.)</p> <p>2</p>
<p>Pilates on Zoom, 9:30 a.m. Meeting ID 2273366819</p> <p><b>HEALTHY SENIORS ZOOM: MEDICARE REVEALED, 11 A.M.</b> Register at <a href="http://tetonseniors.org">tetonseniors.org</a></p> <p>12</p>	<p>Tai Chi, online via Zoom, 9:30 a.m.</p> <p>13</p>	<p>Advanced Pilates, 9:30 a.m.</p> <p><b>TAKE A RISK TO MAKE A DIFFERENCE, ANNE FISH 1 P.M.</b> Register at <a href="http://tetonseniors.org/difference">http://tetonseniors.org/difference</a></p> <p>14</p>	<p><b>FOOT-CARE CLINIC, 11 A.M. TO 12:30 P.M.</b> For appointments with Anna Gunderson call (208) 354-6973.</p> <p><b>HAPPY HOUR ZOOM, 5 P.M.</b> Register at <a href="http://tetonseniors.org">tetonseniors.org</a></p> <p>15</p>	<p>Tai Chi, online via Zoom, 9:30 a.m.</p> <p>16</p>
<p>Pilates on Zoom with Frankie, 9:30 a.m. Zoom link: <a href="https://us02web.zoom.us/j/2273366819">https://us02web.zoom.us/j/2273366819</a></p> <p>19</p>	<p>Tai Chi, online via Zoom, 9:30 a.m.</p> <p>20</p>	<p>Advanced Pilates with Frankie, 9:30 a.m. Zoom meeting ID 2273366819</p> <p><b>EARTH DAY EVE BINGO, 1 P.M.</b> Register online.</p> <p>21</p>	<p><b>FOOT-CARE CLINIC II, 1 TO 2:20 P.M.</b> For appointments with Sandra Woolstenhulme call (208) 354-6973.</p> <p>22</p>	<p>Tai Chi, online via Zoom, 9:30 a.m.</p> <p>23</p>
<p>Pilates on Zoom, 9:30 a.m. Meeting ID 2273366819</p> <p><b>TAKE A WALK, 1 P.M. FOREST SERVICE OFFICE</b> Register at <a href="http://tetonseniors.org/takeawalk">tetonseniors.org/takeawalk</a></p> <p>26</p>	<p>Tai Chi, online via Zoom, 9:30 a.m.</p> <p>27</p>	<p>Advanced Pilates with Frankie, 9:30 a.m. Zoom meeting ID 2273366819</p> <p>28</p>	<p><b>SENIORS BOOK CLUB, 1 P.M.</b> "The Guernsey Literary and Potato Peel Pie Society" by Mary Ann Shafer and Annie Burrows. Copies available at Senior Center. Call (208) 354-6973 to schedule pick up. Register online.</p> <p>29</p>	<p>Tai Chi, online via Zoom, 9:30 a.m.</p> <p>30</p>





# by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR FEBRUARY AND 2021

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

MEALS SERVED IN 2021

# 925

AT THE CENTER: 2,017  
HOME-DELIVERED: 3,360

MEALS SERVED IN FEBRUARY

# 431

AT THE CENTER: 111  
HOME-DELIVERED: 320



## Interested in home delivery?

SWOT delivers meals to home-bound seniors 60 years and older. Call (208) 354-6973 or (208) 522-5391 to sign up.

## GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- Martin "Slicker" Baler
- Dale Breckenridge
- Annette Johnson
- Darwin Josephson
- Carolann Safiran
- L. Kent Ure
- Tom Woolstenhulme



VALLEY TALK 7



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Daniel Marshall, DO  
Cameron French, PA-C  
Brandon Tracy, FNP-C





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# PICTURE perfect



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



## snowshoeing at Targhee

Naturalist Callie Lanza led a snowshoe hike for a group of seniors in March. Callie explained wildlife tracks in the snow and the difference between Douglas fir, subalpine fir and aspen trees. The group received a discount from Grand Targhee Resort for the experience and use of equipment.

## a bit of Irish luck

Diana Villmor, on piano, and Molly Finkle, on bassoon, practice playing Irish tunes for a virtual Zoom program for St. Patrick's Day that started with an Irish-themed round of bingo with fun prizes. Luck wasn't with us though, as sound issues cut the concert short. Stay tuned for future details when we get them back to perform under better conditions. And join us for bingo on Zoom every month. This month, bingo will be at 1 p.m. on April 21. Register online for bingo cards.

## who's Zoomin' who?

Virtual programming via the online application Zoom continues with the debut last month of the Healthy Seniors series with nurse Hilary Frenette (below, left) answering all of our COVID-19 vaccine questions (this month she tackles Medicare), a "Happy Hour gathering (below, center), a Book Club discussion (below, right) of "A Man Called Ove," along with tax assistance and exercise programs.





## Say Cheese!

Asiago	O	G	A	I	S	A	C	N	R	C	S	H
Blue	R	S	C	S	A	M	A	O	R	M	A	D
Brie	A	W	E	R	E	S	M	E	T	V	S	N
Cotija	D	I	S	I	E	A	A	T	A	I	E	E
Cottage	U	S	C	M	N	M	T	R	S	U	J	L
Cream	O	S	R	O	C	M	T	E	F	Z	B	A
Edan	G	A	J	H	T	I	A	C	E	L	L	T
Feta	P	S	E	A	E	T	H	N	I	V	U	E
Goat	R	D	O	R	R	A	A	M	C	E	E	F
Gorgonzola	D	E	E	F	T	L	B	G	N	H	A	E
Gouda	G	D	T	E	R	U	S	O	E	T	E	B
Gruyere	R	A	L	S	R	E	L	B	T	A	R	G
Havarti	U	M	A	G	N	O	S	O	E	I	T	U
Jarlsberg	Y	A	E	Y	V	E	C	C	E	R	L	E
Limburger	E	R	B	O	M	I	U	F	O	B	G	L
Muenster	R	T	R	A	R	N	N	M	G	O	A	T
Neufchatel	E	P	A	L	O	Z	N	O	G	R	O	G
Parmesan												
Provolone												
Ricotta												
Romano												
Swiss												

## SWOT sudoku

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

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

## VALLEY TALK 9

**NEVER MISS A NEWSLETTER !**

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



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**SUPPORT OUR ADVERTISERS!**



SWOT's new fundraising program allows donors to give monthly. Your donation will be helping people like Kathleen, who initially hesitated to sign up for meals during the COVID-19 pandemic but then was glad she did. "Connecting with SWOT changed everything for me," she said. "I felt a genuine sense of relief. This is valuable work you are doing. Thank you for making life easier for our senior citizens, including me."

## GIVE MONTHLY TO SWOT AND REAP THE BENEFITS



### THE BENEFITS

The main benefit is knowing you are providing funds regularly to keep Seniors West of the Tetons going. Your help is sustaining programs for seniors in Teton Valley, those 60 and older, regardless of income or ability to pay. Everyone is eligible once they hit the age of 60.

### YOU'LL ALSO RECEIVE ...

- » Regular updates on events happening at the Community Center.
- » An advance electronic version of the Valley Talk newsletter.
- » Special invitations and early access to Senior Center events such as the annual Harvest Fest Pie Contest & Auction.
- » A sticker for the Seniors West of the Teton logo.
- » A card entitling you to 11 free lunches at the Senior Center. That's almost a free lunch each month for a year.

## BIRDVIEW

BIRD WATCHING WITH  
**ANNA KIRKPATRICK,**  
SWOT BOARD CHAIR

Rough-legged hawks usually winter in Teton Valley, preferring open country and often perching on telephone poles, where they can scan for rodents. Last winter, they seemed to be on every pole in the valley, but this winter they were not seen as often, at least by this observer.



## TIP of THE MONTH

THE MANY  
USES FOR  
MAYONNAISE  
BESIDES YOUR  
SANDWICH



Use mayonnaise to remove chewing gum from hair, or price tags and their sticky residue. It can also condition your hair (leave in for 20 minutes and shampoo), moisturize your cuticles, shine leaves of houseplants and remove crayon and water-ring marks when someone forgot to use a coaster.

TESTED BY BOARD MEMBER NELL FAY

# OUR NEW VISION AND MISSION

Seniors West of the Tetons has updated its vision and mission statements, but our focus remains the same. Here are the new versions, approved by the Board of Directors after attending strategic workshops and working to create an updated vision and mission for the organization. We share them with you and encourage your feedback. Let us know what you think. Email us at [swot@tetonseniors.org](mailto:swot@tetonseniors.org).

## OUR VISION

Seniors West of the Tetons envisions a future where seniors are engaged, supported, and thriving.

## OUR MISSION

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



## Get ready to go golfing

Mark your calendars now for July 12. That's the date of Bronze Buffalo Club's Golf For Charity at Teton Springs to benefit Seniors West of the Tetons.

More details will be coming about this fun event.

Opportunities to volunteer and for sponsorships are being pursued so watch for more information about those.

It's not too early to get involved and secure your place in this fundraising event to support senior citizens in Teton Valley with nutrition, wellness and enrichment opportunities. If interested, call (208) 354-6973 or email [swot@tetonseniors.com](mailto:swot@tetonseniors.com).

## words of wisdom



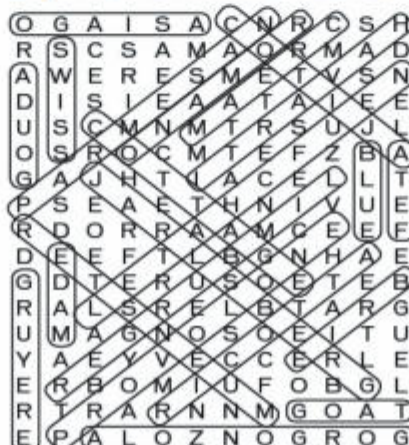
If you can't live without me, why aren't you dead already?"

- CYNTHIA HEIMEL

## PUZZLE answers

» PUZZLES ARE ON PAGE 9

### Say Cheese! word search



### SWOT sudoku

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



# SAVE the date



### ALL ACTIVITIES

should be registered for  
online at [tetonseniors.org](http://tetonseniors.org) or  
call (208) 354-6973.

April 8 & 22 Foot-Care Clinic, 11 a.m. to 12:30 p.m.  
on April 8 and 1 to 2:30 p.m. on  
April 22. Call (208) 354-6973.

April 12 Healthy Seniors: Medicare, 11 a.m.

April 13 SWOT Board Meeting, 9 a.m.

April 14 Take a Risk, Make a Difference Zoom  
with Anne Fish, 1 p.m.

April 21 Earth Day Eve Bingo, 1 p.m.

April 26 Take a Walk on the Bike Path, 1 p.m.

April 29 SWOT Book Club, 1 p.m. via Zoom,  
to discuss "The Guernsey Literary  
and Potato Peel Pie Society."



## 12 VALLEY TALK



Nonprofit Organization  
U.S. Postage  
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Driggs, Idaho 83422

Seniors West of the Tetons  
P.O. Box 871  
Driggs ID 83422  
Community Center  
for ACTIVE SENIORS