

ABOUT SWOT

OUR MISSION

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

SENIOR 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







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Peter Troy

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NEWSLETTER EDITORS

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MEALS DELIVERED

Home-delivered meals are available by contacting:

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

the SWOT team

NOTE FROM ALLIE

You make a difference for seniors



ALLIE MOLLENKOF executive director

AS THE EXECUTIVE DIRECTOR of our Senior Center, I am filled with deep gratitude as I reflect on the incredible support we've received from our community – support that makes all the difference in the work we do every day.

In April, we had two special events that allowed us to celebrate and thank the individuals who truly make our center a place of warmth, caring and opportunity for our seniors.

First, we held our **Volunteer Appreciation Event**, where more than 100 volunteers came together in a room filled with love and appreciation. Words cannot fully express how much your time, energy and compassion mean to me and to all of us here. You give so much of yourselves – whether it's helping in the kitchen with lunch prep, driving meals to our homebound seniors or assisting and leading our many programs.

You are the backbone of our organization, and I want you to know that we could not do what we do without you. Your support is invaluable, not just in terms of the work you do, but in the warmth and kindness you bring to our community. You are the ones who truly make our Senior Center feel like home.

I am equally grateful for the generosity of those who contribute through our **Shining Star** monthly donation program. More than 60 incredible donors have committed to giving on a monthly basis, providing sustainable financial support that is essential to our ability to plan for the future and continue our work. Your regular contributions allow us to maintain the programs and services that so many depend on, and the funds give us the stability to grow and innovate. I am truly humbled by your commitment to our cause.

It is because of your unwavering belief in our mission that we are able to continue providing our seniors with the care, respect and resources they deserve.

What strikes me most is how both our volunteers and our monthly donors, though offering different forms of support – time and financial resources – come together to make a profound impact on the lives of the seniors we serve. You each play an irreplaceable role in helping us fulfill our mission, and I am grateful for the trust you place in us.

Thank you from the bottom of my heart. You are the reason our Senior Center thrives, and I look forward to continuing this important work with all of you by our side.

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 couldn't do this without your help.

Donate online Go to www.teton seniors.org/online-donation-portal

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

Become a monthly donor Become a SWOT Shining Star by signing up to give monthly at tetonseniors.org/shining-star

COMMUNITY CELEBRATES LIFE OF THE HORSE CLEMENTINE

The life of Clementine, the beloved horse of Driggs resident Vancie Turner often seen around town, will be celebrated in a special exhibit at the Teton Geo Center starting May 28.



Clementine & Vancie

The exhibit opens at 5 p.m., followed at 6 p.m. with a special program at the Senior Center, where Valley Voices, the Downtown Driggs Association and Seniors West of the Tetons will share memories of Clementine.

Anyone with photos, artwork, quotes or short writings can submit them to lisa@ downtowndriggs.org or bring to the Geo Center. To share a story on May 28, email valleyvoices33@gmail.com.

Grants help support meals, Thanksgiving

The Community Foundation of Teton Valley has awarded \$7,200 to provide financial support for SWOT's homedelivered meal program.

SWOT's home-delivered meal program is offered at no charge to seniors, and federal reimbursements don't cover the cost.

SWOT also received a \$500 grant from Silver Star Communications for a community Thanksgiving lunch planned in conjunction with the Teton Valley Food Pantry for this November.

SWOT appreciates this support from the community.

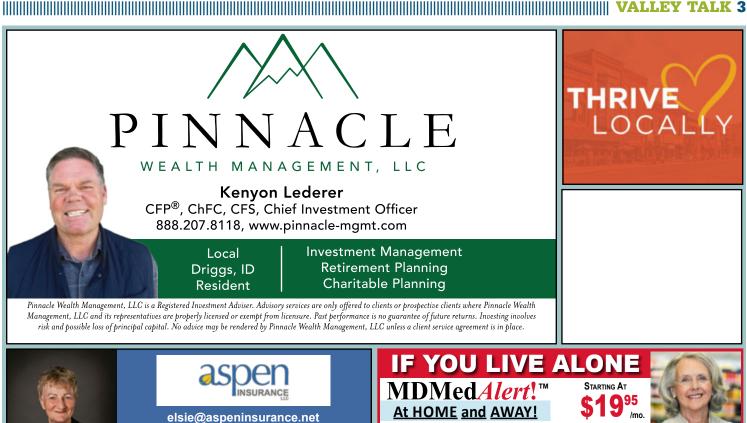
SWOT offers events to view birds in May

SWOT is offering two opportunities to get close to or to spot birds in May.

A tour to the Teton Raptor Center to see three birds and learn their stories is scheduled for May 12. The session will be limited. The van will leave SWOT at 9:30 a.m. A \$10 fee is required. Register at Tetonseniors.org/raptors.

A birding tour to Camas National Wildlife Refuge is set for 7 a.m. on May 27. Laura Brattain will help us look for birds and identify them. Bring binoculars, cameras, rain gear and a sack lunch. Register at Tetonseniors.org/camas.





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HOME YOU LOVE!"

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seniors since 2013. Call 208-682-4700

PROGRAMS & activities

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

Drumming

10:15 a.m. Tuesdays and Fridays. Wear loosefitting clothing; bring water. Free. Open to all.

Led by Lea Hardee and Cindie Brouwer this fun cardio routine set to music involves movement and beating an exercise ball with drumsticks. Also helps cognitive function through concentration and coordination.

Tai Chi

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

This is a series of movements performed in a slow, focused manner with deep breathing.
Beginners welcome.
Individual instruction after class. Led by Dan Keslar.

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 Connie Tyler.

ENRICHMENT



Death Cafe

1:30 p.m. the second Thursday of the month, with some exceptions. Free. Open to all.

A gathering to eat, drink and discuss the often taboo subject: Death. It is not a support group, but a directed discussion with the objective to increase awareness and help 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, friends of SWOT, are proficient with various technologies. These guys will help you master technology; just bring your device in question and fire away.

HEALTH

Teton Valley Health talk

One Wednesday a month at 11 a.m. Check calendar on Page 5 for date. Free. Open to all.

Teton Valley Health provides a monthly update of news and information. Come hear about the health services in our community and ask questions to learn more about the care available.

Blood Pressure Check

The second Wednesday at 11:45 a.m. Free.

Teton County Fire and Rescue EMTs will check your blood pressure.

Aging well

Free. Open to all.

A quarterly panel discussion with guest professionals on topics addressing aging.

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!

Coffee Klatsch

10:30 a.m. Wednesdays. Free. Open to all.

Coffee or tea and conversation. Snack while you chat.

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.

SWOT Walks

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

Join us for a walk around Driggs. Meet at the SWOT lunch registration table. Subject to weather.

Pizza & A Movie

4:30 p.m. usually last Friday of the month. Check the calendar. \$8.

Pizza, popcorn and salad with a popular movie.

Senior art

Monthly art activities occur usually 1 p.m. the second Tuesday at Teton Arts studio. Check the calendar. \$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



WE'LL KEEP you busy, whether it's a fitness class, a game or a gathering to teach you something.

MONDAY

TUESDAY

WEDNESDAY

FRIDAY

• Knitting Circle, 9 a.m.



BIKE TUNE-UP

Pierre's Pedal Project, 481 N. Street, in Driggs, is offering bike tune-ups for seniors at its north side entrance from 10 a.m. to 2 p.m. on May 21. Register for an appointment at Tetonseniors.org/biketuneup. • Fit and Fall Proof, 9 and 10 a.m.

THURSDAY

- Drumming, 10:15 a.m. • GOAT SNUGGLING, 10:30 A.M. Winter Winds Farm, 375 W. 4000 S., Victor. Register at Tetonseniors.org/goat-
- SWOT Walk, 1 p.m. Ride to the Teton Creek Corridor Pathway.

snuggling.

- Fit and Fall Proof, 9 and 10 a.m.
- CINCO DE MAYO **LUNCH AND BINGO, NOON** Come celebrate with lunch and stay to play.
- Yoga, CANCELED
- Drumming, 10:15 a.m.
- Bridge, 1 p.m.
- SENIOR ART, 1 P.M. Gelli plate printing series continues.
- Tai Chi. 9 a.m.
- Coffee, 10:30 a.m.
- Mah-jongg, 1 p.m.
- MAKERSPACE, 1:15 P.M. Candlemaking with dried flowers. Register at Tetonseniors.org/ makerspace.
- Fit and Fall Proof. 9 and 10 a.m.
- Lunch with Mayor August Christensen, noon
- Death Cafe, 1:30 p.m.
- Drumming, 10:15 a.m.
- SWOT Walk, 1 p.m. Meet at the lunch registration table.

- Fit and Fall Proof, 9 and 10 a.m.
- TETON RAPTOR **CENTER TOUR, 9:30 A.M.** \$10 fee. Ride the SWOT van or drive yourself to the center in Wilson for a presentation with three birds. Bring sack lunch for after. Limited. Register at Tetonseniors.
- Yoga, 9 a.m.
- Drumming, 10:15 a.m.
- Tech Time, noon
- Bridge, 1 p.m.
- SENIOR ART. 1 P.M. Gelli plate printing series concludes.
- Tai Chi, 9 a.m.
- Coffee, 10:30 a.m.
- Blood-pressure checks, 11:45 a.m.
- Mah-jongg, 1 p.m. PHOTOGRAPHY
- CLUB, 5:30 P.M.

• Fit and Fall Proof. 9 and 10 a.m.

- Knitting Circle, 9 a.m.
- Drumming, 10:15 a.m.
- SWOT Walk, 1 p.m. Meet at the lunch registration table.

STAMPING TETONS WITH SUE ROBERTSON. 1 P.M. Make cards with fun, creative tools.

- Drumming, 10:15 a.m.
- SWOT Walk, 1 p.m. Meet at the lunch registration table.

 Fit and Fall Proof, 9 & 10 a.m.

org/raptors.

- Yoga, 9 a.m.
- Drumming, 10:15 a.m.
- Bridge, 1 p.m.

• Fit and Fall Proof, • BIKE TUNE-UP AT 9 and 10 a.m.

WILDLIFE REFUGE,

binoculars, cameras,

rain gear and a sack

lunch. Register at

Tetonseniors.org/

10:30 a.m.

Mah-jongg, 1 p.m.

10:30 a.m.

biketuneup. · Coffee Klatsch,

Tai Chi, 9 a.m.

PIERRE'S PEDAL

TO 2 P.M. Sign up

for appointment at Tetonseniors.org/

PROJECT, 10 A.M.

MEMORIAL DAY

The Senior Center is closed.

- BIRDING TOUR TO • Tai Chi. 9 a.m. **CAMAS NATIONAL** Coffee Klatsch,
 - **TETON VALLEY HEALTH TALK, 11** A.M. Women's Health Essentials with Kristen Coburn, F-CNP.
 - Mah-jongg, 1 p.m.
 - CELEBRATING CLEMENTINE, 5 P.M. See Page 3.
- Fit and Fall Proof. 9 and 10 a.m.
- Drumming, 10:15 a.m.
- SWOT Walk, 1 p.m. Meet at the lunch registration table. Last weekly walk until fall.
- **PIZZA & A MOVIE,** 4:30 P.M. "Top Gun: Maverick." \$8. Register at TetonSeniors.org/ movie.

- camas. Yoga, 9 a.m. Drumming, 10:15 a.m.
- Bridge, 1 p.m.

7 A.M. Bring



WHEN Lunch is served at noon on Mondays through Fridays. Get a SWOT card at registration desk for 60 and over. **SUGGESTED DONATIONS**

\$6 for those 60 years and older. \$10 under 60 and \$5 for children. **MENU** is subject to change depending on availability and weather.



VEGETARIAN OPTION

A vegetarian option is available. It may include dairy.

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TUESDAY

WEDNESDAY

THURSDAY

Sun-dried tomato zucchini quiche Fresh fruit Garden salad **BIRTHDAY CAKE**

FRIDAY

Asian barbecue pork tacos Asian slaw Red chili aioli Pork fried rice Mandarin oranges Fortune cookie

CINCO DE MAYO

Chips and salsa Choice of tamales Spanish rice Refried beans Salsa bar Chicken enchilada soup Churros

REUBEN TUESDAY

Reuben sandwich Housemade potato chips Salad

Hummus platter with warmed pita wedges, tomato. cucumber, feta and olives Garden vegetable soup Lemon cookie

Mashed potatoes and gravy Green bean casserole Cranberry sauce Garden salad Pumpkin pie

Herb-roasted turkey

Cheeseburger in Paradise with choice of toppings Heinz 57 sauce French fries Cream of potato soup Cookie

Chicken cordon bleu Rosemary-roasted potatoes Garlic cream sauce Steamed broccoli Beef barley soup

Fresh grapes

Layered cheese lasagna Roasted zucchini and tomatoes Garden salad Balsamic-glazed

strawberries



croissant with Dijonnaise Housemade potato chips French onion soup Cream puffs

Ham and Swiss

Southern catfish Housemade tartar sauce Rice pilaf Coleslaw Sausage and red bean Philly cheese steak on a hoagie roll Cheese sauce French fries Garden salad Cookie

Grilled Polish sausage Sauerkraut Boiled potatoes Peas and carrots Garden salad Vanilla pudding

Pedro's fish tacos Shredded cabbage Chipotle aioli Beans and rice Salsa bar Green chili chicken soup

Falafel with warmed pita

Tzatziki sauce Mediterranean salad Vegetable soup Fresh grapes

Salisbury steak Mashed potatoes Gravv Oven-roasted vegetables Garden salad Jell-O parfait

soup

Crispy chicken strips with choice of dipping sauce Roasted potato wedges Roasted corn chowder

MEMORIAL DAY

The Senior Center is closed

Parmesan chicken pasta with marinara sauce Garlic cheesy bread

Garden salad

Southwest salmon Caesar salad Black beans Corn Tortilla strips New Mexico chicken stew Churros

Thai sweet chili meatballs Stir-fry vegetables White rice Asian chicken noodle soup Oranges Fortune cookie

Spinach and artichoke flatbread pizza Garden salad

Mixed fruit



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 2025

4,185

AT THE CENTER: 3,304 HOME-DELIVERED: 881 **MEALS SERVED IN MARCH**

1,404

AT THE CENTER: 1,096 HOME-DELIVERED: 308

FITNESS/HEALTH ROGRAMS IN MARCH

536

GAMES: BRIDGE & MAH

78

ENRICHMENT PROGRAMS
IN MARCH

133

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

Rusty Harpe
Linda Lewis
Scott Lose
Paul Marcum
Carole Anderson TravisHenikoff







A LOOK AT

some of the activities from the past few weeks.





age of the control of

swot celebrates its shining stars

Lots of happy faces were at a free lunch for SWOT's monthly donors, known as Shining Stars. Jo Haddox, above right, a former board member, spoke about why she and her husband, Jack, give monthly, saying that it is important for the organization to have a steady stream of revenue coming in. SWOT Chair Lynne Browning, at right, thanked those who give on a recurring basis.



fun forcing bulbs to bloom

Carmen Springer-Davis, above left, and Barb Whissel, above right, were among the fortunate seniors who planted bulbs to force them to bloom. Red House Flowers provided information, materials and assistance. The group should be experiencing the benefits with blooms this month.



the wanderers

SWOT took a snowy walk on National Walking Day in April, led by Board Member Anna Kirkpatrick. The SWOT Walk continues at 1 p.m. on Fridays this month but will take a hiatus for the summer.

FUN&GAMES

May word search

BIKE TUNE UP BINGO BIRD WATCHING BLOOMS CAMAS CINCO DE MAYO CLEMENTINE EAGLE FLOWERS GARDENING GOATS KIDS MAY DAY MEMORIAL DAY MEXICO OWL RAPTORS RUNOFF SALSA	CBSNOWMELTODJC	GLOKJXVDSTAMPI	MOEYWHBENMVXNB-	YRWMARISGNOSNM	A G L E M K S R N D O A D	NESROIOLM	J F Y O W T D O E T N O B	LTPFAGUIOCWPEO	XAVOMNKNCIOAD	SNHOPNEIZENXLRD	SARLGPUDBHUIEF	AZSZUVPRQGSGCM
SNOWMELT	G	Ν	1	Н	С	Т	Α	W	D	R	1	В
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	Υ	Α	D	L	Α	- 1	R	0	М	Ε	М	G

SWOT sudoku

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

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



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME Bill Clough

wclough@lpicommunities.com (800) 950-9952 x2635

SUPPORT OUR ADVERTISERS!

SWOT'S SHINING STARS

THE LIST KEEPS GROWING AS NEW DONORS SIGN UP. THIS WAS CURRENT AS OF APRIL 16.



BARBARA & JERRY ARONOWITZ

CHRISTINA ASSANTE

MARGARET & NATE BENNETT

MARY BLEFFERT

LAURA BRATTAIN

CINDIE & RANDY BROUWER

LYNNE & GLENN BROWNING

LOIS CANNON

ALLI CORBETT

CINDY DENDER

DEBI & JAMES DESKIN

BETH DONALDSON & STUART COOK

BECKY & JEFF EIDEMILLER

THOMAS FIEGER

ALICE & JOHN FINLEY

BOB FITZGERALD

CAROLE FITZGERALD

TIM FORMAN

GENO FORSYTHE

AMY FRADLEY & DAVID STRICKLAND

HILARY FRENETTE

ROGER GARDNER

LINDA GRAHAM-FESSENDEN

BARB & STEVE GRANGE

EVAN GROTT

JO & JACK HADDOX

GERALD HALL

» CONTINUED ON PAGE 11



WANT TO BECOME

GO TO OUR WEBSITE AT TETONSENIORS.ORG/SHINING-STAR OR CLICK ON THE CODE AT LEFT WITH YOUR MOBILE PHONE.

PHOTO OF THE MONTH **BETTY ORR**

This photo of a mountain bluebird was captured by Betty Orr, a member of the SWOT Photo Club. The club is organized by Mark

Kaczor, and the club meets the second Wednesday of the month at 5:30 p.m.

TIPOTHE

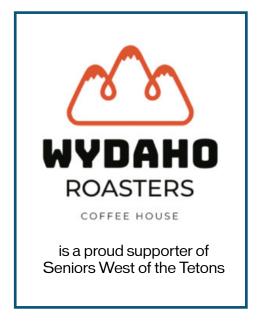
FOUR IDEAS ON HOW TO AGE WELL WHILE LIVING IN TETON VALLEY

- Get outdoors for a walk or cross-country ski.
- Take a friend to lunch at SWOT.



- Practice stress reduction through Tai Chi or yoga.
- Learn a new game such as Mah-jongg or bridge.

LEA & JIM HARDEE GLEN HAYES KIMBERLY & JOSH HOLMES JOYCE & MICKEY KENNEDY ANNA & KEN KIRKPATRICK CAROL LICHTI & JIM HAAG LOUANNE MARSHALL **PETE LINVILLE EVA & LARS MARMSÄTER JACOUELINE McMANUS ALLIE & PHIL MOLLENKOF CHERYL McROYAN STACEY NAIL MARJORIE OAKES BEVERLY PALM MARIE PATTY HENRY PEPIN LINDA & JOHN PRENTICE PAT QUIMBY KATHRYN & NED RAWN NANCY REED JACKLYN RILEY WENDY RUSSELL PATTY & JERRY SEYMOUR** LYNN SKILTON **RON SNUGGS JULIE & CLIFF STOCKDILL SILVIJA STRIKIS & MIGUEL BROWNE MARY TABER & MICHAEL KEATOR LINDA SWOPE & LINA MARQUIS PETER TROY RICH TROY CONNIE TYLER DIANA VILLAMOR & TIM GITTUS ANNETTE & JEFF WHITE**



SWOT sudoku

G M Y E A G L A S S A Z S A S A Z S A S A S A A S A A S

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



ALL ACTIVITIES

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

May 2	Goat snuggling at Winter Winds Farm, 375 W 4000 S., Victor, 10:30 a.m. Register at Tetonseniors.org/goatsnuggling
May 5	Cinco De Mayo lunch and bingo, noon.
May 7	Senior Makerspace, 1:15 p.m. at the Driggs library. Candle-making with dried flowers. Register at Tetonseniors.org/makerspace.
May 12	Teton Raptor Center visit, 9:30 a.m. \$10 fee. Bring a sack lunch. Register at Tetonseniors.org/raptors.
May 21	Bike Tune-up at Pierre's Pedal Project, 10 a.m. to 2 p.m. Sign up at Tetonseniors.org/biketuneup.
May 22	Stamping Tetons with Sue Robertson, 1 p.m. Free.
May 27	Birding trip to Camas Wildlife Refuge, 7 a.m. Pack a lunch, binoculars, cameras, water and rain gear. Register at Tetonseniors.org/camas.
May 28	Teton Valley Health Update, 11 a.m. Women's Health Essentials
May 28	Driggs Darlin' Clementine, 5 p.m. Teton Geo Center exhibit opening. 6 p.m. Valley Voices, Downtown Driggs Association and Seniors West of the Tetons celebrate a horse's life.
May 30	Pizza & a Movie, 4:30 p.m. "Top Gun Maverick." \$8 fee. Register

GOAT SNUGGLING



Join SWOT for a special visit to Winter Winds Farm, 375 W 4000 S, Victor, to hold and snuggle with baby goats at 10:30 a.m. on May 2. Register at Tetonseniors. org/goat snuggling.

at Tetonseniors.org/movie.

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