



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)

STAY HEALTHY
Dr. David Tomchak
will speak on men's
health issues

June 25, 1 p.m.

JUNE 2024

Valley Talk

SERVING SENIORS IN TETON VALLEY, IDAHO AND WYOMING



BURRITOS ARE BACK!

SWOT returns to the Friday Farmers Market

IT'S ALMOST SUMMER, and you know what that means: SWOT burritos are returning to the Teton Valley Farmers Market.

Each Friday during the summer starting June 7, Seniors West of the Tetons will sell breakfast burritos, sparkling water and bottled water.

Burritos will come in three varieties:

- **Meat:** These will include bacon, onion, eggs, potatoes, cheese and housemade pico de gallo
- **Veggie:** Featuring beans, spinach and mushrooms.
- **Chef's Choice:** New this year will be a new creation each week by Chef Peter Troy.

The burritos will sell for \$10 this year to adjust for rising food costs and make it a worthwhile venture for the Senior Center.

no Friday lunches

Because of the sale of burritos during the summer, lunches on Friday are suspended through August.

purchase burrito cards

Save money and buy a SWOT Burrito Bunch card to get two free burritos this summer.



STAFF MEMBERS

EXECUTIVE DIRECTOR
Allie Mollenkof

KITCHEN MANAGER
Peter Troy

OPERATIONS DIRECTOR
Stacey Nail

SYSTEMS MANAGER
Ken Kirkpatrick

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Tim Foreman

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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

Get set for the fast pace of summer



ALLIE MOLLENKOF
executive director

IT SEEMS THAT EVERY year when we flip the calendar to June everything moves into hyperspeed. That's true everywhere, I suppose, but it's especially true here in the Tetons.

We are working to soak in every dry and sunny moment we are afforded. There are hikes to taken, rivers to float and friends to catch up with.

That same pace is true here at the Senior Center. Not only do we have a calendar filled with some of our favorite events and activities

– Jenny Lake boat ride and a wildflower walk – but we also have some NEW activities we've thrown into the mix to keep you all on your toes.

We are working hard to keep you all engaged, supported and thriving – come out and take advantage!

CHAIR CHAT

Burrito Friday tradition is back at the market



ANNA KIRKPATRICK
board chair

BACK IN 2019, the Teton Valley Farmers Market asked us if we'd be willing to provide breakfast at the market, and a tradition was born.

Since then – even through the two years of the pandemic – there was one constant: the breakfast burrito.

Fast forward to today, and SWOT's breakfast burrito remains one of the more popular items at the market.

And for Seniors West of the Tetons, the market provides an incredible opportunity to promote our mission: enriching seniors' lives through advocacy, diverse programming, and wellness and nutrition opportunities. We've

had many seniors come to know the Senior Center by buying a burrito, picking up a newsletter and chatting with the volunteers at the booth.

It's a win-win: We get to tell them about all our awesome programming and incredible daily lunches and in turn, they discover this amazing gathering place called the Senior Community Center.

To quote one of our regulars: It's Burrito Friday! See you at the market!

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.

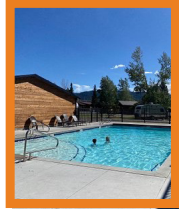
Donate online Go to www.teton-seniors.org/online-donation-portal

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 teteoseniors.org/shining-star

SWOT SWIM AVAILABLE TWICE A MONTH STARTING IN JUNE

The Teton Valley Resort in Victor is collaborating with Seniors West of the Tetons to provide a one-hour swim twice a month for seniors this summer.



The free swims are set for the first and last Tuesdays of the month from 1:30 to 2:30 p.m. Transportation is allowed only via the SWOT van, and participation is limited to 13. Resort guests still will have access to the pool for that hour, but it is scheduled as senior swim time.

Those participating must register at tetonseniors.org/swim and meet outside the Senior Center at 1 p.m. Wear your swim attire but bring towels and a change of clothes for the return ride. The dates are June 4 and 25.

SWOT plans two trips to Grand Teton NP

The SWOT van will go to Grand Teton National Park for two events in June. Bring your park pass if you have one.

- **June 18:** Ride the van at 8 a.m. for a three-mile round-trip, moderate hike to Taggart Lake. Bring water, hiking poles and a sack lunch. Limited to 13. Register at tetonseniors.org/hike.

- **June 26:** Join a boat ride for 34 at Jenny Lake. Bring lunch and cash to tip the boat captain. Van leaves at 9:30 a.m. Others must be at boat dock by 11:30 a.m. Parking is challenging. Register at tetonseniors.org/jenny-lake.

SWOT salutes its volunteer drivers

Seniors West of the Tetons extends a huge thank you to its volunteer drivers for all they do to ensure the most vulnerable seniors get the nutrition they need.

- Monday drivers: **Carla Corum, Julie Stockdill** and **Jerry Voight.**

- Tuesday drivers: **Alice Finley, Debbie Razzolini** and **Vancie Turner.**

- Thursday drivers: **Katie Ballanco, John Norton** and **Casey Owen.**

They are appreciated. If you would like to volunteer, call (208) 354-6973 or email programs@tetonseniors.com.

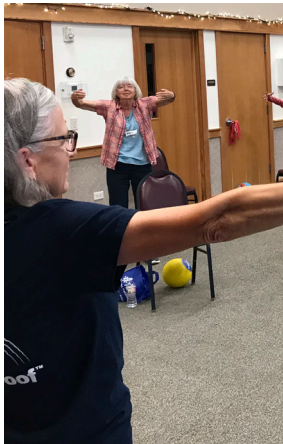


PROGRAMS & activities



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

Every Tuesday at noon in SWOT conference room. Free. Open to all.

This program will help you with technology. AmeriCorps Volunteer Adam Bennion offers assistance and answers any questions. Bring your devices. He'll also cover different topics each week after your issues are addressed. See the calendar on Page 5 for topics.

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 tetonseniors.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

1 p.m. on first 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>



JUNE

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 & 10 a.m. SENIOR ARTS, 1 P.M. Bring white items to tie-dye. Teton Arts studio, 110 Rodeo Drive, Driggs. Register at tinyurl.com/seniorarts. <p>3</p>	<ul style="list-style-type: none"> Yoga, CANCELED. TECH TIME, NOON. General help, phone photos. Bridge, 1 p.m. SWOT SWIM, 1:30 P.M. See Page 3. Register at teton seniors.org/swim. <p>4</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>5</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. <p>6</p>	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Knitting Circle, 9 a.m. Drumming, 10:30 a.m. SWOT Walk, CANCELED. <p>7</p>
<ul style="list-style-type: none"> Fit & Fall Proof, 9 & 10 a.m. <p>10</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. TECH TIME, NOON. General help, FaceTime and Zoom chat. HAWAIIAN SHIRT DAY, NOON. Bridge, 1 p.m. <p>11</p>	<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. <p>12</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. <p>13</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>14</p>
<ul style="list-style-type: none"> Fit & Fall Proof, 9 & 10 a.m. BICYCLE MAINTENANCE CLINIC, 1 TO 3 P.M. Pierre's Pedal Project volunteers will inspect your bike at the Driggs City Plaza in return for donations. <p>17</p>	<ul style="list-style-type: none"> GRAND TETON HIKE, 8 A.M. Moderate elevation. Limited to 13. Bring your pass. Register at teton seniors.org/hike. Yoga, 9 a.m. TECH TIME, NOON. General help, Internet security. Bridge, 1 p.m. <p>18</p>	<p>JUNETEENTH</p> <p>Senior Center is closed.</p> <p>19</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9, 10 a.m. SWOT SUMMER PICNIC ON THE PLAZA, NOON. Bring lawn chairs. Leave dogs at home. <p>20</p>	<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. No dogs today. Guest Mel Cana demos calisthenics at Primrose Park. <p>21</p>
<ul style="list-style-type: none"> Fit & Fall, 9 & 10 a.m. <p>24</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. TECH TIME, NOON. General help, images. Volunteer session, noon. Bridge, 1 p.m. HEALTH UPDATE: Men's health, 1 p.m. SWOT SWIM, 1:30 P.M. See Page 3. <p>25</p>	<ul style="list-style-type: none"> Intro to Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. JENNY LAKE BOAT RIDE, 9:30 A.M. Ride the van or meet at boat dock at 11:30 a.m. Bring lunch and cash tip. Register at teton seniors.org/boat. Mah-jongg, 1 p.m. <p>26</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. LUNCH WITH MAYOR AUGUST, NOON. HEARING AND COGNITION CHANGES, 1:15 P.M. Audiologist will speak and conduct hearing screenings. Register at teton seniors.org/hearing. <p>27</p>	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Drumming, 10:30 a.m. SWOT Walk, 1 p.m. <p>28</p>



TECH TIME GOES WEEKLY

The Tech Time sessions are being offered weekly in the SWOT conference room at noon on Tuesdays. Adam Bennion, a volunteer with AmeriCorps, will answer questions and cover a new topic each week.



AGE-RELATED CHANGES IN HEARING & COGNITION

Learn about age-related changes in hearing and cognition from an expert at 1:15 p.m. on June 27. Hearing screenings will be available until 4:15 p.m. Register at teton seniors.org/hearing.





JUNE lunch menu

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MENU is subject to change depending on availability and weather.

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef rigatoni Steamed broccoli Garden salad Mixed fruit Green chile tortilla soup 3	Grilled veggie burgers with red pepper aioli Housemade chips  Cream of tomato basil soup Lemon cookie 4	Baked Idaho potato loaded with homemade chili, cheese sauce and broccoli Garden salad Jell-O parfait 5	Pork banh mi sandwich Orange cucumber salad Asian noodle soup BIRTHDAY CAKE 6	VISIT SWOT AT THE FARMERS' MARKET NO LUNCH SERVICE TODAY 7
Cornflake chicken Mashed potatoes and gravy Mixed vegetables Garden salad Sliced melon 10	HAWAIIAN DAY Hawaiian pineapple chicken with white rice Spam musubi King rolls Hau pia (Hawaiian coconut pudding) 11	Baked macaroni and three cheeses Sautéed squash Garden salad Mixed fruit  12	Philly cheesesteak with peppers, onions and cheese sauce Housemade chips French onion soup Cookie 13	VISIT SWOT AT THE FARMERS' MARKET NO LUNCH SERVICE TODAY 14
Broccoli beef stir-fry with white rice Egg roll Carrot ginger soup Oranges Fortune cookie 17	REUBEN TUESDAY Grilled Reuben sandwich Housemade chips Garden salad Mixed fruit 18	JUNETEENTH Senior Center is closed. 19	SUMMER PICNIC ON THE PLAZA Barbecue pork ribs and chicken wings Baked beans Cornbread Coleslaw Watermelon Cookie 20	VISIT SWOT AT THE FARMERS' MARKET NO LUNCH SERVICE TODAY 21
Build-your-own sandwich with a choice of meats and cheeses Housemade chips Garden salad Jell-O parfait 24	Chicken Caesar salad Vegetable stew Dinner roll Cookie 25	Sloppy Joes on brioche bun Coleslaw Garden salad Diced peaches 26	Grilled bratwurst Sauerkraut Boiled potatoes Mixed vegetables Garden salad Mixed fruit 27	VISIT SWOT AT THE FARMERS' MARKET NO LUNCH SERVICE TODAY 28



HAWAIIAN SHIRT DAY

Time to feel the island breezes - or at least pretend to feel them. Dig into your closet for your favorite Hawaiian shirt and wear it to lunch.



SUMMER PICNIC ON THE PLAZA

It's time to enjoy barbecue ribs and wings, veggie pasta salad and watermelon. This year, the SWOT picnic will be at the Driggs City Plaza. Register at tetonseniors.org/picnic.





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR APRIL 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

4,597

AT THE CENTER: 3,495
HOME-DELIVERED: 1,102

MEALS SERVED IN APRIL

1,303

AT THE CENTER: 1,016
HOME-DELIVERED: 287

FITNESS/HEALTH
PROGRAMS IN APRIL

455

GAMES: BRIDGE, BINGO, &
CRIBBAGE IN APRIL

102

ENRICHMENT PROGRAMS
IN APRIL

103

GONE BUT NOT FORGOTTEN ...



These residents with ties to Teton Valley passed away recently:

- Dan Barker**
- Elizabeth "Betty" Elliott**
- Jon Goudeau**
- LaReil Kunz**
- Rebecca Mckitrick**
- Pat O'Connor**
- Gisela Orton**
- Bonnie Woolstenhulme**





PICTURE perfect

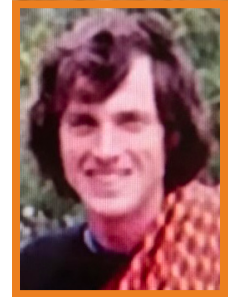


A LOOK AT some of the activities from the past few weeks.



flashback to the '70s

Seniors took a step back in time on May 16 to celebrate SWOT's 45th anniversary. They grooved to '70s music; ate food from the '70s, including Jell-O salad with vegetables; guessed the identity of seniors in photos from the '70s; dressed in '70s fashions and guessed '70s trivia questions. Above right to left are Linda and John Prentice and Cindie and Randy Brouwer. Top right is Linda Criswell, and to the left on the right are Jackie Riley and Rich Troy, shown in the 1970s.



tea time

Linda Swope, above left, and SWOT Chair Anna Kirkpatrick, above right, enjoy a cup of tea and treats provided by Wydaho Roasters. At right are board member Cindy Dender, who helped organize the event; volunteer Christy Schroeder; and Allie Mollenkof, SWOT's executive director.



watercoloring

Senior artists helped usher in spring by painting watercolor flowers under the instruction of Kia Tolan at the Teton Arts Studio.



June at SWOT word search

BACON	P	O	O	H	A	L	U	H	X	C	S	E
BIKE	F	O	C	C	M	I	W	S	D	T	U	K
BLACK TIE	F	O	C	C	M	I	W	S	D	T	U	K
BINGO	A	G	B	H	E	O	Q	W	G	D	M	I
BOAT RIDE	A	G	B	H	E	O	Q	W	G	D	M	I
BREAKFAST	R	L	R	E	R	R	L	P	B	G	M	B
BURRITO	R	L	R	E	R	R	L	P	B	G	M	B
CHEESE	M	I	E	E	U	X	I	O	L	P	E	P
EGGS	M	I	E	E	U	X	I	O	L	P	E	P
FARMERS' MARKET	E	J	A	S	T	B	V	T	A	R	R	I
FLOAT	E	J	A	S	T	B	V	T	A	R	R	I
HULA HOOP	R	U	K	E	A	U	E	A	C	I	P	C
HIKE	R	U	K	E	A	U	E	A	C	I	P	C
JENNY LAKE	S	N	F	H	N	R	M	T	K	D	O	O
JUNETEENTH	S	N	F	H	N	R	M	T	K	D	O	O
LIVE MUSIC	M	E	A	T	P	R	U	O	T	E	O	D
NATURE	M	E	A	T	P	R	U	O	T	E	O	D
PICNIC	A	T	S	I	I	I	S	E	I	M	L	E
PICO DE GALLO	A	T	S	I	I	I	S	E	I	M	L	E
POOL	R	E	T	E	C	T	I	S	E	O	S	G
POTATOES	R	E	T	E	C	T	I	S	E	O	S	G
PRIDE MONTH	K	E	S	D	N	O	C	A	B	N	K	A
SUMMER	K	E	S	D	N	O	C	A	B	N	K	A
SWIM	E	N	L	Y	I	P	N	T	I	T	L	L
TIE DYE	E	N	L	Y	I	P	N	T	I	T	L	L
WALKS	T	T	I	E	C	W	M	Z	N	H	A	L
	T	T	I	E	C	W	M	Z	N	H	A	L
	G	H	K	T	A	O	L	F	G	J	W	O
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	H	M	R	J	E	N	N	Y	L	A	K	E

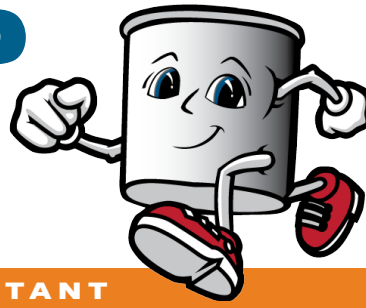
SWOT sudoku

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

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



TIN CUP challenge



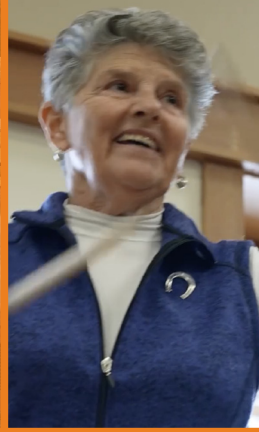
WHY YOUR DONATIONS ARE IMPORTANT



MEALS Matt McDill delivers a lunch to Dorothy Bastian, allowing her to stay in her home.



SOCIAL INTERACTION John Cheeseman leads a group of seniors on a wildflower walk in Teton Canyon last summer. Seniors have many such outings.



FITNESS FUN Karen Hurst enjoys a fitness drumming routine.



THE SKY'S THE LIMIT Who knows what next the Senior Center will do? Here, seniors look for Sandhill Cranes as the sun rises over Teton Valley.

SWOT relies on your support to thrive

THE 2024 TIN CUP CHALLENGE giving period opens June 14 and runs through July 26. Donations of any size are important because nonprofits receive matching funds. So make your donation count and give to SWOT through the Teton Valley Community Foundation's Tin Cup Challenge. Listen to what a few local seniors say about the Senior Center:



As a former trust officer, I am aware that social isolation is a serious problem for oldsters. Now that I am an oldster, I am thankful for Seniors West of the Tetons. The programs they offer encourage interaction and new educational tools to broaden our horizons. Of course, those wonderful lunches by Chef Peter are the best! How lucky we are to have SWOT!"

NANCY PERRY REED



The lunches prepared by Chef Peter are highlights. Programming such as hiking, bowling alley visit and attending a concert at Grand Teton Music Festival make SWOT outstanding."

BARBARA ARONOWITZ



"I love Seniors West of the Tetons. When I talk to other senior friends around the country about the SWOT activities and lunches, they can't comprehend because their senior centers don't even come close to what we enjoy. It is wonderful to know I can get a good healthy midday meal for an affordable price."

CONNIE TYLER
volunteer yoga instructor



"When I moved here, I did not know anyone. The Senior Center gave me many fun activities to participate in. I have had such great adventures, participated in some fun arts and crafts, and met some lovely people. We are truly blessed to have this amazing resource."

VALERIE MAZZONI

how to give

Visit teton-seniors.com/tin-cup or go to www.TinCupChallenge.org to donate directly to Seniors West of the Tetons.

We welcome new donors. The nonprofit with the most new donors this year will receive an extra \$500. Donate and then tell two friends to donate and tell two friends.



SAVE the date



ALL ACTIVITIES

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

- June 3 Senior Art: Bring a white clothing item to tie-dye, 1 p.m. at Teton Arts Studio, 110 Rodeo Drive in Driggs. Register at tinyurl.com/seniorarts.

- June 8 Black Tie Bingo, 5 p.m., \$100.

- June 4 & 25 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.

- June 17 Bicycle Maintenance Clinic, Driggs City Plaza, 1 to 3 p.m. Donations to Pierre's Pedal Project.

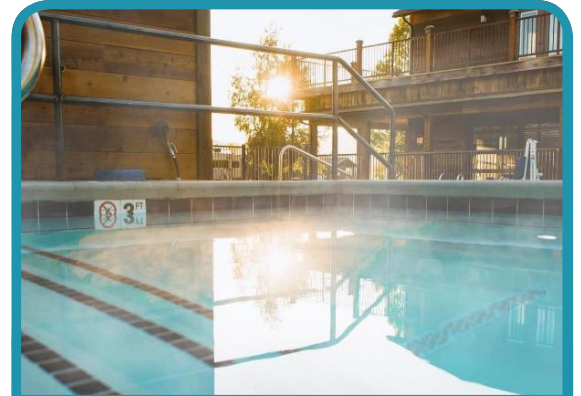
- June 18 Moderate hike in Grand Teton National Park, 8 a.m. The SWOT van will travel to the park. Bring lunch. Register at tetonseniors.org/hike.

- June 20 SWOT Summer Picnic on the Plaza, noon.

- June 25 Teton Valley Health's Dr. David Tomchak on men's health, 1 p.m.

- June 26 Jenny Lake boat ride, 9:30 a.m. the SWOT van leaves. Others can meet at 11:45 a.m. at the boat dock. Bring lunch and tip money. Register at tetonseniors.org/jenny-lake.

- June 27 Age-related changes in hearing and cognition, 1:15 to 4:15 p.m. Screening available. Register at tetonseniors.org/hearing.



SWOT SUMMER SWIMS

The SWOT van will take 13 seniors to Teton Valley Resort pool for one hour at 1:30 p.m. on June 4 and 25. Bring a towel and dry clothes for return ride.

12 VALLEY TALK



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

