



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 Thursdays.

HOW TO REACH US

- (208) 354-6973
- swot@tetonseniors.com
- P.O. Box 871, Driggs, ID 83422

ONLINE

- www.tetonseniors.org
- Facebook: Seniors West of the Teton Valley
- Instagram: seniors_west_of_the_tetons



JULY 2024

Valley Talk

SERVING SENIORS IN TETON VALLEY, IDAHO AND WYOMING



Dorothy Bastian is able to stay in the home she and her husband built because of SWOT-delivered meals.



It almost sounds cliché, but the camaraderie that seniors find at the Senior Center is priceless.



Meals bring a smile to everyone's faces, and that's true of the volunteers who help serve our lunches.

IT'S TIN CUP TIME



Your donations ensure that older adults in Teton Valley are thriving

THE 2024 TIN CUP CHALLENGE giving period runs through July 26. Donations of any size are important because nonprofits receive matching funds through the Community Foundation of Teton Valley. Listen to what a few local seniors say about the Senior Center:

how to give

Go to TetonSeniors.org/tin-cup or www.TinCupChallenge.org

watch video

Go to TetonSeniors.org/swot-video.



I enjoy the interaction with the women and men who come to deliver the meal. They spend time with me, ask me if I need anything, if they could bring me anything. I enjoy the interaction with the people every bit as much as the good food.”

- DOROTHY BASTIAN



I have attended craft classes, gotten help with my taxes and had all my questions answered. The Senior Center has been a life saver for me. I'm so grateful for all you do. Such special people. Friendship, fitness and food, too.”

- JAN TICE



I do enjoy coming to the [Fit and Fall Proof] program and I look forward to it each week. Usually when I come into the class everybody knows my name, and calls out. It's nice to experience that.”

- NORM SMITH



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MEALS DELIVERED

Home-cooked and delivered meals are available by contacting:

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

theSWOTteam

NOTE FROM ALLIE

Help SWOT with Tin Cup match



ALLIE MOLLENKOF
executive director

WITH SUMMER COMES the arrival of the Tin Cup Challenge. Most of you know, but for those who don't, this is the season where all of the non-profits work tirelessly to raise funds through the Community Foundation of Teton Valley.

Donations through the Community Foundation are met with a generous match from many Challenger Donors in the community. It's similar to a barn raising in that the community is coming together to keep all of these services thriving in our valley.

The Senior Center is no exception! The donations we receive through Tin Cup are

essential for our operational expenses. We depend on these donations for staff salaries, kitchen maintenance and utilities.

Enclosed with this newsletter, you will find a Tin Cup donation card. You can also give on the SWOT website, www.tetonseniors.org/tin-cup. Please remember the Senior Center in your giving and know you have all of our appreciation and thanks!

CHAIR CHAT

Thank you, SWOT friends, for a great event



ANNA KIRKPATRICK
board chair

IT'S BEEN A MONTH since we held our Black Tie Bingo event, and I'm still glowing from the incredible turnout and support that we received that evening.

As board chair, I wanted to personally thank our amazing emcee Jason Borbay, our incredible sponsors, the businesses who donated items for our silent auction and all the folks who came out, played bingo and bought those auction items.

It's so rewarding to know that you all care so much about our senior community that you came out and

helped keep our meal program thriving. Thank you so much!

I also want to acknowledge our incredible staff, our board and our amazing volunteers. They transformed our Senior Center into the classiest bingo hall I've ever seen in my life!

I'm so proud to be a part of this amazing organization we call Seniors West of the Tetons.

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.tetonseniors.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 SCHEDULES TRIP TO MUSIC FESTIVAL REHEARSAL

Seniors West of the Tetons plans to take the van to the orchestra rehearsal of the Grand Teton Music Festival in Wilson on July 26.



This annual tradition of taking seniors to enjoy a rehearsal will continue if travel via the Teton Pass makes it possible. The van is scheduled to leave SWOT at 8:30 a.m. and return about 2 p.m. Bring a sack lunch and \$10 to help cover admission.

The orchestra, under the direction of Grand Teton Music Festival Music Director Donald Runnicles, will be performing works of Haydn and Mahler. Register at tetonseniors.org/music-festival.

Join us for parade, flowers and Tin Cup

July means parades, wildflowers, and Tin Cup Day, and SWOT hopes you join us for all that and more.

• **July 4:** Join SWOT in the Victor parade. Look for the SWOT van lined up on Dogwood Street at 10 a.m. Wear '70s attire if possible.

• **July 16:** John Cheeseman leads a wildflower walk in Teton Canyon. The van will leave SWOT at 8:30 a.m. Limited availability. Register at tetonseniors.org/wildflowers.

• **July 20:** Tin Cup Event Day. Come walk with SWOT and visit our booth. Wear your '70s attire if you have some.

July bookstore sales benefit SWOT

Violet Volumes, a new bookstore at 38 W. Birch St. in Victor, will donate 5 percent of its sales in July to Seniors West of the Tetons.

Whitney Jensen and Skye Gunter opened the new store in June. SWOT Executive Director Allie Mollenkof and Board Member Amy Fradley will be at the bookstore from 10 a.m. until noon on July 6 to explain what SWOT does at the Senior Center and beyond.

Stop in to say hi and make any book purchases you've been planning this month at Violet Volumes.

VALLEY TALK 3

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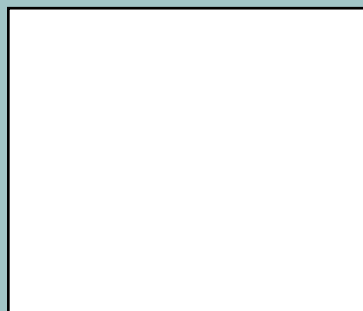
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PROGRAMS & activities



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

FITNESS



Fit & Fall Proof

9 and 10 a.m. Mondays and Thursdays. Wear loose-fitting clothing and bring water with you. Free. Open to all.

This is an exercise program that focuses on improving strength, mobility and balance to reduce an older adult's risk of falling. Local volunteer leaders are trained to teach the class.

Drumming

Fridays at 10:30 a.m. 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

Intro sessions 9 a.m. Wednesdays and regular session 9 a.m. 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

Second Tuesday at noon 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. Just bring your device in question and fire away any questions.

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.

SWOT Swim

1:30 p.m. first and last Tuesday of the month. Free. Registration required.

Ride the SWOT van to the Teton Valley Resort pool for a one-hour swim. Bring a towel and change of clothes for the return trip. Register at teton seniors.org/swim.

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

None scheduled in July. We will see your talent in August.

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>



JULY

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
<ul style="list-style-type: none"> • Fit & Fall Proof, 9 and 10 a.m. <p>1</p>	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Bridge, 1 p.m. • SWOT SWIM, 1:30 P.M. Register at tetonseniors.org/swim <p>2</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. <p>3</p>	<p>INDEPENDENCE DAY</p> <p>Happy Fourth! See you at the parade!</p> <p>The Senior Center is closed</p> <p>4</p>	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Knitting Circle, 9 a.m. • Drumming, 10:30 a.m. • SWOT Walk, 1 p.m. Meet at SWOT registration desk. <p>5</p>
<ul style="list-style-type: none"> • Fit & Fall Proof, 9 and 10 a.m. <p>8</p>	<ul style="list-style-type: none"> • Yoga, 9 a.m. • TECH TIME, NOON. • Bridge, 1 p.m. <p>9</p>	<ul style="list-style-type: none"> • TAGGART LAKE HIKE, 8 A.M. Rescheduled for those preregistered. • 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. <p>10</p>	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • LUNCH WITH MAYOR AUGUST, NOON. <p>11</p>	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Drumming, 10:30 a.m. • SWOT Walk, 1 p.m. Meet at SWOT registration desk. <p>12</p>
<ul style="list-style-type: none"> • Fit & Fall Proof, 9 and 10 a.m. <p>15</p>	<ul style="list-style-type: none"> • WILDFLOWER WALK 8:30 A.M. Ride the SWOT van to Teton Canyon. Register at TetonSeniors.org/wildflowers • Yoga, 9 a.m. • Bridge, 1 p.m. <p>16</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. <p>17</p>	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • LIBRARY INFO, NOON <p>18</p>	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Knitting circle, 9 a.m. • Drumming, 10:30 a.m. • SWOT Walk, 1 p.m. <p>19</p>
<ul style="list-style-type: none"> • Fit & Fall Proof, 9 and 10 a.m. <p>22</p>	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Bridge, 1 p.m. <p>23</p>	<ul style="list-style-type: none"> • Intro to Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • MAKERSPACE TOUR, 1 P.M. Meet at SWOT and walk to the library's refurbished Makerspace. Register at TetonSeniors.org/makerspace. • Mah-jongg, 1 p.m. <p>24</p>	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • MEDICARE CHAT, NOON. <p>25</p>	<ul style="list-style-type: none"> • GRAND TETON MUSIC FESTIVAL, 8:30 A.M.-2 P.M. Ride the van to rehearsal. Bring a sack lunch. \$10. Register at tetonseniors.org/music-festival • Tai Chi, 9 a.m. • Drumming, 10:30 a.m. • SWOT Walk, 1 p.m. <p>26</p>
<ul style="list-style-type: none"> • Fit & Fall Proof, 9 and 10 a.m. <p>29</p>	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Volunteer info, noon. • Bridge, 1 p.m. • HEALTH UPDATE, 11 A.M. Step into Wellness: Orthopedic and Podiatric Surgery Insights. • SWOT SWIM, 1:30 P.M. Register at TetonSeniors.org/swim <p>30</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. <p>31</p>	<div style="border: 1px solid gray; padding: 10px;"> <p>MAKERSPACE TOUR</p> <p>Visit the Valley of the Tetons Library's newly renovated Makerspace area on July 24. Join the group at 1 p.m. to walk from SWOT to the nearby Makerspace area on North Main Street in Driggs. Register at tetonseniors.org/makerspace.</p> </div>	






JULY lunch menu

● ● ● ● ● ● ● ● ● ●
MENU is subject to change depending on availability and weather.

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

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

● ● ● ● ● ● ● ● ● ●

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled three-cheese sandwich Cream of tomato basil soup Garden salad  1	Taco salad with flour tortilla bowl, seasoned ground beef, tomato, beans, corn and cheese Red chile pork stew Spiced chocolate pudding 2	Baked barbecue chicken Baked beans Potato salad Coleslaw Cornbread Fresh watermelon 3	INDEPENDENCE DAY Senior Center is closed. 4	VISIT SWOT AT THE FARMERS MARKET NO LUNCH SERVICE TODAY 5
Baked salmon with rice pilaf Lemon aioli Mixed vegetables Garden salad Lemon cookie 8	Black bean layered enchiladas Refried beans Spanish rice Salsa bar Green chile cheese soup Churros  9	Better-than-your-mom's meatloaf Mashed potatoes Gravy Glazed carrots Garden salad Chocolate brownie 10	Meat-lovers lasagna with pepperoni, sausage and ham Side salad Vegetable basil soup Fresh grapes 11	VISIT SWOT AT THE FARMERS MARKET NO LUNCH SERVICE TODAY 12
Deviled egg salad croissant sandwich Vegetable pasta salad Garden salad Cookie  15	Beef chili bowl Steamed broccoli Cornbread Garden salad Mixed fruit 16	Baked chicken alfredo Roasted squash Cream of tomato basil soup Vanilla pudding 17	Roast beef sub with choice of cheese Horseradish aioli Potato salad Garden salad Sliced apples 18	VISIT SWOT AT THE FARMERS MARKET NO LUNCH SERVICE TODAY 19
Chipotle roast turkey Black beans Spanish rice Avocado aioli Roasted corn chowder Spiced chocolate mousse 22	REUBEN TUESDAY Reuben sandwich Housemade chips Garden salad Mixed fruit 23	Chicken fried steak Mashed potatoes and gravy Sautéed green beans Vegetable stew Jell-O parfait 24	Falafel with warmed pita Tzatziki sauce Quinoa salad Greek salad Fresh grapes  25	VISIT SWOT AT THE FARMERS MARKET NO LUNCH SERVICE TODAY 26
Shrimp and cheesy grits Andouille sausage Fried okra Garden salad Fresh grapes Rice cereal treat 29	Grilled patty melt Housemade chips Cream of potato soup Chocolate brownie 30	Sweet potato curry stir-fry White rice Vegetable egg roll Chickpea stew Oranges Fortune cookie  31	 SWOT BURRITOS Enjoy the popular breakfast burrito SWOT sells at the Teton Valley Farmers Market on Fridays from 9 a.m. until they sell out at the Driggs City Plaza.	





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR MAY AND 2024

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 2024

6,059

AT THE CENTER: 4,701
HOME-DELIVERED: 1,358

MEALS SERVED IN MAY

1,462

AT THE CENTER: 1,206
HOME-DELIVERED: 256

FITNESS/HEALTH PROGRAMS IN MAY

436

GAMES: BRIDGE, BINGO, & CRIBBAGE IN MAY

73

ENRICHMENT PROGRAMS IN MAY

115

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- Bruce Blackmer**
- Jaremy Jess Erickson**
- Bonnie Hatch**
- Barb Hayes**
- Michael Hernandez Parra**



VALLEY TALK 7

Volunteers welcome!

Celebrate our Western History during Fair week: Open Class entries, Teton Valley Heritage Days, Pig Wranglin', Dinner & Barn Dance, Farm Tour, 19th Annual Horse Pull, Lawnmower race, Figure 8 race, Tractor Show, 4H Style Revue, Working Ranch, Dog, Cat, Horse, Swine, Sheep, Goat, Beef, Rabbit, Poultry Shows, Livestock Auction and Free Entry all week to the Teton Valley Museum!

Live music: July 3rd & July 6th

SCAN FOR MORE INFORMATION

tetoncountyfairgrounds.com

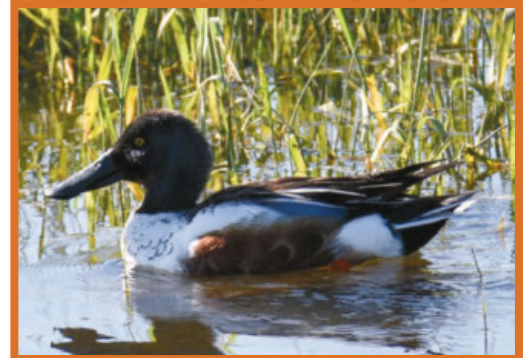




PICTURE perfect



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



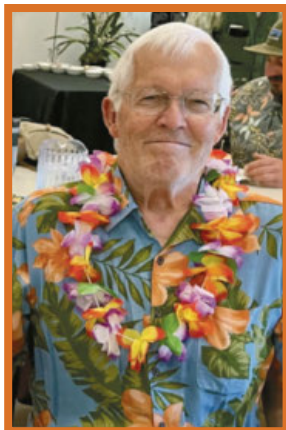
something fowl

The new SWOT van proved a smooth and fast ride to the Camas Wildlife Refuge northwest of Twin Falls for seniors to look for birds. Former board member Laura Brattain, shown at left, helped seniors spot and identify birds. Shown above is a shoveler in photo by Board Chair Anna Kirkpatrick. The 80-plus mile, early morning trip included a stop for a sack lunch. The new van also has taken seniors to the East Idaho Aquarium in Idaho Falls, Teton Canyon east of Alta, the Teton Valley Resort for swims and the Raptor Center in Wilson.



aloha!

SWOT celebrated Kamehameha Day with Hawaiian shirts, ukulele music and leis. Above are Rich Troy, Cindy Dender, Rick and Carole Ruzzamenti and Henry Pepin. At right is SWOT Board Member Tim Foreman.



spinal reality

St. John's Health's Dr. Chris Hill demonstrated augmented reality spinal surgery at the Senior Center. The technology allows minimally invasive techniques through 3D vision.



claws and beaks

A group from SWOT got to meet avian care coordinator Amanda Penn, a golden eagle and other birds during a visit to the Teton Raptor Center in Wilson. The visitors got an up-close look and learned about the amazing birds.

July word search

BIKE RIDES	H	S	M	O	R	E	S	I	T	T	W	C
CAMP	S	S	H	A	K	E	S	K	U	E	A	R
COOKOUT	G	W	I	E	E	J	Q	T	O	N	L	W
CONCERTS	E	M	I	G	L	R	O	A	K	N	K	I
FIREWORKS	L	C	S	M	N	D	C	K	O	I	S	L
FISH	S	L	A	K	H	I	D	E	O	S	F	D
FLOATS	T	E	A	P	R	S	T	A	C	A	O	F
FOURTH OF JULY	I	E	D	B	S	O	I	F	P	I	U	L
GARDEN	N	S	D	I	E	R	W	F	A	X	R	O
GOLF	C	T	Z	A	R	L	E	E	P	R	T	W
HIKES	U	R	T	S	R	E	K	K	R	V	H	E
ICE CREAM	P	E	K	A	Y	A	K	C	A	I	O	R
KAYAK	D	C	N	Z	R	P	P	I	I	M	F	S
MAKER SPACE	A	N	N	E	D	R	A	G	B	P	J	Y
PADDLE	Y	O	H	I	K	E	S	K	M	N	U	F
PARADE	T	C	W	P	S	H	R	A	G	O	L	F
PICKLEBALL	S	T	A	O	L	F	C	L	D	A	Y	S
RAFTING												
SHAKES												
SMORES												
SWIM												
TENNIS												
TIN CUP DAY												
WALKS												
WILD- FLOWERS												

SWOT sudoku

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

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

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BLACK TIE

bingo

IT WAS A magical night, and SWOT owes the success to our generous sponsors and donors.

SWOT THANKS OUR SUPPORTERS!

Seniors West of the Tetons appreciates the overwhelming outpouring of support that we receive from Teton Valley and the surrounding area. Your generosity helps us fund our in-house and home-delivered meal program.

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TETON AVIATION CENTER
TETON CREEK AUTO GLASS
TETON FULL CIRCLE FARM
TETON RESERVE GOLF COURSE
TETON THAI
TETON VALLEY LOOSE
THREADS QUILT GUILD
TETON VALLEY RESORT
TETON VALLEY SKIJORING
THAL GLASS STUDIO
TRIBUTARY
PETER TROY
TWO MOUNTAIN WINERY
THE WARDROBE CO.
YOSTMARK MOUNTAIN EQUIPMENT



1



2



3



4



5

glimpses & scenes from black tie bingo

More than 100 people gathered on June 8 to eat, drink, bid on auction packages and participate in SWOT's second annual Black Tie Bingo. The event raised a record amount for our meal program.

- The re-imagined SWOT Dining Hall (Photo 1) was created through the vision of Executive Director Allie Mollenkof and Operations Director Stacey Nail (2) with the help of volunteers like Connie Deraps (3), who directed members of the Loose Threads Quilt Guild to create seat covers.
- Other volunteers - like James Canedy and Tracy Stull (4) - assisted with decorations, service and cleanup.
- Musicians Phil Mollenkof and Rebecca Vanderhorst (5) entertained the crowd.
- Jason Borbet (6) acted as emcee.
- A feast (7) was prepared by Chef Peter Troy.



6



7

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PUZZLE answers

» PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



SAVE the date



ALL ACTIVITIES

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

- July 2 & 30 SWOT swim at Teton Valley Resort, 1:30 p.m. Ride the SWOT van. Bring a towel and dry clothes for the return ride. Register at tetonseniors.org/swim.

- July 4 Walk with SWOT in the Victor parade, 10 a.m. Meet on Dogwood Street in Victor. Look for the SWOT van. Dress in '70s attire if you can.

- July 16 Wildflower walk in Teton Canyon, 8:30 a.m. Register at tetonseniors.org/wildflowers.

- July 18 Library at Lunch, noon.

- July 20 Tin Cup Event Day, Driggs City Park, 9 a.m. to noon. Come walk with SWOT.

- July 24 Valley of the Tetons Library Makerspace tour, 1 p.m. Group will walk from Senior Center. Register at tetonseniors.org/makerspace.

- July 26 Grand Teton Music Festival rehearsal, 8:30 a.m. to 2 p.m. \$10 fee. Register at tetonseniors.org/music-festival.

- July 30 Teton Valley Health update, 11 a.m. Step into Wellness: Orthopedic and Podiatric Surgery Insights.

- July 30 Volunteer info session, noon



SWOT SUMMER SWIMS

The SWOT van will take 13 seniors to Teton Valley Resort pool for one hour at 1:30 p.m. on July 2 and 30. Bring a towel and dry clothes for return ride. Register at tetonseniors.org/swim.

12 VALLEY TALK



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