



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](https://www.instagram.com/seniors_west_of_the_tetons)



MAY 2024

Valley Talk

SERVING SENIORS IN TETON VALLEY, IDAHO AND WYOMING

ARE YOU READY FOR SOME ...

BLACK TIE BINGO

6 / 8 / 24

Tickets are on sale now, but they'll likely go fast

Join the fun and play five games to win fabulous prizes. Bid for silent auction items like a two-night stay near Red Fish Lake at Stanley, Idaho or 18-holes of golf at Jackson Hole Golf & Tennis. Enjoy fabulous food, live music and a cash bar. Support a crucial cause. Tickets are on sale now for \$100 each.

Want to give more? If you're a true believer in the cause and want a cocktail for two guests, sign up for the \$350 SWOT Friendship sponsor.

Wanna volunteer? Learn how to get involved at open houses from 10 a.m. to noon on May 10 and 24.



how to purchase tickets

Tickets are being sold online at tetonseniors.org/btb-tickets. \$100 per person. Limited seating.



STAFF MEMBERS

EXECUTIVE DIRECTOR
Allie Mollenkof

KITCHEN MANAGER
Peter Troy

OPERATIONS DIRECTOR
Stacey Nail

SYSTEMS MANAGER
Ken Kirkpatrick

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Tim Foreman

Hilary Frenette

Jim Haag

Jackie McManus

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

Let's celebrate 45 years of SWOT



ALLIE MOLLENKOF
executive director

WHILE WE ARE really taking all of 2024 to celebrate our 45-year anniversary, this month we are having a luncheon to truly mark the occasion.

It was on May 16, 1979, that Seniors West of the Tetons was born. Coincidentally, that was also the year I was born! It is no small thing for a nonprofit to be in existence for 45 years, and to be as active as we are only speaks to all of the board, staff and volunteers that have worked tirelessly through the years to get us to this landmark.

Come on out on May 16 and celebrate with us. Chef Peter is cooking up an outrageous buffet of foods from the '70s, and we will have a special '70s trivia session to follow. Wear your '70s best and come celebrate with us.

After all, there's lots to celebrate and YOU are a big part of it! Here's to 45 more years of a vibrant senior community here in Teton Valley!

CHAIR CHAT

Welcome spring with walks, talks and flocks



ANNA KIRKPATRICK
board chair

"HAPPINESS? The color of it must be spring green."

– Frances Mayes

Every May I am astonished at the vibrant green that comes to our Aspen trees. If I love how they change color in the fall, I am bowled over when those trees bloom in spring.

I love May even if our temps are cool, because the snow is "mostly" gone and, while we might not be hiking yet, we can ride our bikes and take lots of walks!

If you haven't joined us for the 1 p.m. Friday SWOT Walks, I

hope you start because we have a great time yakkin' and walkin'.

As expected, we have a great lineup of activities in May, including an afternoon tea, SWOT's 45th anniversary lunch and wait for it - our annual birding trip (in the new van, of course) to the reopened Camas National Wildlife Refuge this year.

So get yourself ready for an amazing month, and I'll see you at the Senior Center!

DONATE TO MAKE A DIFFERENCE

If you love the services we're providing and want to see even more, please consider making a donation today. We 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 teteonseniors.org/shining-star

SWOT WELCOMES COMMUNITY RESOURCE CENTER TO LUNCH

Seniors West of the Tetons is working with the Community Resource Center of Teton Valley to host information and provide resources to aging adults once a month at the Senior Community Center.



On May 22, the resource center staff will be at the Senior Center from noon until 2 p.m. A van with supplies that seniors might need - including soap, toothpaste and deodorant - will be on hand. Information about other resources the resource center can provide will be available.

Seniors are encouraged to come to lunch and learn about what is available. If you can't attend this month, watch the calendar for future dates.

Spine surgery tech focus of May session

Dr. Chris Hill, an orthopedic surgeon from St. John's Health, will explain and demonstrate augmented reality spine surgery at the Senior Community Center at 5:30 p.m. on May 23.



Hill

This special program will show how the surgery enables surgeons to see the spine in 3D through the skin during minimally invasive operation. Registration is required by emailing anevius@stjohns.health.

Celebrate 45 years of SWOT

Join us for a special lunch and trivia on May 16 to celebrate the 45th anniversary of Seniors West of the Tetons.

Relive the '70s with food, attire, live music and trivia.

Other special events in May include:

- **May 6:** Make Mother's Day cards or paint water color flowers. See Page 5.

- **May 9:** Afternoon Tea at 3 p.m. Bring a special teacup or teapot. Register at tetonseniors.org/tea-time.

- **May 31:** Pizza & A Movie, 5 p.m. The vote winner is "Saturday Night Fever."



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.

Drumming

Check the activities calendar for the date and time. Wear loose-fitting 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 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 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 extraordinaire, Connie Tyler.

ENRICHMENT



Death Cafe

On hiatus. The Mental Health Coalition can help if you want to talk. Counseling is available. Call or text (208) 354-6198.

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 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

Teton Valley Health updates

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. See the activities calendar on Page 5 for date and time.

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 along with flu shots and other clinics.

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!

SWOT Walks

1 p.m. Fridays. Free.

Join us after lunch for a walk around Driggs. Meet at the SWOT registration table.

Cribbage

1 p.m. First Monday. Free.

This card game uses a board and pegs to score points as cards reach combinations of 15.

Trivia

1 p.m. Check calendar for monthly date. Free.

Kate Driscoll leads a trivia competition once a month. Winners get a prize.

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.

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>



MAY 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>SWOT GOES TO THE BIRDS Ride the SWOT van to the Teton Raptor Center in Wilson at 1 p.m. on May 17. Cost is \$10. Then take the van to the Camas Wildlife Refuge at 7 a.m. on May 28. Bring a lunch, binoculars, cameras, rain gear. \$5 for gas.</p>		<ul style="list-style-type: none"> • Intro to 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. • Drumming, 10:30 a.m. • ALMOST CINCO DE MAYO, NOON • SWOT Walk, 1 p.m. Meet at Driggs Bubble.
<ul style="list-style-type: none"> • Fit & Fall, 9 & 10 a.m. • CARDS WITH DEB, 11 A.M. Mother's Day cards. Free supplies. • Cribbage, 1 p.m. • SENIOR ARTS, 1 P.M. Paint watercolor flowers at Teton Arts studio, 110 Rodeo Drive, Driggs. Register at tinyurl.com/seniorarts. 	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Bridge, 1 p.m. 	<ul style="list-style-type: none"> • Intro to Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • BLOOD-PRESSURE CHECK, 11:45 a.m. to 12:45 p.m. • Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • AFTERNOON TEA, 3 P.M. Traditional tea and refreshments. Bring your fancy teacups and service items. Register at tetonseniors.org/tea-time. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Black Tie Bingo volunteer open house, 10 a.m. to noon. • Drumming, 10:30 a.m. • SWOT Walk, 1 p.m.
<ul style="list-style-type: none"> • Fit & Fall Proof, 9 & 10 a.m. • SWEET SCIENCE, 11 P.M. Teton Valley Health Dietitian Alexis Blaser discusses navigating the world of diabetes. 	<ul style="list-style-type: none"> • Yoga, 9 a.m. • TECH TIME, NOON • Bridge, 1 p.m. 	<ul style="list-style-type: none"> • Intro to 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. • SWOT 45TH ANNIVERSARY LUNCH, NOON. Live music. • '70S TRIVIA WITH KATE, 1 P.M. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Knitting circle, 9 a.m. • Drumming, 10:30 a.m. • LIBRARY INFO, NOON. • SWOT Walk, 1 p.m. • TETON RAPTOR CENTER TOUR, 1 P.M. \$10. Register at tetonseniors.org/raptors
<ul style="list-style-type: none"> • Fit & Fall, 9 & 10 a.m. 	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Bridge, 1 p.m. 	<ul style="list-style-type: none"> • Intro to Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • COMMUNITY RESOURCE CENTER DAY, NOON-2 P.M. Meet staff, visit resource van and more. • Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9, 10 a.m. • LUNCH WITH MAYOR AUGUST • SURGEON TALK, 5:30 P.M. St. John's Health's Dr. Chris Hill demonstrates and answers questions about augmented reality surgery. Email anevius@stjohns.health 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Black Tie Bingo volunteer open house, 10 a.m. to noon. • Drumming, 10:30 a.m. • SWOT Walk, 1 p.m.
<p>MEMORIAL DAY Senior Center is closed.</p>	<ul style="list-style-type: none"> • BIRDING AT CAMAS, 7 A.M. Ride the van. Bring a sack lunch, binoculars, rain gear. Register at tetonseniors.org/birds • Yoga, 9 a.m. • Bridge, 1 p.m. • TETON VALLEY HEALTH NEWS, 1 P.M. Peak Health: Defending Against Stroke in Teton Valley. 	<ul style="list-style-type: none"> • Intro to 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 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Drumming, 10:30 a.m. • SWOT Walk, 1 p.m. • PIZZA & A MOVIE, 5 P.M. "Saturday Night Fever." Register at tetonseniors.org/movie.





MAY lunch menu

MENU is subject to change depending on availability and weather.

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

SUGGESTED DONATIONS
• \$6 for those 60 years and older,
• \$8 under 60 and \$5 for children.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Black-and-Blue Steak Salad Roasted potatoes Roasted corn chowder Dinner roll Chocolate mousse 1	Grilled three-cheese sandwich Cream of tomato basil soup Garden salad BIRTHDAY CAKE 2	ALMOST CINCO DE MAYO LUNCH Chips and salsa Choice of tamales Refried beans and rice Salsa bar Pozole Churros 3
Sweet and sour pineapple chicken with white rice Stir-fry vegetables Egg roll Asian mushroom soup Mandarin oranges Fortune cookie 6	Reuben Tuesday Housemade potato chips Garden salad Mixed fruit 7	Falafel with warmed pita Tzatziki sauce Broccoli cranberry salad Vegetable stew Fresh grapes 8	Barbecue pulled pork Baked beans Cornbread Potato salad Garden salad Chocolate brownie 9	Fish and chips: beer-battered cod with roasted potato wedges Coleslaw Housemade tartar sauce, TV clam chowder Vanilla pastry cream 10
Asian salmon salad with spring mix, broccoli, red peppers, oranges, chow mein Asian chicken noodle soup Fortune cookie 13	Grilled caprese sandwich with tomatoes mozzarella and basil Housemade potato chips Garden salad 14	Spaghetti and meatballs with marinara sauce Grilled oregano zucchini Garden salad Fresh baked cookie 15	45TH ANNIVERSARY BUFFET: 1979 Cheese balls and crackers Deviled eggs Jello salad Hamburger helper Quiche lorraine Chocolate fondue 16	Crispy chicken sandwich on brioche bun Fried pickle chips Turkey corn chowder Chocolate brownie 17
Parmesan risotto with mixed vegetables Dinner roll Garden salad Strawberries and cream 20	Oven-baked ham Cheddar mashed potatoes Sautéed green beans French onion soup Sliced apples 21	Asian barbecue pulled pork sandwich Asian slaw Red chile aioli Pork fried rice Asian garden salad Fortune cookie 22	Chicken fettuccine alfredo Steamed broccoli Cheesy garlic bread Cream of tomato basil soup Fresh grapes 23	French dip with au jus Housemade potato chips Cream of potato soup Chocolate brownie 24
MEMORIAL DAY Senior Center is closed. 27	Pedro's fish tacos with fresh cabbage and chipotle aioli Refried beans Spanish rice Salsa bar Green chile tortilla soup Cinnamon tortilla chips 28	Salisbury steak Mashed potatoes and gravy Glazed carrots Garden salad Fresh baked cookie 29	Tuna Nicoise salad with eggs, tomatoes, green beans, roasted potatoes and kalamata olives Cream of mushroom soup Fresh melon 30	Four-cheese lasagna Side salad Garlic bread Minestrone soup Fresh grapes 31





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR MARCH AND 2024

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 2024

3,294

AT THE CENTER: 2,479
HOME-DELIVERED: 815

MEALS SERVED IN MARCH

1,195

AT THE CENTER: 956
HOME-DELIVERED: 239

FITNESS/HEALTH
PROGRAMS IN MARCH

421

GAMES: BRIDGE, BINGO, &
CRIBBAGE IN MARCH

59

ENRICHMENT PROGRAMS
IN MARCH

165

GONE BUT NOT FORGOTTEN ...



These residents with ties to Teton Valley passed away recently:

- Martha Dayton**
- Barbara Larsen**
- Kathleen Rodriguez**
- Patricia Schiess**





PICTURE perfect



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



brunch in our pajamas

Among those enjoying a brunch buffet in their PJs and night gowns were Jackie Riley, Georginia Worthington, Julie Stockdill and Anna Kirkpatrick, SWOT board chair. The special “Brunch for Lunch” event in April allowed seniors to bundle up while still in their PJs to travel through the snow and enjoy a buffet of croissant French toast, scrambled eggs, bacon, sausage, roasted potatoes and muffins.

steamin’ hot

Get Baked Prepared Food Emporium in Driggs made Chef Peter Troy’s month when the business donated a commercial steamer pot that he can use for large meals. Our sincere thanks!



community surprises SWOT staff

You can see the surprise on the faces of the Seniors West of the Tetons staff after they opened cards with gift cards and coupons for items they truly desired. Mark Kaczor, above left, a generous SWOT contributor, organized a gift-donation campaign to show the staff how much the seniors appreciate the lunches and programs they receive. He enlisted the help of Mills Concrete owners Seth Mills, lower left, and Wind Mills, lower right, to help out with the special gifts. The surprised faces, above right, are Executive Director Allie Mollenkof, Chef Peter Troy and Operations Director Stacey Nail.



New words 45 years ago

BOOGIE	L	A	S	E	R	P	R	I	N	T	E	R
BREWSKI	I	H	A	L	F	P	I	P	E	C	J	M
CANOLA	C	S	I	D	T	C	A	P	M	O	C	T
CHILL OUT	M	D	C	I	M	N	E	P	O	I	D	L
COMPACT DISC	G	A	P	Y	E	A	R	B	N	A	L	P
DEBIT CARD	G	H	M	A	O	F	Y	R	O	M	E	M
DITZ	P	I	F	L	A	E	D	E	N	O	D	Y
DONE DEAL	L	O	G	O	U	T	M	W	D	O	C	Q
DUH	D	S	H	A	O	F	O	S	N	U	H	E
FACETIME	S	E	D	P	B	D	C	K	Z	T	I	D
FOOD COURT	O	M	B	Z	I	Y	C	I	I	S	L	Q
GIGABYTE	K	Z	D	I	O	H	T	O	U	O	L	A
GNARLY	F	A	C	E	T	I	M	E	U	U	O	L
HALF PIPE	D	U	H	I	H	C	T	N	A	R	U	O
HIP HOP	Y	L	R	A	N	G	A	J	O	C	T	N
LASER	B	O	O	G	I	E	M	R	I	E	U	A
PRINTER	S	K	I	L	L	S	E	T	D	N	R	C
LOG OUT												
MEMORY												
FOAM												
MRI												
OPEN MIC												
OUTSOURCE												
PLAN B												
SKILLSET												

SWOT sudoku

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

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



in the SPOTLIGHT

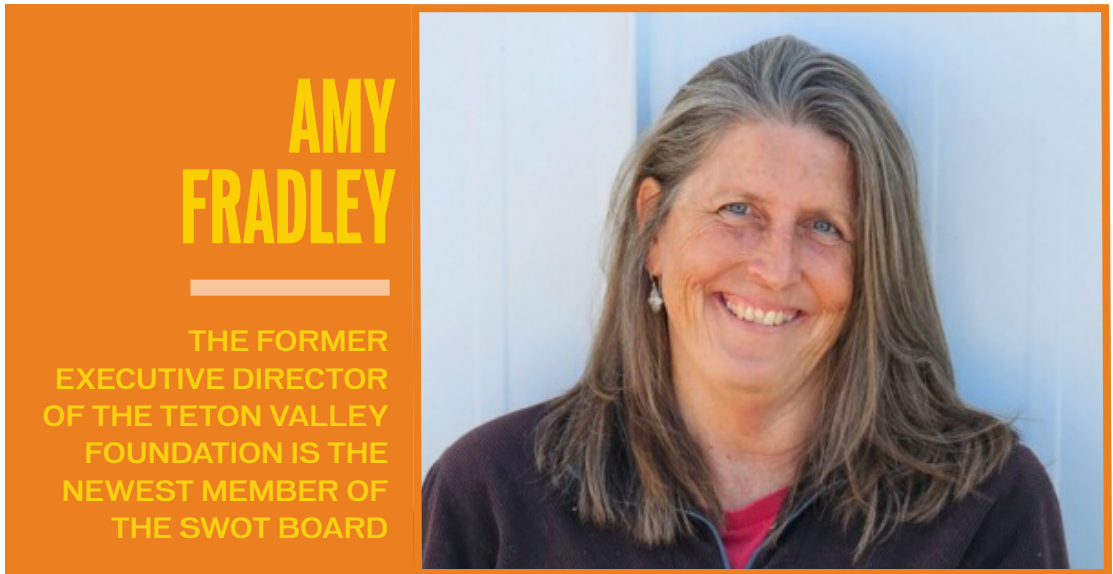
MEET AMY FRADLEY. You probably know her from her nonprofit work in Teton Valley. But here's a chance to learn more about Amy and why she got involved with SWOT.

Tell us about your background.

I grew up in Barrington, R.I., and graduated from St. Lawrence University with a fine arts and Spanish degree. I lived for a semester in Madrid, Spain. After graduation, I came to Yellowstone, where I met my husband David Strickland. I worked in hospitality for seven years in Yellowstone. In '91, we moved to Jackson to manage the Sundance Inn. We were married the next year. My passion is event planning, so I became the art fair director for the Art Association of Jackson Hole in 2007. I migrated my work life to the Teton Valley Foundation in 2014, when I was hired as the Music on Main program director. I held that position for seven years and, in 2020, was promoted to executive director until my retirement last year.

What got you interested in nonprofit work?

After 20 years in the for-profit world, I jumped at the chance to work at the Art Association. I had been volunteering there for several years when the art fair director



position became available. It was a dream job for me, combining my art background with event planning. We were such a close-knit group, and we were all working for a common goal. I loved every minute of it and couldn't help but gravitate to this culture.

Why did you decide to join the SWOT board?

My original intent when I stopped working in the spring of '23 was to "take a break." I needed less stress in my life. I did plan on working again but after a year off. Now I'm not so sure! I have never stopped volunteering my time though, working with Aska's Animals, Valley of the Tetons Library and the Teton Valley Food Pantry. Through my work with the Food Pantry delivering groceries to SWOT on Thursdays for

the meal-delivery program, I got to know the SWOT staff including [Executive Director] Allie whom I adore, and started seeing the good work they were doing. I wanted to be part of it. When a board seat opened up, the timing felt right to apply. Plus I'm a senior now!

What have you learned about SWOT?

I am so impressed with the breadth of programming. I knew about the lunches and meal deliveries, But after attending a few trivia and bingo lunches and speaking with folks, I realize that SWOT is so much more. We play an integral role in our community. We are a community center where seniors can come to learn, exercise, laugh, enjoy a nutritional meal and, above all, find friendship and support.

When not volunteering, what do you like to do?

I have been an avid hiker my entire life. David and I met on a hiking trail in Yellowstone, and we get out into the mountains with our dog Scooby every chance we get. We share a love of music and attend live music events whenever we can. Since spending less time staring at a computer, I have rediscovered my love of reading. And when I can find a quiet moment, I like to dabble in printmaking and drawing. I'm hoping to do more as time allows.

What is the best part of living in Teton Valley?

Our close-knit community and, of course, having the Tetons out our back door. We have lived here for 33 years, and I can't imagine living anywhere else!



SWOT thanks our Black Tie Bingo sponsors

These businesses and individuals are helping feed older adults in Teton Valley by supporting SWOT's Black Tie Bingo, our major fundraiser of the year. The Friendship package and ticket sales now available at tetonseniors.org/btb-tickets.

TITLE SPONSOR



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SWOT FRIENDSHIP

- GLEN & LYNNE BROWNING
- COTTONWOOD DENTAL
- TIM FOREMAN
- JIM HAAG & CAROL LICHTI
- MICKEY & JOYCE KENNEDY
- KEN & ANNA KIRKPATRICK

words of wisdom



At age 20, we worry about what others think of us. At age 40, we don't care what they think of us. At age 60, we discover they haven't been thinking of us at all."

- ANN LANDERS

PUZZLE answers

>> PUZZLES ARE ON PAGE 9

Word search

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

SWOT sudoku

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



SAVE the date



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

- May 6 Make Mother's Day cards with Deb, 11 a.m. Free supplies.

- May 6 Senior Art: Paint watercolor flowers 1 p.m. at Teton Arts Studio, 110 Rodeo Drive in Driggs. Register at tinyurl.com/seniorarts.

- May 9 Afternoon Tea, 3 p.m. Enjoy Wydaho Roast pastries. Bring your fancy teacups and pots. Register at tetonseniors.org/tea-time.

- May 16 SWOT 45th Anniversary Lunch, noon, and 1970s Trivia with Kate, 1 p.m.

- May 17 Valley of the Tetons Library lunch table, noon.

- May 22 Community Resource Center Day, noon to 2 p.m.

- May 23 Lunch with Driggs Mayor August Christensen.

- May 23 Augmented reality surgery discussion with Dr. Chris Hill of St. John's Health, 5:30 p.m. To register: email anevius@stjohns.health.

- May 28 Birding trip to Camas National Wildlife Refuge, 7 a.m. Bring a sack lunch, \$5 for gas, rain gear. Register: tetonseniors.org/birds

- May 28 Teton Valley Health update: Defending Against Stroke, 1 p.m.

- May 31 Pizza & A Movie, 5 p.m. "Saturday Night Fever." Register at tetonseniors.org/movie



VISIT TETON RAPTOR CENTER
Meet at SWOT at 1 p.m. May 17 to
take the SWOT van to the Teton
Raptor Center. \$10 fee. Register at
tetonseniors.org/raptors.

12 VALLEY TALK



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

