



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)



DECEMBER 2024

Valley Talk

SERVING SENIORS IN TETON VALLEY, IDAHO AND WYOMING



LET'S ADORN THE GIVING TREE

HELP DECORATE the SWOT Giving Tree with your generosity toward Seniors West of the Tetons. The tree is a fun way to show your support for aging adults in Teton Valley. Your gifts will provide meals for seniors, help pay the heating bill and even fund birthday cakes for monthly celebrations throughout the year. Each time a donation is made, an ornament like those above will be added to the holiday tree at the Senior Center. Donations can be made online at TetonSeniors.org/giving-tree or come by the center to donate.

» MORE DETAILS, PAGE 11

how it works

To donate Go to Tetonseniors.org/giving-tree

Select your amount You can give a little or a lot to provide services for older adults in Teton Valley

The result An ornament signifying what you gave will be placed on the Holiday Tree at the Senior Center.

other ways to give

Giving Tuesday Go to Tetonseniors.org/giving-tuesday on Dec. 3 to remember older adults.

Become a Shining Star Sign up as a monthly donor at Tetonseniors.org/shining-star.



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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

Wishing you moments of stillness



ALLIE MOLLENKOF
executive director

“WINTER IS A SEASON of recovery and preparation.”

– Paul Theroux

Our family recently got a wood-burning stove. It’s something we have talked about for some time, and this year we did it.

The wood is gathered and stacked, and a new rhythm has begun. I like winter for that reason. Winter allows us to slow down, take a deep breath and reflect.

We have lots of ways to celebrate the holiday season this month at the Senior Center, but we wish for you moments

of stillness and gratitude in the in-between. We hope you come and enjoy our raucous holiday luncheon and then reflect on the stillness of the season.

As the year comes to a close, and 2025 is just around the corner, we are grateful for all the ways we can celebrate life together while also relishing the quiet moments in between.

Happy holidays from all of us here at Seniors West of the Tetons!

CHAIR CHAT

Come make connections at the senior center



ANNA KIRKPATRICK
board chair

“THERE IS POWER in your connection. There is power in your story. So gather. Explore. Tell your story around the table.”

– Kennesha Buckys

I went for a SWOT Walk the other day. We had a mix of regular walkers and a newbie. She was telling us how she’d not been at the Senior Center until she recently learned to play Mah-jongg, and now she wanted to get more involved.

One of our regulars said, “We have a fabulous Senior Center here, unlike any other senior center I’ve been to ...”

It was one of those unsolicited

comments that made me feel all warm inside, and it reinforced what a wonderful gathering place we have in this community. I am so proud of our Senior Center.

This newsletter is brimming with so many opportunities for gathering during this holiday season. I hope you join us at some of them. All of us at SWOT send out holiday greetings to you and your family.

See you at the center!

DONATE TO MAKE A DIFFERENCE

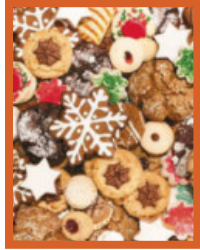
Donate online Go to our website and make a contribution: www.tetonseniors.org/online-donation-portal

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

SWOT HOLIDAY COOKIE EXCHANGE DEBUTS DEC. 14

Seniors West of the Tetons is organizing a community holiday cookie exchange from 10:30 a.m. to 12:30 p.m. on Saturday, Dec. 14, at the Senior Community Center, 60 S. Main, in Driggs.



Bakers and candy makers are donating at least three dozen treats, which must be delivered to the Senior Center by 3 p.m. on Dec. 13. Bakers can register at tetonseniors.org/bake.

Cookies will be sold for \$25 a dozen or \$40 for two dozen at the event, where attendees will be able to select their own cookie collection. Hot cocoa will be available. Come shop and save time by letting us do the baking.

Holiday roast 'beast' for lunch on Dec. 19

The Holiday Lunch Celebration at noon on Dec. 19 will include roast beef tenderloin with a red wine



demi-glaze and apple pie for dessert. Need we say more?

Extra seating will be available. Because meal contributions at the door and reimbursements through state and federal programs don't cover the cost, a generous sponsorship from **Holiday Propane** is warming our hearts and making this traditional meal possible. Come and bring a friend.

SWOT is out and about in December

Seniors West of the Tetons will be at the Mistletoe Market in Victor from 1 to 5 p.m. on Dec. 7 as part of the Holiday Festival of Lights on East Birch Street.

Purchase SWOT lunch cards as gifts and other SWOT memorabilia. Look for SWOT at other holiday markets at the Driggs City Building this month.

The SWOT van will be traveling to Jackson Town Square on Dec. 4 for a few hours of shopping and a special SWOT Walk on Dec. 20 involves jolly holiday attire.

Plus, opportunities to make cards, wreaths and force bulbs abound. See Page 5 for details.

VALLEY TALK 3



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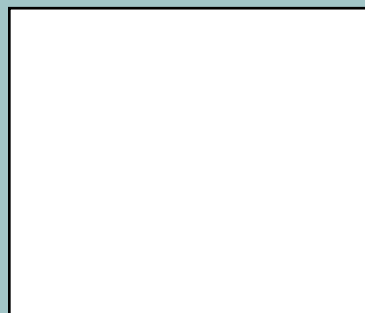
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PROGRAMS & activities



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. No update this month because of the holidays.

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. Wear suitable clothing and shoes for winter conditions. It is subject to weather conditions.

Senior art

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



DECEMBER

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
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. <p>2</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. <p>3</p>	<ul style="list-style-type: none"> HOLIDAY SHOPPING, 9 A.M. Van trip to Jackson Town Square. Register at TetonSeniors.org/shopping. Intro to Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. Mah-jongg, 1 p.m. <p>4</p>	<ul style="list-style-type: none"> Fit & Fall Proof, 9 & 10 a.m. MAKE HOLIDAY CARDS, 11 A.M. Free materials. Donation appreciated. MEDICARE ENROLLMENT, 1-3 P.M. See TetonSeniors.org/medicare. <p>5</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. <p>6</p>
<ul style="list-style-type: none"> Fit and Fall proof, 9 and 10 a.m. SENIOR ARTS, 1 P.M. PEOPLE SPREAD LOVE. Visit tinyurl.com/seniorarts. MD NURSEY WREATH MAKING, 1:30 P.M. \$20 fee. Age 60 plus only. See tetonSeniors.org/wreaths <p>9</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. TECH TIME, NOON Bridge, 1 p.m. <p>10</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. Mah-jongg, 1 p.m. SENIOR MAKER-SPACE, 1 P.M. Create felt animals. PHOTOGRAPHY CLUB, 5:30 P.M. <p>11</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. LUNCH WITH MAYOR AUGUST CHRISTENSEN, NOON DEATH CAFE, 1:30 P.M. <p>12</p>	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Drumming, 10:30 a.m. SWOT Walk, 1 p.m. Meet at lunch registration table. <p>13</p>
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. <p>16</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. FORCING BULBS WITH RED HOUSE FLOWERS, 1:30 P.M. Bring an 8- to 10-inch-wide, 5-inch deep pot. \$25 fee. Register at TetonSeniors.org/bulbs <p>17</p>	<ul style="list-style-type: none"> Intro to Tai Chi, 9 a.m. Coffee Klatsch, 10:30 LIVE MUSIC AT LUNCH: HENRY PEPIN AND FRIENDS Mah-jongg, 1 p.m. <p>18</p>	<ul style="list-style-type: none"> HOLIDAY LUNCH CELEBRATION, NOON, Thank you to Holiday Propane for making this special meal even more special. <p>Holiday PROpane 19</p>	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Knitting Circle, 9 a.m. Drumming, 10:30 a.m. HOLIDAY SWOT WALK, 1 P.M. Wear festive attire for an hour walk downtown. PIZZA & A MOVIE, 5 P.M. "Elf." \$8. Register at TetonSeniors.org/movie. <p>20</p>
<ul style="list-style-type: none"> Fit and Fall Proof, 9 & 10 a.m. <p>23</p>	<p>MERRY CHRISTMAS EVE The Senior Center is closed.</p> <p>24</p>	<p>MERRY CHRISTMAS HAPPY HANUKKAH The Senior Center is closed.</p> <p>25</p>	<p>HAPPY BOXING DAY The Senior Center is closed.</p> <p>26</p>	<p>HOLIDAY BREAK AT SWOT, 10:30 A.M. TO 12:30 P.M. The Senior Center is open for:</p> <ul style="list-style-type: none"> Valley Talk newsletter processing, 10:30 a.m. Holiday games of Bridge, Mah-jongg and more, 10:30 a.m. No lunch available. <p>27</p>
<p>HAPPY HOLIDAYS The Senior Center is closed.</p> <p>30</p>	<p>HAPPY NEW YEAR'S EVE! The Senior Center is closed.</p> <p>31</p>	<p>SWOT HOLIDAY COOKIE EXCHANGE</p> <p>Join SWOT for a festive community holiday cookie exchange from 10:30 a.m. to 12:30 p.m. on Saturday, Dec. 14, at the Senior Community Center at 60 S. Main in Driggs. Collect a dozen cookies for \$25 or two dozen for \$40. Enjoy hot cocoa and music.</p>		





DECEMBER

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
Salmon Caesar salad Dinner roll Clam chowder Lemon Jell-O parfait 2	REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad Mixed fruit 3	Baked cheese manicotti with marinara sauce  Oven-roasted zucchini Creamy Tuscan soup Fresh grapes 4	Chicken Cordon Bleu Roasted potatoes Steamed broccoli Garden salad BIRTHDAY CAKE 5	French dip on a hoagie with au jus Housemade potato chips Chicken noodle soup Chocolate pudding 6
Turkey pot pie with puff pastry Buttered peas and carrots Garden salad Vanilla pudding 9	Falafel with warmed pita  Tzatziki sauce Quinoa salad Sweet potato stew Fresh grapes 10	Meat lovers' lasagna Sautéed squash Spinach salad Balsamic-glazed strawberries 11	Ham and Swiss croissant Housemade potato chips French onion soup Fresh baked cookie 12	Salisbury steak Mashed potatoes Mushroom gravy Roasted vegetables Garden salad Chocolate brownie 13
Hummus platter with warmed pita, tomato, cucumber, feta and kalamatas  Garden salad Fresh grapes 16	Pork carnitas tacos Refried beans Spanish rice Salsa bar Red chili chicken soup Cinnamon tortilla chips 17	Loaded baked Idaho potato with homemade chili and cheese sauce Steamed broccoli Garden salad Mixed fruit 18	HOLIDAY LUNCH Roast beef tenderloin with red wine demi-glace Mashed potatoes Roasted root vegetables Holiday green salad Apple pie 19	Mushroom Swiss burger Housemade potato chips Cream of potato bacon soup Oatmeal raisin cookie 20
Beer-braised bratwurst Sauerkraut Boiled potatoes Mixed vegetables Garden salad Sliced apples 23	MERRY CHRISTMAS EVE! The Senior Center is closed. 24	MERRY CHRISTMAS HAPPY HANUKKAH The Senior Center is closed. 25	HAPPY HOLIDAYS The Senior Center is closed. 26	HAPPY HOLIDAYS The Senior Center is closed for lunch. 27
HAPPY HOLIDAYS The Senior Center is closed. 30	HAPPY NEW YEAR'S EVE! The Senior Center is closed. 31	<div data-bbox="782 1663 1448 1915" style="border: 1px solid gray; padding: 10px;"> <p>HOLIDAY BREAK AT SWOT</p> <p>Miss spending time at the Senior Center? Come join us for a few hours on Dec. 27 from 10:30 a.m. to 12:30 p.m. to help fold, seal and label SWOT's newsletter or play bridge or Mah-jongg. Refreshments will be available, but no lunch service.</p>  </div>		





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

13,143

AT THE CENTER: 10,118
HOME-DELIVERED: 3,025

MEALS SERVED IN OCTOBER

1,325

AT THE CENTER: 1,019
HOME-DELIVERED: 306

FITNESS/HEALTH PROGRAMS IN OCTOBER

491

GAMES: BRIDGE, BINGO, & CRIBBAGE IN OCTOBER

85

ENRICHMENT PROGRAMS IN OCTOBER

111

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

Peter Edwards

Rena Lagana

Louise "Liz" Morrison

Marcia Moss



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.



bye, bye, SWOT pie!

Auctioneer Jim Hardee, standing at left, tracks the bidding action at Seniors West of the Tetons' Harvest Fest Pie Contest & Auction on Oct. 25 as the bidding paddles started to fly. Several pies sold for over \$300, raising funds for new tables for the Senior Center. In the contest, Stuart Cook, top right, won the Best of Show with his French Apple Tart, shown bottom right.



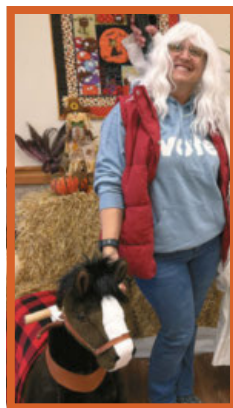
shutter bugs

SWOT's Photo Club took its first field trip to Camas National Wildlife Refuge. Club members Barb Whissel and Mark Kaczor shown above shooting away. See more of the club's work on Page 11.



scary times

Winners of this year's Halloween costume contest were Vancie Turner, second place; Patricia Calamusa, first; and Stacey Nail Canedy, third. SWOT Board Member Christina Assante dressed as Vancie and Clementine.



honoring veterans

Rex Nelson, age 99, was among the military veterans honored at an early Veterans Day lunch on Nov. 8 at the Senior Center. SWOT Board Member Christina Assante organized the event.

Holiday fruitcake word search

ALLSPICE	F	M	A	R	Z	I	P	A	N	J	S	G
ALMONDS	R	S	R	A	G	U	S	N	W	O	R	B
BRANDY	U	M	O	L	A	S	S	E	S	T	U	M
BROWN SUGAR	I	O	S	N	I	S	I	A	R	M	W	O
BUTTER	T	I	U	R	F	D	E	I	D	N	A	C
CANDIED FRUIT	C	E	C	H	E	R	R	I	E	S	L	L
CHERRIES	A	S	C	P	S	T	R	E	S	T	N	O
CINNAMON	K	R	U	I	B	E	T	U	G	I	U	V
CLOVES	E	C	A	G	P	P	C	U	O	G	T	E
CURRANTS	K	U	I	L	A	S	E	I	B	L	S	S
EGGS	M	R	L	N	P	R	L	C	P	B	F	F
FLOUR	N	R	S	D	N	O	M	L	A	S	W	S
FRUITCAKE	U	A	M	X	T	A	B	R	A	N	D	Y
MARZIPAN	T	N	E	L	D	L	M	E	W	T	S	A
MOLASSES	M	T	A	Y	R	X	W	O	R	D	K	B
NUTMEG	E	S	M	S	Q	T	T	E	N	U	T	S
NUTS	G	N	I	N	E	V	A	E	L	W	M	E
PECANS												
RAISINS												
RUM												
SALT												
SPICES												
SUGAR												
WALNUTS												

SWOT sudoku

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

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

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in the SPOTLIGHT

THAT SMILE tells it all. Margaret Bennett, a doctor of physical therapy at Teton Valley Health, brings her expertise and bubbling personality to the Board of Directors of Seniors West of the Tetons. She joined the board in October because of her passion for community service and her compassion for aging adults. She took a few minutes recently to tell us more about herself.

Tell us about your background.

I grew up the youngest of three in New York state along the Hudson River Valley. A quick train ride to the city but still a one-street-light kinda town. As an avid athlete, I spent most of my time on a field or in a gym, which eventually led to a Division 1 softball scholarship to Stony Brook University. (I was a catcher). My undergraduate college career ended at State University of New York at New Paltz with a bachelor's in history.

Over the next seven years living in New Paltz, I worked various jobs and kept going to school to obtain my prerequisites to attend a doctoral physical therapy program.

In late 2016, I graduated from the Rocky Mountain University of Health Professions doctoral program and was awarded



MARGARET BENNETT

ONE OF SWOT'S NEWEST BOARD MEMBERS LOOKS OUT FOR SENIORS' WELL-BEING

the Nielsen Student Service Award – the highest honor an RMU student can receive for distinguished service to the university, community or their profession.

How did you get to Teton Valley?

While working as a traveling physical therapist, I accepted a three-month contract with Teton Physical Therapy and Rehabilitation in Jackson. Just like many, I came for three months and stayed for six years. I made lifelong friends and met my husband, Nathaniel Bennett. In 2020, we bought

our home in Victor, and we have made a lovely peaceful existence for us and our two dogs, Navi and Jasper.

How did you learn about the Senior Center?

Working at Teton Valley Health introduced me to several community organizations I would have not become acquainted with while working in Jackson. My former TVH Director of Rehab Emily Bahr saw the importance of bringing TVH and SWOT into communication and that opened the door for me to get to know the SWOT community.

What else are you involved in?

My friends laugh at me for all of my social groups. I am in a card-making club, book club, movie club at Pierre's and rehab therapy meet-up club. I

am part of the Teton Valley Curling Club, and this summer played with the Driggs Adult Softball League. Our dogs also keep me busy. I am an avid hiker, and I cross-country ski and snowshoe in the winter. I crochet and was in a yarn club called "Knitty Knitty Bang Bang" but that dissolved when we moved to Idaho. I spend my free time creating as much as possible.

What is the best part of living in Teton Valley?

The small town community, forest access, lack of suburban sprawl, open views, snowy winters and great nonprofit organizations.

DECORATE SWOT'S GIVING TREE WITH AN END-OF-YEAR DONATION

Your gift to Seniors West of the Tetons this holiday season could literally warm the hearts of older adults in Teton Valley who seek food, enrichment and companionship at the Senior Center. Donate to help pay the utility bill. Or choose any of the options below. When donations are made, an ornament like those shown here will be added to the tree. Help make the holidays merry and bright.



Your generous gift will help fill the SWOT Giving Tree this holiday season.

GIVING OPTIONS

- \$500 - Helps pay the heating bill for two weeks
- \$250 - Funds 12 birthday cakes for the year
- \$150 - Provides a month of meals for a homebound senior
- \$60 - Provides two weeks of meals for a senior
- \$30 - Provides one week of meals for a senior

TO DONATE Visit TetonSeniors.org/giving-tree or mail a check to Seniors West of the Tetons, P.O. Box 871, Driggs, Idaho 83422. You can also drop off a donation at the Senior Center, 60 S. Main, in Driggs.

SWOTVIEW

PHOTO OF THE MONTH
CHARLES BORRENPOHL



This photo of a Merlin falcon was captured on the SWOT Photo Club's trip to the Camas National Wildlife Refuge. Club member Charles Borrenpohl took the photo. Each month we will feature a photo from the SWOT club.

WYDAHO
ROASTERS
COFFEE HOUSE

is a proud supporter of
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PUZZLEanswers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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

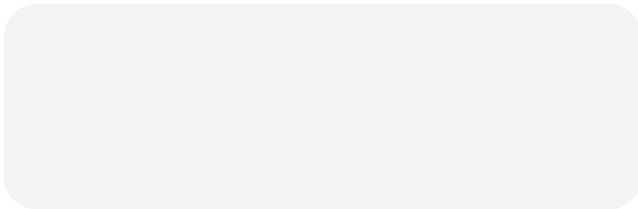
- Dec. 4 Shopping in Jackson, 9 a.m. See tetonseniors.org/shopping.
- Dec. 5 Holiday Card Making with Deb, 11 a.m. to 1 p.m.
- Dec. 5 Medicare Enrollment, 1- 3 p.m.. See tetonseniors.org/Medicare.
- Dec. 9 Senior Art with People Spread Love, 1 p.m. at Teton Arts Studio, 110 Rodeo Drive, Driggs. Register tinyurl.com/seniorarts.
- Dec. 9 Wreath Making with MD Nursery, 1:30 p.m. \$20 fee. For seniors 60 and over. Register at tetonseniors.org/wreaths.
- Dec. 11 Makerspace felt animals, 1 p.m. TetonSeniors.org/makerspace.
- Dec. 11 SWOT Photography Club, 5:30 p.m.
- Dec. 14 Holiday Cookie Exchange, 10:30 a.m. to 12:30 p.m.
- Dec. 17 Forcing Bulbs with Red House Flowers, 1:30 p.m. \$25 fee. Register at Tetonseniors.org/bulbs.
- Dec. 19 Holiday lunch sponsored by Holiday Propane, noon.
- Dec. 20 Holiday SWOT Walk, 1 p.m. Wear festive attire.
- Dec. 20 Pizza & A Movie "Elf." \$8 per person. Register at Tetonseniors.org/movie.
- Dec. 24-Jan. 1 SWOT holiday closure. See you in 2025!



HOLIDAY COOKIE EXCHANGE

From 10:30 a.m. to 12:30 p.m. on Saturday, Dec. 14, come and select a box of cookies. \$25 for a dozen or \$40 for two dozen. Enjoy hot cocoa and music as you make your selections.

12 VALLEY TALK



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