



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)



FEBRUARY 2025

Valley Talk



PAL-N-DINE IS BACK

Grab a pal and dine with us for a special Valentine's Day event

LOVE IS ALL AROUND, and at SWOT friendship abounds.

That's why Seniors West of the Tetons is planning a Valentine's evening event we call Pal-N-Dine. Come by yourself, come with a friend, come with your significant other or someone you want to get to know better.

We'll provide a fine dining experience with live music.

It's what we call a "friendraiser" – an event to provide an enriching experience for older adults. Yes, love is all around, and friendships can be found everywhere!

details

When 6 to 8 p.m. Friday, Feb. 14

Where Seniors West of the Tetons, 60 S. Main, Driggs. Limited seating.

Cost \$40 a person

Menu Shrimp and cucumber appetizer, cream of artichoke heart soup, petite filet mignon, mashed potatoes, bacon-wrapped asparagus and red wine demi-glace, Mexican vanilla bean crème brûlée

Music Henry Pepin

Register Visit TetonSeniors.org/pal-n-dine or use the QR code at right.





STAFF MEMBERS

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Allie Mollenkof

KITCHEN MANAGER
Peter Troy

OPERATIONS DIRECTOR
Stacey Nail

SYSTEMS MANAGER
Ken Kirkpatrick

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Cindy Dender

Becky Eidemiller

Tim Foreman

Carol Lichti

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Jim Haag & Carol Lichti

MEALS DELIVERED

Home-delivered meals are available by contacting:

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

theSWOTteam

NOTE FROM ALLIE

What an amazing crew we've got



ALLIE MOLLENKOF
executive director

WITH A NEW YEAR comes new board officers here at SWOT. I'm amazed at the time and work that our board crew invests in the Senior Center day after day. A big thank you goes to Anna Kirkpatrick, who carried the torch as board chair for the past four years.

Anna worked tirelessly to keep our mission and vision at the forefront, and I'm so grateful for all she has done. Thankfully, Anna will remain on the board as a member.

Thanks, too, to Lynne Browning, Matthew Senitzer and Carol Lichti, who so ably rounded out the Executive Committee this past year. What a crew!

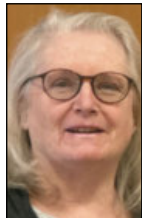
Please help me welcome our new officers for 2025 – Chair Lynne Browning, Vice Chair Amy Fradley, Treasurer Jim Haag and Secretary Christina Assante.

When you see them, please thank them for all the time and devotion they will give to SWOT in the coming year. We are so lucky to have such talent.

2025 is off and running!

CHAIR CHAT

This year is off to a tremendous start



LYNNE BROWNING
board chair

JANUARY IS ALWAYS a month of new beginnings, and this year is no different. The SWOT Board wishes everyone the healthiest and happiest of times as we continue our journey into 2025. Time passes so quickly, especially when we're engaged in commitments and activities.

A couple of recent noteworthy events have occurred:

- Our end-of-the-year donations reached new heights thanks to all of your support.

- A series of panel discussions on "Aging Well in Teton Valley" previewed. The panel was delightful and knowledgeable, reviewing ways to maintain and promote brain health. More than 50 seniors attended, and plans are to continue the series on a quarterly basis. More to come in April.

- We also entertained at lunches with theme days, went shopping at Costco in Idaho Falls and completed our excursion to

the National Museum of Wildlife Art in Jackson.

As we roll into February, the days will get a tad longer. The countdown to spring is only a little more than 60 days away. Our

Valentine's Day event will be a "Pal-N-Dine" dinner to celebrate connections and friendship. Be sure to make your reservation on the SWOT

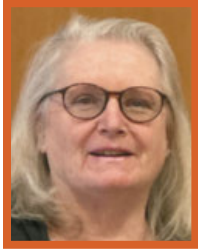
Our new chair is honored and excited to take the SWOT helm.

webpage.

I would like to close with a thank you to all my colleagues who have trusted me with the board chairmanship. I pledge to serve in a capacity of honor to meet the SWOT mission and continue to help SWOT thrive with excellence.

SWOT BOARD ELECTS NEW OFFICERS AT ANNUAL MEETING

Lynne Browning was elected chair of the Seniors West of the Tetons Board of Directors at the board's annual meeting in January.



Lynne Browning

Lynne takes the gavel from Anna Kirkpatrick, who remains on the board after serving as chair for four years.

Also elected were Amy Fradley as vice chair, Jim Haag as treasurer and Christina Assante as secretary. Other members of the board are Margaret Bennett, Cindy Dender, Becky Eidemiller, Tim Foreman, Carol Lichti, Jackie McManus, Cliff Stockdill and Julie Stockdill.

Lynne has been on the board since 2023, most recently serving as vice chair.

Adventure travel series starts at SWOT

Seniors West of the Tetons will host the Adventure Travel Series this month on the dates below starting at 6 p.m.

• **Feb. 13:** Jasmine Star shares tales of her trip to Mustang, Nepal, and across Tibet including monasteries and views of eight 26,000-foot peaks in the Himalayas.

• **Feb. 20:** Aaron Couch and Taylor Berent share their 400-mile experience about a novice who joins an expert bike-packing on remote dirt backroads in the Teton region.

• **Feb. 27:** Eric and Polly Hobday relive their exploration of the Yemeni island of Socotra.

Tax help available from VITA for free

Teton Valley Volunteer Income Tax Assistance will again offer free income tax preparation and e-filing to moderate-income taxpayers in Teton Valley.

The VITA process involves an intake interview with a volunteer, who reviews tax documents and helps you complete the necessary forms. Interviews occur at the Senior Center in Driggs and the three branches of the Valley of the Tetons Library.

To schedule an interview, complete the registration form at Tetonseniors.org/vita/ or call (208)-557-4778 to schedule a time.

VALLEY TALK 3



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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

One Wednesday a month at 11 a.m. Check calendar on Page 5 for date. 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.

Aging well

Free. Open to all.

A quarterly panel discussion with guest professionals on topics addressing aging.

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. Subject to weather.

Coffee & games

1:30 p.m. First Thursday. Free. Open to all.

New friends, regulars meet to chat or play.

Senior art

Monthly art activities occur usually 1 p.m. the second Tuesday at Teton Arts studio. Check the calendar. \$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>



FEBRUARY

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. BRIDGE LESSONS, 1:30 TO 4 P.M. Discuss bidding, declarer play or defense strategy. Register at TetonSeniors.org/learn-bridge <p>3</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. SENIOR ART, 1 P.M. BOOK MAKING. A three-week workshop. Visit tinyurl.com/seniorarts. <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. BINGO AND COFFEE, 1:30-3 P.M. Come socialize and play. <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, 1 p.m. Meet at lunch registration table. <p>7</p>
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. BRIDGE LESSONS, 1:30 TO 4 P.M. Discuss bidding, declarer play or defense strategy, and play a game. Register at TetonSeniors.org/learn-bridge <p>10</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Tech Time, noon Bridge, 1 p.m. SENIOR ART, 1 P.M. BOOK MAKING. A three-week workshop. Visit tinyurl.com/seniorarts. <p>11</p>	<ul style="list-style-type: none"> Intro to Tai Chi, 9 a.m. Coffee, 10:30 a.m. Blood-pressure check, 11:45 a.m. Mah-jongg, 1 p.m. MAKER-SPACE, 1:15 P.M. Stamp making. Register at TetonSeniors.org/makerspace PHOTOGRAPHY CLUB, 5:30 P.M. <p>12</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. ADVENTURE TRAVEL SERIES, 6 P.M. Jasmine Star in Nepal and Tibet. <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 lunch registration table. PAL-N-DINE VALENTINE'S DINNER, 6 P.M. Tickets \$40 for dinner and live music. Register at TetonSeniors.org/pal-n-dine <p>14</p>
<p>PRESIDENTS DAY The Senior Center is closed.</p> <p>17</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. SENIOR ART, 1 P.M. BOOK MAKING. A three-week workshop. Visit tinyurl.com/seniorarts. <p>18</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>19</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. SNOWSHOE, 1:15 P.M. Bring or rent equipment. Register at TetonSeniors.org/snowshoe ADVENTURE TRAVEL SERIES, 6 P.M. Aaron Couch and Taylor Berent bike 400 miles in the Tetons. <p>20</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. PIZZA & A MOVIE, 5 P.M. "Wicked." \$8. Register at TetonSeniors.org/movie. <p>21</p>
<ul style="list-style-type: none"> Fit and Fall Proof, 9 & 10 a.m. BRIDGE LESSONS, 1:30 TO 4 P.M. Discuss bidding, declarer play or defense strategy, and play a game. Register at TetonSeniors.org/learn-bridge <p>24</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. <p>25</p>	<ul style="list-style-type: none"> Intro to Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. TETON VALLEY HEALTH UPDATE, 11 A.M. "Bringing Attention to Memory." Mah-jongg, 1 p.m. <p>26</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. SWOT VOLUNTEER INFO, NOON MEDICARE CHAT, NOON. ADVENTURE TRAVEL SERIES, 6 P.M. Eric and Polly Hobday explore Yemeni island of Socotra. <p>27</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>28</p>

CREATE A BOOK

Senior Art involves three sessions this month on book making at the Teton Arts studio. Make your own book from start to finish. Sign up at tinyurl.com/seniorarts



SNOWSHOE WITH SWOT

The SWOT van will travel to Teton Canyon's Sheep Bridge trailhead on Feb. 20. Bring or rent your own equipment. Van leaves SWOT at 1:15 p.m. Limited to 12. Register at TetonSeniors.org/snowshoe.



FEBRUARY

lunch menu

MENU is subject to change depending on availability and weather.

WHEN Lunch is served at noon on Mondays through Fridays. Get a SWOT card at registration desk for 60 and over.

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
Italian style meatloaf with marinara sauce Buttered orzo pasta Roasted squash Tomato basil soup Fresh grapes 3	REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad Mixed fruit 4	Green chile cheese quesadilla Refried beans Spanish rice Salsa bar Black bean blue tortilla soup Red chile brownie 5	Baked tilapia filet Lemon caper tartar sauce Wild rice Roasted asparagus Garden salad BIRTHDAY CAKE 6	Apple cranberry chicken salad on a warmed pita Pasta salad Roasted corn chowder Sliced melon 7
Asian marinated pork chop Pork fried rice Stir-fry vegetables Asian vegetable soup Oranges Fortune cookie 10	Grilled veggie patty melt Housemade potato chips Garden salad Mixed fruit 11	Baked shrimp alfredo Steamed broccoli Dinner roll Italian white bean soup Fresh grapes 12	Herb roasted turkey Sage stuffing Gravy Sautéed green beans Garden salad Apple pie 13	Bacon cheddar burger on a brioche bun Potato salad Cream of mushroom soup Mixed fruit 14
PRESIDENTS DAY The Senior Center is closed. 17	Oven-roasted salmon Lemon caper tartar sauce Roasted potatoes Red coleslaw Clam chowder Vanilla pudding 18	Chicken fried steak Country gravy Mashed potatoes Mixed vegetables Garden salad Mixed fruit 19	Breaded cheese ravioli Marinara sauce Roasted oregano zucchini Garden salad Fresh grapes 20	Layered pork enchiladas Refried beans Spanish rice Salsa bar Green chile cheese soup 21
Garden vegetable quiche Fresh fruit Garden salad Cookie 24	Italian meatball sub on a hoagie roll Pasta salad Italian potato stew Fresh grapes 25	Cheesy chicken and rice casserole Roasted mixed vegetables Garden salad Vanilla pudding 26	Build-your-own deli sandwich with choice of meat and cheese Housemade chips Cream of artichoke soup Chocolate pudding 27	Marsha's crab cakes Roasted red pepper aioli Side salad Tomato bisque Mixed fruit 28



MONTHLY BIRTHDAY CAKES

On the first Thursday of each month, SWOT serves cake for those who are having a birthday that month. Come join the fun, and celebrate your birth month with others at the Senior Center in 2025.





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2024 AND DECEMBER

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

15,408

AT THE CENTER: 11,847
HOME-DELIVERED: 3,561

MEALS SERVED IN DECEMBER

1,279

AT THE CENTER: 971
HOME-DELIVERED: 308

FITNESS/HEALTH PROGRAMS IN DECEMBER

304

GAMES: BRIDGE & MAH-JONGG IN DECEMBER

43

ENRICHMENT PROGRAMS IN DECEMBER

124

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- Kent Bagley
- Jim Beard
- Darwin Boyle
- Larry Cooke
- Barney Flora
- Dennis Lowe
- Sharon Rammell

And ...
Clementine



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.



special shirts

Seniors showed off their sports and Hawaiian shirts at two special lunch days in January. A few of the shirts had special meaning. Board member Cindy Dender, below in the center, lent Hilo Hattie shirts that belonged to her late husband, Will, to Chef Peter Troy, left, and Executive Director Allie Mollenkof, right.



aging well in Teton Valley

A new quarterly panel series debuted last month to address aging well in the community, specifically addressing brain health. Panelists Gabriele Seffert, and Lauren Grell, left, both speech language pathologists from Teton Valley Health, said staying engaged in a meaningful activity such as reading maintains our brains. They were joined by Geriatric Social Worker Carol Taylor; Tyrell Arnold, senior services director of the Eastern Idaho Area Agency on Aging; and Margaret Bennett, DPT, from Teton Valley Health and a member of the SWOT Board. A recording is available at <https://shorturl.at/bkQTE>.



painting in sequence

Teton Arts Executive Director Greg Meyers led a class in sequence painting for seniors last month at the Teton Arts studio. The process involves paints and a waxy substance spread across paper to create three sequential images.



making sushi at Makerspace

Last month's Senior Makerspace activity involved learning to roll sushi into vegetarian rice rolls. SWOT Board Member Tim Foreman, above left, finishes a roll. Above right, class participants chop vegetables to make their rolls. Makerspace is part of the Valley of the Tetons Library.

February word search

ADMIRER	B	T	R	A	E	H	T	E	E	W	S	H
AFFECTION	E	R	B	D	H	U	S	M	H	R	S	S
BE MINE	M	A	S	E	E	G	F	Q	E	I	O	D
BOUQUET	I	E	S	R	A	R	N	R	R	O	S	R
CANDLE-LIGHT	N	H	I	P	I	N	K	E	R	I	P	A
CANDY	E	D	K	E	S	O	H	E	E	D	U	C
CARDS	S	D	N	E	W	C	R	E	E	T	R	V
CHERISH	O	D	S	Y	A	I	B	V	E	O	R	A
CUPID	S	O	N	N	M	G	O	D	M	R	S	L
DEAR	R	H	D	D	D	T	T	A	E	I	E	E
DEVOTION	I	Y	A	I	I	V	N	T	E	A	T	N
EMBRACE	S	T	P	O	S	C	Z	V	A	M	R	T
FLOWERS	E	U	N	N	E	M	B	R	A	C	E	I
HEART	C	D	N	O	I	T	C	E	F	F	A	N
HUG	C	A	N	D	L	E	L	I	G	H	T	E
KISS	E	V	O	L	B	T	E	U	Q	U	O	B
LOVE	S	R	E	W	O	L	F	E	W	O	R	R
POEM												
RED												
ROMANCE												
ROSES												
SWEET-HEART												
VALENTINE												

SWOT sudoku

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

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

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in the SPOTLIGHT

IN JANUARY, Lynne Browning was elected chair of the Seniors West of the Tetons Board of Directors. A native of Rhode Island who worked as a registered nurse and certified nurse midwife, Lynne and her husband Glenn, bought property near Teton and retired here. She recently told us a little more about her decision to take this leadership role.

Why did you accept the position of chair of the SWOT board?

I had a demanding and fulfilling professional career. However, I knew that community service was missing. So, upon retirement when I settled in Teton Valley, I began to explore volunteer opportunities. As a spirited home cook, I was drawn to volunteering in the SWOT kitchen. That proved to be fun and rewarding, and I learned so much about SWOT's mission and commitment to the senior community that board membership seemed natural. Our board is enthusiastic and passionate about supporting the SWOT staff to meet its goals; providing nutritious meals, educational programming and fitness opportunities; while maintaining fiscally sound footing. Leading this group is both an honor and privilege.



LYNNE BROWNING

SWOT'S NEW CHAIR TALKS ABOUT HER GOALS AND WHAT SHE DOES IN HER SPARE TIME.

and Prevention. Aging in place often gives older adults the ability to continue enjoying what they value on their own terms, which may enhance independence and happiness.

What do you wish people knew about SWOT?

That we are synonymous to a senior welcome center for the valley citizens, with a gracious staff and group of volunteers that provided more than 15,000 meals and more than 7,000 fitness activities and other events last year.

What are some of the things you like to do when you're not at the Senior Center or working on SWOT-related efforts?

Much of my free time is spent quilting. It's a relatively new passion that allows me to be artistic and productive. Other hobbies include gardening, biking, hiking

and camping. I also love to travel and have an upcoming trip planned to Belize and a Mediterranean cruise.

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

The breathtaking landscapes, and wide-open spaces. Our superior environment and outdoor activities are what brought me here, but the best part that keeps me here are the people - all like-minded who have such love and appreciation for where we live.

What are some of your goals for this year?

I would like to continue to expand the number of senior patrons who use our center for all activities and meals. I also would like to solicit feedback from our seniors to offer additional services that we currently don't offer. I believe that SWOT has a key role in helping seniors "age in place." This is the ability to live in one's own home and community safely, independently and comfortably, regardless of age, income or ability level as defined by the U.S. Centers for Disease Control



CELEBRATING 20 YEARS

Fit and Fall Proof program marks 20 years of helping seniors age well

Eastern Idaho Public Health's Fit and Fall Proof program celebrated 20 years of programming last month with a party between sessions at

SWOT. The exercise program, which aims to prevent falls by older adults, is led by volunteers and occurs two days a week with two sessions each day.

SWOTVIEW

PHOTO OF THE MONTH
CHARLES BORRENPOHL



This photo of a tree frog was taken by Charles Borrenpohl in Costa Rica in December. Borrenpohl is a member of the SWOT Photo Club, which meets at 5:30 p.m. the second Wednesday of each month.

Photo club visits elk refuge

The SWOT Photo Club - organized last year by volunteer Mark Kaczor - took its second field trip last month. Members visited the National Elk Refuge north of Jackson last month. Some of the group traveled in the SWOT van, while others drove themselves and joined up with others at the refuge. Fittingly, it was a picturesque trip, and members saw bighorn sheep, moose and elk.

WYDAHO
ROASTERS
COFFEE HOUSE

is a proud supporter of
Seniors West of the Tetons

PUZZLEanswers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



SAVE the date



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

- Feb. 6 Bingo and coffee, 1:30 to 3 p.m.

- Feb. 3, 10 & 24 Bridge lessons: learn and play, 1:30 to 4 p.m. Register at TetonSeniors.org/learn-bridge.

- Feb. 4, 11 & 18 Senior Art, 1 p.m. at Teton Arts Studio, 110 Rodeo Drive, Driggs. Book-making series. Register tinyurl.com/seniorarts.

- Feb. 12 Senior Makerspace: Stamp making, 1 p.m. Register at TetonSeniors.org/makerspace.

- Feb. 12 SWOT Photo Club, 5:30 p.m.

- Feb. 13, 20 & 27 Adventure Travel Series, 6 p.m. See Page 3 and 5 for topics.

- Feb. 14 Pal-N-Dine Valentine's dinner and music, 6 to 8 p.m. \$40 a person. Get tickets online at TetonSeniors.org/pal-n-dine

- Feb. 17 Presidents Day, SWOT is closed.

- Feb. 20 Snowshoe Sheep Bridge, leave SWOT at 1:15 p.m. Bring or rent your own equipment. Register at TetonSeniors.org/snowshoe.

- Feb. 21 Pizza & A Movie, 5 p.m. "Wicked." \$8 a person. Register at Tetonseniors.org/movie.

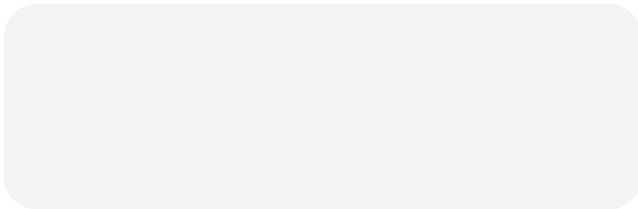
- Feb. 26 Teton Valley Health Update: , 11 a.m.



NOW PLAYING

Join us for delicious pizza, popcorn, soft drinks and the movie "Wicked" starring Cynthia Erivo and Ariana Grande on Feb. 21 at 5 p.m. \$8 per person. Register at TetonSeniors.org/movie.

12 VALLEY TALK



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