

CELEBRATING
45 YEARS

SENIORS
WEST OF
THE TETONS

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)

Physical therapy
news

Get a rehab update at
11 a.m. on Nov. 26

NOVEMBER 2024

Valley Talk

SERVING SENIORS IN TETON COUNTY, IDAHO AND WYOMING



Make the month of November at SWOT a

FRIENDSGIVING

SENIORS WEST OF THE TETONS is a place for the senior community to gather for delicious and nutritious lunches and a wide variety of activities and fitness classes. SWOT is also a great place to enjoy your friends and in November we want to celebrate "Friendsgiving" the entire month.

To highlight the importance of having friends in our lives, SWOT is introducing "Coffee, Cookies & Conversations" at 1 p.m. on the first Thursday of each month. This is a great opportunity to bring in a new senior friend and introduce them to all things SWOT. There's so much to do, you will find it hard to decide on what to sign up for.

Keep yourself and your friends engaged and before you know it, you'll be "living the high life," as we say at SWOT, surrounded by a wonderful, lively and enriching community!

Bring a friend to the Senior Center this month and become eligible for prizes.

introduce a friend to SWOT

When Any time for any of our great activities. Or at the new event, SWOT Coffee & Cookies, at 1 p.m. on Nov. 7.

Where Senior Center, 60 S. Main, in Driggs

Added bonus You or your friend might win a special prize.



STAFF MEMBERS



EXECUTIVE DIRECTOR
Allie Mollenkof

KITCHEN MANAGER
Peter Troy

OPERATIONS DIRECTOR
Stacey Nail

SYSTEMS MANAGER
Ken Kirkpatrick



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MEALS DELIVERED



Home-delivered meals are available by contacting:

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

theSWOTteam

NOTE FROM ALLIE

Introduce your friends to our center



ALLIE MOLLENKOF
executive director

HOW MANY OF YOU have friends of the 60-plus variety that HAVE YET to set foot into our Senior Center? Maybe you have told them about our fabulous lunches or our fitness classes or regular programming, but they have said that's for "old" people!

I get it! Senior centers can sound very different than THIS Senior Center actually is! This month, in honor of Thanksgiving/Friendsgiving, we are challenging you to bring a friend into the center.

Introduce a friend to this wonderful community and help them make this part of their life here in the Tetons.

Let us know that you have brought in a friend, and you and your friend will be entered into a drawing that will be pulled at the end of the month. Bring a friend and try your luck at winning a bag of local goodies! Win-win!

Let's celebrate Thanksgiving together on Nov. 25 with our big luncheon and Friendsgiving all month long!

CHAIR CHAT

A sincere thank you to all our volunteers



ANNA KIRKPATRICK
board chair

"AS WE EXPRESS OUR GRATITUDE, we must never forget that the highest appreciation is not to utter words, but to live by them."

-John F. Kennedy

When we had our board and staff retreat in September, we each were asked to share an event or moment that reinforced for us the positive work being done for SWOT.

I shared that I've never been more proud of how we have thanked and recognized our many, many volunteers throughout the year. Through small gestures of gratitude on a daily basis to a "shindig" appreciation party,

I hope we conveyed how much we appreciate all the hours they donate on a daily basis to keep SWOT running smoothly.

As we enter this season of gratitude, I'd like to personally say "thank you" to our volunteers, staff, fellow board members and the seniors we serve.

I am so proud of the work we do, and I am so grateful to do this work by your side.

See you at the Senior Center!

DONATE TO MAKE A DIFFERENCE

Donate online Go to our website and make a contribution: www.tetonseniors.org/online-donation-portal

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

Become a monthly donor
Be a SWOT Shining Star by giving each month - any amount - at www.tetonseniors.org/shining-star

AUTHOR TO DISCUSS HUMAN CONNECTION AND GOODNESS

Brian Fretwell, an author and speaker who focuses on finding good and making human connections, will lead a community discussion at 5 p.m. Nov. 14 the Senior Center.



Fretwell

This event is organized in partnership with and supported by the Mental Health Coalition of Teton Valley. Fretwell emphasizes listening and asking questions that help provide better information and make stronger connections.

The Nov. 14 event is free and open to the public. He will meet with nonprofit professionals at 8:30 a.m. on Nov. 15 about finding good in organizations.

Don't miss Thanks/Friends-giving lunch

SWOT's popular Thanks-giving luncheon, with an emphasis this year on Friends-giving, will be at noon Monday, Nov. 25.



Extra seating will be available. Bring a friend, and stay for Turkey Bingo with lots of fun prizes.

Because meal contributions at the door and reimbursements through state and federal programs don't cover the cost, a generous sponsorship from **Teton Valley Realty** is making this traditional meal possible.

SWOT issues Giving Tuesday challenge

The board and staff of Seniors West of the Tetons have agreed to a \$500 challenge to match donations to SWOT on Giving Tuesday, Dec. 3.

Your donations on that day could force them to get out their checkbooks and credit cards. Plus you will be helping SWOT finish the year strong, allowing staff to focus on our mission.

Donations can be made online at TetonSeniors.org/giving-tuesday. Or drop off a donation by check, cash or Venmo at the Senior Center, 60 S. Main, Driggs. Or mail us a check to SWOT at P.O. Box 871, Driggs, ID 83422.

VALLEY TALK 3



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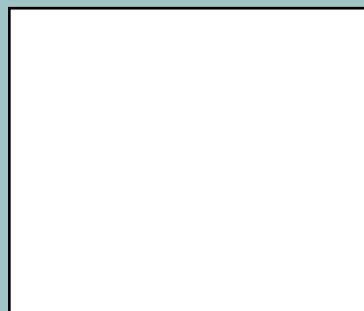
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PROGRAMS & activities



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

10:30 a.m. Friday mornings. 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 session on Wednesdays at 9 a.m. 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 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 updates

Last Tuesday of the month at 11 a.m. 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.

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!

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.

Coffee and cookies

1 p.m. First Thursday. Free. Open to all.

New friends, regulars meet to chat. Join us!

Senior art classes

Monthly art activities occur usually 1 p.m. the 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>





NOVEMBER

fit & 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>Tour with a docent Visit the National Wildlife Museum of Art in Jackson on Nov. 19. The SWOT van will leave at 9 a.m. \$10 fee with SWOT discount. Buy your own lunch at the Palate Restaurant. Register at TetonSeniors.org/art</p>	<p>Senior Makerspace craft Make a globe light out of string at the Valley of the Tetons Library Makerspace at 1 p.m. on Nov. 19. This fun project will light up your holidays. Register at TetonSeniors.org/makerspace</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 lunch registration table.
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • SENIOR ARTS, 1 P.M. CLAY SCULPTURE. Register at tinyurl.com/seniorarts. 	<ul style="list-style-type: none"> • Yoga, 9 a.m. • ASTORIA HOT SPRINGS, 9:30 a.m. departure. Register for the van or drive yourself. Bring a towel, a change of clothes and sack lunch. Register at TetonSeniors.org/astoria • 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. • MEDICARE ENROLLMENT, 1-3 P.M. Sign up at TetonSeniors.org/medicare. • SWOT COFFEE & COOKIES, 1 P.M., New friends and regulars meet to chat. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Drumming, 10:30 a.m. • HONOR OUR VETERANS LUNCH, NOON • SWOT Walk, 1 p.m.
4	5	6	7	8
<p>HONOR OUR VETERANS TODAY! The Senior Center is closed.</p>	<ul style="list-style-type: none"> • Yoga, CANCELED • TECH TIME, NOON • Bridge, 1 p.m. 	<ul style="list-style-type: none"> • Intro to Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 • Mah-jongg, 1 p.m. • PHOTOGRAPHY CLUB, 5:30 P.M. 	<ul style="list-style-type: none"> • Fit & Fall Proof, 9, 10 a.m. • Lunch with August. • Library table, noon. • Medicare info, 1-3 p.m. • Death Cafe, 1:30 p.m. • HUMAN CONNECTION & FINDING GOODNESS, 5 P.M. Details, Page 3. 	<ul style="list-style-type: none"> • Tai Chi, CANCELED. • Knitting circle, 9 a.m. • Drumming, 10:30 a.m. • SWOT Walk, 1 p.m.
11	12	13	14	15
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 & 10 a.m. 	<ul style="list-style-type: none"> • Yoga, CANCELED. • WILDLIFE MUSEUM ART TOUR, 9 A.M. \$10 fee with SWOT discount. Register at TetonSeniors.org/art. • Bridge, 1 p.m. • SENIOR MAKER-SPACE, 1 P.M. Create a string light strand. Register online. 	<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 ENROLLMENT INFO, 1-3 P.M. Sign up at TetonSeniors.org/medicare. 	<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. "Planes, Trains & Automobiles." Donate \$8 toward the cost. Register at TetonSeniors.org/movie.
18	19	20	21	22
<ul style="list-style-type: none"> • Fit and Fall Proof: CANCELED. • THANKS/FRIENDS GIVING LUNCH, NOON. • TURKEY BINGO, 1:15 P.M. 	<ul style="list-style-type: none"> • Yoga, CANCELED. • TETON VALLEY HEALTH UPDATE, 11 A.M. Rehabilitation Care: What Streubel's Partnership with Teton Valley Health Care Means to You. • SWOT volunteer session, 11 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. • Mah-jongg, 1 p.m. 	<p>HAPPY THANKSGIVING The Senior Center is closed.</p>	<p>HAPPY DAY AFTER THANKSGIVING The Senior Center is closed.</p>
25	26	27	28	29





NOVEMBER 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,
- \$10 under 60 and \$5 for children.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Flatbread pizza with choice of meat lovers or veggie Side salad Minestrone Fresh grapes 1
Shrimp and cheesy grits Andouille sausage Fried okra Red bean and rice soup Vanilla pudding 4	Grilled pork chops Rosemary roasted potatoes Gravy Mixed vegetables Garden salad Mixed fruit 5	Classic French onion soup Side salad Dinner roll Strawberries and cream 6	Mac and three cheese Steamed broccoli Garden salad BIRTHDAY CAKE 7	Beef stroganoff Mixed vegetables Vegetable stew Dinner roll Chocolate brownie 8
HONOR OUR VETERANS TODAY! The Senior Center is closed. 11	Grilled three-cheese sandwich Cream of tomato basil soup Garden salad Mixed fruit 12	Baked paprika salmon Rice pilaf Roasted asparagus Lemon oregano aioli Lemon Jell-O parfait 13	Rosemary roasted pork tenderloin Garlic mashed potatoes and gravy Mixed vegetables Garden salad Fresh grapes 14	Crispy chicken sandwich with garlic aioli Potato salad Vegetable cheddar soup Cookie 15
Tuna Nicoise salad with green beans, potatoes, eggs, tomatoes and kalamata olives Potato leek soup Dinner roll Mixed fruit 18	Grilled beef and bleu cheese sandwich Housemade potato chips Garden salad Chocolate brownie 19	Baked chicken alfredo Side salad Italian vegetable soup Strawberries with balsamic glaze 20	Sweet potato curry stir fry with white rice Vegetable egg roll Asian mushroom soup Oranges Fortune cookie 21	Barbecue pork sandwich Baked beans Coleslaw Garden salad Watermelon 22
THANKS/FRIENDS GIVING LUNCH Herb-roasted turkey Mashed potatoes Gravy Stuffing Green bean casserole Cranberry sauce Pumpkin pie 25	Chicken fajitas with flour tortillas Refried beans Spanish rice Salsa bar Black bean chorizo soup Cinnamon tortilla chips 26	Ground beef goulash Grilled zucchini Garlic bread Garden salad Chocolate mousse 27	HAPPY THANKSGIVING The Senior Center is closed. 28	HAPPY DAY AFTER THANKSGIVING The Senior Center is closed. 29





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2024 AND SEPTEMBER

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

11,818

AT THE CENTER: 9,099
HOME-DELIVERED: 2,719

MEALS SERVED IN SEPTEMBER

1,518

AT THE CENTER: 1,170
HOME-DELIVERED: 348

FITNESS/HEALTH PROGRAMS IN SEPTEMBER

446

GAMES: BRIDGE, BINGO, & CRIBBAGE IN SEPTEMBER

80

ENRICHMENT PROGRAMS IN SEPTEMBER

92

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

Michael Gardner



VALLEY TALK 7



TETON VALLEY FAIR
101
PLANTING SEEDS FOR THE NEXT CENTURY
August 4-10, 2024

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.



lots of fun to spare

Seniors spent an hour or more bowling strikes and spares – and maybe a few gutter balls – at Fat Cats in Rexburg. A dozen traveled via the SWOT van and a few drove themselves, but everyone had a great time. Above left is the happy group. At right is SWOT Board Chair Anna Kirkpatrick celebrating a strike – or so we presume.



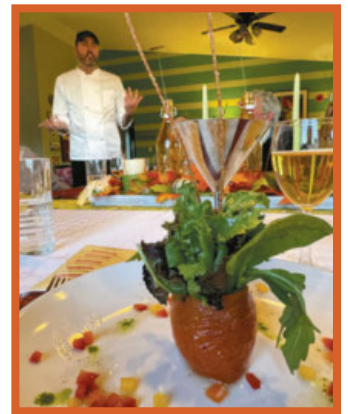
crane tour

SWOT's annual crane tour, led by Ken and Anna Kirkpatrick, was another great adventure to see the Great Sandhill Cranes. Moose were spotted, along with hundreds of cranes, on the morning tour that ended with zucchini bread and cider.



swot walks

SWOT's weekly Friday walks are a great way to get out, meet new people and enjoy new sites. Last month, one of the walks was to the new pedestrian bridge east of Driggs dedicated to the memory of Joselin Matkins, former executive director of the Teton Regional Land Trust. The group continued on to explore more of fall along the Teton Creek Corridor Pathway. Join us on Fridays, weather permitting.



fine dining

We all know Chef Peter Troy makes fabulous crab cakes and reubens, but his talents include fine dining, too. Recently he served a five-course meal bought at Black Tie Bingo last June.

November word search

APPLES	F	I	R	E	W	O	O	D	S	G	T	F
AUTUMN	V	E	T	E	R	A	N	S	T	Q	H	R
BREAD	P	L	R	N	K	N	I	T	U	M	A	I
CIDER	P	Y	W	U	M	E	E	G	F	F	N	E
FAMILY	F	O	O	T	B	A	L	L	F	R	K	N
FEAST	A	O	C	S	K	P	T	D	I	I	S	D
FIREWOOD	U	Q	H	I	O	P	K	V	N	E	G	S
FOOTBALL	S	N	O	W	D	L	U	Z	G	N	I	H
FRIENDS	B	E	L	M	T	E	F	O	B	D	V	A
FRIENDS- GIVING	Y	N	O	U	A	S	R	A	S	S	I	R
FRUIT	B	E	M	T	F	H	A	N	M	G	N	I
GRATEFUL	T	R	K	U	A	E	V	E	K	I	G	N
GRAVY	E	I	E	R	T	T	M	F	V	L	G	
HAM	H	T	U	A	U	U	O	A	N	I	J	Y
KNIT	M	P	O	R	D	T	A	P	R	N	T	X
NUTS	L	I	G	V	F	Y	V	A	R	G	G	N
PIE	O	E	U	P	P	U	M	P	K	I	N	S
POTATOES												
PUMPKINS												
SHARING												
SNOW												
SOUP												
STUFFING												
THANKS- GIVING												
TURKEY												
VETERANS												

SWOT sudoku

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

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

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in the SPOTLIGHT

MEET the newest staff member of the Community Foundation of Teton Valley, Suzanne Rees. Many in the nonprofit world are familiar with Suzanne, who has been the foundation's development and operations manager since last December. The Community Foundation organizes and supports the Tin Cup Challenge, raising funds for 60 local nonprofits as well as offering workshops, grants and other resources for philanthropy in the community. Suzanne previously worked for the Community Foundation of Jackson Hole. She now puts her talents to work for the Teton Valley foundation and local nonprofits, like Seniors West of the Tetons. A busy mom, she's shown at right with Arty, and she recently took time to tell us a little bit more about herself.

Tell us about your background.

Hello! Suzanne Rees here, my friends call me "Zonnie." I'm from Lafayette, Louisiana, home of Cajuns, crawfish and the best food in the country (personal opinion)! After attending Louisiana State



SUZANNE REES

SHE'S THE DEVELOPMENT AND OPERATIONS MANAGER FOR THE COMMUNITY FOUNDATION OF TETON VALLEY

University, I've worked in event coordination and various nonprofits in New Orleans and then Austin, Texas, eventually finding my way to Grand Targhee Resort. I moved here to work for a summer, thought I was going to stay three months, then continue my western adventure. Met my husband at the Royal Wolf, adopted two dogs, had two kids, and here I am loving life in the Tetons eight years later.

**What got you interested in working with nonprofits?
What are your duties at the Community Foundation and what are you excited about**

doing there? How are you liking it?

My passion for nonprofits comes from my love for gathering people and creating spaces for meaningful conversations. At the Community Foundation of Teton Valley, I use my event and logistical planning skills to foster collaboration among nonprofits, community members and philanthropists. Serving my Teton Valley community is deeply rewarding. As the Senior Center knows so well by providing such an important gathering space - bringing our community together gives people a chance to be inspired, solve problems, laugh, share achievements, and work together to elevate lives through the power of generosity.

What do you like to do outside of work?

I love to spend time with my friends and family and dogs - biking, hiking, skiing, floating and camping. I also love to read fantasy novels, garden, travel and cook big Cajun meals!

What do you think is the best part of living in Teton Valley?

The best part is sharing those activities that I love with a community that loves them too! I've been able to so easily connect with others over shared hobbies and love for the outdoors.



SWOT SENIORS ONCE AGAIN SHINE IN BEST OF TETON VALLEY HONORS

Seniors West of the Tetons was voted Teton Valley's favorite nonprofit for the fourth year in a row in Teton Valley News' Best of Teton Valley competition last month.

SWOT also received these honors:

- Second for Overall Teton Valley Event for Black Tie Bingo.
- Third for Best Place to Break a Sweat.
- Third for Best Sandwich for Chef Peter Troy's reubens.

Several individuals with ties to SWOT also were honored:

- Anna Kirkpatrick, who is one of the leaders of the Fit and Fall Proof exercise and balance program and chair of the Seniors West of the Tetons Board, was voted Best Coach.



SWOT board members Matthew Senitzer, Carol Lichti and Cindy Dender attended the Best Of Celebration at Guidepost Brewing Company to receive the Favorite Nonprofit Award.

- Connie Tyler, who leads SWOT yoga classes, placed third for Best Yoga Instructor.
- Linda Swope, a volunteer and a Shining Star donor, was voted Best Photographer for the fourth year in a row.

BIRDVIEW

BIRD WATCHING WITH
ANNA KIRKPATRICK, BOARD CHAIR



The dusky grouse is a chicken-like bird that thrusts its head out when it walks. It's found in forests, where the birds forage on the ground for plants and insects. They blend into their habitat so easily that when they are startled they will leap up and give you quite a scare. This particular one was found in a large flock of around 15 grouse. They were so into eating and wandering around that they just ignored all the hikers that were walking though.

WYDAHO
ROASTERS
COFFEE HOUSE

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Seniors West of the Tetons

PUZZLE answers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



SAVE the date



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

- Nov. 5 Trip to Astoria Hot Springs, 9:30 a.m. Visit Tetonseniors.org/astoria to register.

- Nov. 7 SWOT Coffee, Cookies & Conversation, 1 p.m.

- Nov. 7-14 Medicare Open Enrollment individual sessions until 3 p.m. See tetonseniors.org/Medicare.

- Nov. 8 Honor Veterans Luncheon, noon.

- Nov. 11 Senior Center closed for Veterans' Day.

- Nov. 13 SWOT Photography Club, 5:30 p.m.

- Nov. 14 Human Connection and Finding Good with author Brian Fretwell in partnership with the Mental Health Coalition, 5 p.m.

- Nov. 19 Tour National Museum of Wildlife Art in Jackson, Van leaves 9 a.m. \$10 fee with SWOT discount. Register at TetonSeniors.org/art.

- Nov. 19 Senior Makerspace, 1 p.m. Create a light globe with string. Register at Tetonseniors.org/makerspace.

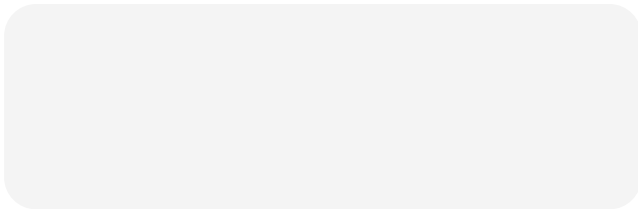
- Nov. 22 Pizza & A Movie "Planes, Trains and Automobiles." \$8 donation required. Register at Tetonseniors.org/movie.

- Nov. 25 Thanks/Friendsgiving lunch, noon, with bingo at 1:15 p.m.



HONOR OUR VETERANS
At noon on Nov. 8, SWOT will honor our local veterans with a free lunch to thank them for their service. Come and bring your veteran! The Senior Center will be closed Nov. 11.

12 VALLEY TALK



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