



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

AGING WELL
 The next panel discussion on aging in Teton Valley is at 5 p.m. on April 22.
 See Pages 3 and 5

Valley Talk

SPECIAL VOLUNTEER ISSUE



DRUMMING LEADERS
Cindie Brouwer & Lea Hardee



MEAL-DELIVERY DRIVERS
John Cheeseman, Casey Owen & Katie Ballanco



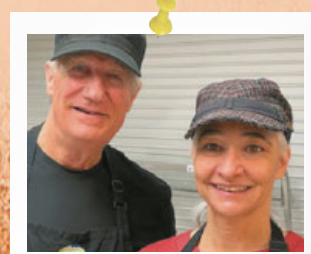
YOGA INSTRUCTOR
Connie Tyler

VOLUNTEER LOVE

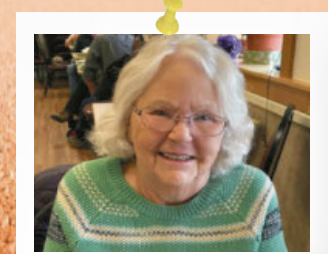
In this issue, we pay tribute to the wonderful volunteers who make Seniors West of the Tetons a special place by keeping seniors engaged, supported and thriving. Day in and day out, our volunteers are amazing. We greatly appreciate all that they do. National Volunteer Recognition Week is April 21-25. All week long, SWOT will be celebrating its volunteers. Be sure to pass on your gratitude to those shown here and all our volunteers you encounter.



FITNESS INSTRUCTORS
Julie Stockdill & Beth Donaldson



KITCHEN HELP
Boyd Colt & Aimee Gormley



FRONT-DESK VOLUNTEER
Joyce Kennedy



ALL-AROUND HELPERS
Kathy & Wayne Berman



KITCHEN HELP
Lois Cannon & Lynn Sandmann



KITCHEN HELP
Lynne Browning & Tracy Stull



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MEALS DELIVERED

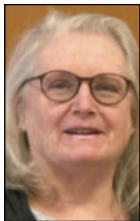
Home-delivered meals are available by contacting:

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

theSWOTteam

CHAIR CHAT

Volunteers make SWOT what it is



LYNNE BROWNING
board chair

DEAR FRIENDS OF SENIORS WEST OF TETONS,

As the snow begins to melt and the days grow longer, we welcome the refreshing spirit of spring with open arms. This season brings renewal, growth and an opportunity to celebrate the vibrant community we continue to build together.

Over the past month, our center has been buzzing with engaging activities and enriching experiences that have brought joy and learning to our members.

Our recent Adventure Travel Series has transported us across the globe without leaving the comfort of our gathering space. Through captivating presentations and shared stories, we have explored new cultures, deepened our understanding of the world and strengthened our connections with one another. This initiative has truly broadened our horizons and fostered a sense of adventure among us all.

One of the highlights of the month was our trip to the Jackson Hole History Museum. Stepping back in time, we uncovered fascinating local history and gained a deeper appreciation for the people and events that shaped this beautiful region. It was a memorable day of learning, reminiscing and celebrating our shared heritage.

Additionally, our collaboration with MD Nursery for a succulent-planting workshop brought the beauty of spring indoors.

With our hands in the soil, we cultivated not only plants but also friendships, laughter and a renewed appreciation for nature's small wonders. The joy of nurturing new life echoes the very essence of this season – growth, hope, and renewal.

April marks National Volunteer Appreciation Week, a time to recognize and honor the dedicated individuals who give so generously of their time and talents to make SWOT a thriving, welcoming space.

Our volunteers are the heart and soul of our organization, ensuring that every meal, program, event and gathering is filled with warmth and care. To each of you who contributes to our mission – thank you. Your efforts do not go unnoticed, and your impact is immeasurable.

As we embrace the promise of spring, let us carry forward the spirit of service and community. In the words of Elizabeth Andrew, "Volunteers do not necessarily have the time; they just have the heart."

May we continue to nurture this heart of generosity, kindness, and connection in all that we do.

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 teton-seniors.org/shining-star

AGING WELL IN TETON VALLEY TALK TO RETURN ON APRIL 22

SWOT will host a guest panel of local health-care professionals who serve the senior population to discuss "Playing for Longevity" an interactive conversational approach with attendees at 5 p.m. on April 22.



The presentation will offer skills, tools and handouts on how to recognize and adapt to physical and mental changes as we age. The event will be at the Senior Center, 60 S. Main St., inside the Driggs City Center.

This will be the second Aging Well in Teton Valley program this year. SWOT launched the series in January and plans to offer four sessions a year.

Workshop to focus on retirement investing

Kenyon Lederer, a certified financial planner, will be offering a workshop at the Senior Center at 4 p.m. on April 29 about retirement planning, investment strategies and balancing risk.

This free workshop, which will include a meal, will address investment options, risk management, diversification and retirement income.

Lederer is chief investment officer at Pinnacle Wealth Management. He guides clients with planning for retirement.

To register for this workshop, visit Tetonseniors.org/retirement.

SWOT addresses take-out expense

SWOT is starting a new policy for take-out meals to save funds and waste by encouraging reusable containers.

Reusable containers will be available for purchase at the front desk for \$8. Diners also can bring their own containers for take-out meals.

Disposable containers still will be available, but only at the front desk and there will be a charge of \$1 for each take-out meal using a disposable container.

SWOT's lunches continue to grow, and we desire to use all meal funds to go straight to grocery costs.

VALLEY TALK 3



PINNACLE

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CFP®, ChFC, CFS, Chief Investment Officer
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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

10:15 a.m. Tuesdays and Fridays. 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. 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

1:15 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>



APRIL 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. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:15 a.m. Bridge, 1 p.m. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. NATIONAL WALKING DAY, 10:30 A.M. Ride the SWOT van for a special walk outing. Register at Tetonseniors.org/walk. Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. COFFEE AND GAMES, 1:15 P.M. Come meet up to play and visit. 	<ul style="list-style-type: none"> Knitting Circle, 9 a.m. Drumming, 10:15 a.m. SWOT Walk, 1 p.m. Meet at the lunch registration table.
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:15 a.m. Tech Time, noon Bridge, 1 p.m. MAKERSPACE, 1:15 P.M. Create laser lanterns from wood. Limited to 6. Free. Register at Tetonseniors.org/makerspace. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee, 10:30 a.m. BP checks, 11:45 a.m. Mah-jongg, 1 p.m. FORCING BULBS WITH RED HOUSE FLOWERS, 1:30 P.M. \$15 fee. Bring your own pot. Limited. Register at Tetonseniors.org/bulbs. PHOTOGRAPHY CLUB, 5:30 P.M. 	<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. 	<ul style="list-style-type: none"> Drumming, 10:15 a.m. SWOT Walk, 1 p.m. Meet at the lunch registration table.
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:15 a.m. Bridge, 1 p.m. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. SHINING STAR APPRECIATION LUNCH, NOON. Monthly donors to SWOT eat for free. Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. PELVIC FLOOR WELLNESS, 1:15 P.M. Jennifer Kunzman PT, DPT, will lead a discussion on pelvic floor health. 	<ul style="list-style-type: none"> Knitting Circle, 9 a.m. Drumming, 10:15 a.m. SWOT Walk, 1 p.m. Meet at the lunch registration table.
<p>NATIONAL VOLUNTEER RECOGNITION WEEK BEGINS</p> <p>Show your appreciation to volunteers in the kitchen, at the front desk and delivery drivers.</p> <ul style="list-style-type: none"> Fit and Fall Proof, 9 & 10 a.m. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:15 a.m. Bridge, 1 p.m. AGING WELL IN TETON VALLEY, 5 P.M. "Playing for Longevity" – how to adapt to physical and mental changes as we age. 	<ul style="list-style-type: none"> 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 CHAT, NOON. 	<ul style="list-style-type: none"> Drumming, 10:15 a.m. SWOT Walk, 1 p.m. Meet at the lunch registration table. PIZZA & A MOVIE, 4:30 P.M. "A Complete Unknown." \$8. Register at TetonSeniors.org/movie.
<ul style="list-style-type: none"> Fit and Fall Proof, 9 & 10 a.m. 	<ul style="list-style-type: none"> YOGA CANCELED. Drumming, 10:15 a.m. Bridge, 1 p.m. SENIOR ART, 1 P.M. A three-week session on gelli-plate printing. Register at https://tinyurl.com/seniorarts. INVESTING IN RETIREMENT, 4 P.M., See Page 3. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. TETON VALLEY HEALTH TALK, 11 A.M. Empowering Seniors: Preventing Frailty and Enhancing Recovery Through Swing Bed Programs Mah-jongg, 1 p.m. 	<p>SHINING STAR LUNCH APPRECIATION</p> <p>SWOT will honor its monthly donors, known as Shining Stars, at a special lunch on April 16. Those who give recurring monthly donations will be invited to eat for free. Become a shining star at Tetonseniors.org/shining-star.</p>	





APRIL

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
	REUBEN TUESDAY Reuben sandwich Housemade potato chips Salad 1	Three-cheese macaroni and cheese Roasted mixed vegetables Minestrone Grapes 2	Barbecue chicken Baked beans Coleslaw Potato salad Cornbread Watermelon BIRTHDAY CAKE 3	Hamburger with American cheese on a brioche bun Fried pickle chips Salad 4
Sloppy Joes on a sesame bun Three-bean salad Cream of mushroom soup 7	Green chile cheese tamale Spanish rice Refried beans Salsa bar Black bean enchilada soup 8	Grilled pork chop Rosemary roasted potatoes Gravy Sautéed vegetables Salad Chocolate pudding 9	Roasted salmon Caesar salad New England clam chowder Focaccia bread 10	Turkey tetrazzini casserole Steamed broccoli Salad Cookie 11
NATIONAL GRILLED CHEESE DAY Grilled Caprese sandwich on sourdough bread Side salad, Tomato bisque Grapes 14	Baked tilapia filet Wild rice Roasted asparagus Lemon caper tartar sauce Salad Melon Cookie 15	Southwest pork tenderloin Fire-roasted corn Black beans Green enchilada soup 16	Breaded chicken breast Mashed potatoes Chicken gravy Roasted mixed vegetables Salad 17	French dip with au jus Housemade potato chips Cream of potato soup Brownie 18
Apple cranberry chicken salad on a pita Garden vegetable soup Lemon Jell-O parfait 21	Rachel sandwich Housemade potato chips Salad Cookie 22	Chicken fried steak Mashed potatoes Brown gravy Roasted green beans Cream of asparagus soup 23	Beaded cheese ravioli with marinara sauce Salad Focaccia bread 24	Pork bánh mi hoagie sandwich Red chile aioli Cucumber salad Asian vegetable soup Fortune cookie 25
Tuna on wheatberry bread Housemade potato chips Salad Cookie 28	Thai peanut chicken over rice noodles Coconut cauliflower curry soup Mandarin oranges 29	Loaded Idaho baked potato with chili and cheese sauce Steamed broccoli Garden salad Mixed fruit Vanilla pudding 30	THANK THE VOLUNTEERS All month, but especially the week of April 21-25 – which is National Volunteer Recognition Week - be sure to tell SWOT volunteers in the kitchen, at the front desk and those delivering meals how much they are appreciated.	



by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2024 AND JANUARY

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 2025

2,781

AT THE CENTER: 2,208
HOME-DELIVERED: 573

MEALS SERVED IN FEBRUARY

1,227

AT THE CENTER: 957
HOME-DELIVERED: 270

FITNESS/HEALTH PROGRAMS IN FEBRUARY

467

GAMES: BRIDGE & MAH-JONGG IN FEBRUARY

112

ENRICHMENT PROGRAMS IN FEBRUARY

180

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- Bob Bovée**
- Anne Cooper**
- John Hile Duke**
- Michael "Buck" Hansen**
- Melicent "Clixie" Hooper**
- Margo Lewis**
- Donna Thompson**



VALLEY TALK 7



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PICTURE perfect

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



1 Jim Wilson and grandson Eli



2 Randy and Cindie Brouwer

what we did this winter

We asked seniors to send photos of things they did this winter. It's sort of the opposite of those back-to-school writing assignments on how you spent your summer vacation. Here, we share scenes of:

- 1 Jim Wilson and his 4-year-old-grandson Eli, riding a lift, skiing and sharing hot chocolate at Grand Targhee Resort.
- 2 Randy and Cindie Brouwer walked South Leigh Creek on a bluebird day.
- 3 Dan Orr, far right, spent a lot of time shooting photos this winter, including bighorn sheep in Wyoming and the Skijoring event in Driggs.



3 Dan Orr and photos



enjoying snow

SWOT organized a snowshoeing event at the Sheeps Bridge trail in Teton Canyon. The van made it easy to get to the trailhead, where a few others joined in for an almost three-mile, round-trip excursion.



history lessons

SWOT took 13 seniors on a private tour of the Jackson Hole History Museum. Catherine Maguire, the museum's director of education, led the tour, which included a special exhibit of women artists of the West.



remember?

Gabriele Seffert and Lauren Grell, speech pathologists at Teton Valley Health, taught a crowd of 30 ways to improve your memory through an experiment to learn and recall the largest countries.

Volunteer word search

ASSIST	E	S	R	O	K	R	E	D	A	E	L	C
CARING	E	T	U	B	I	R	T	N	O	C	T	P
CHARITY	G	R	E	E	T	E	R	E	E	D	G	F
CLEAN UP	T	P	A	C	C	P	S	T	N	E	V	E
CONTRIBUTE	U	S	Y	E	H	S	A	W	N	L	A	S
DECORATIONS	D	E	I	U	E	S	E	H	S	I	D	E
DELIVER	R	S	E	S	N	I	C	N	C	V	G	L
DISHES	I	I	W	M	S	P	L	E	H	E	I	F
DRIVER	V	A	I	D	I	A	G	G	A	R	V	L
EVENTS	E	R	S	V	P	T	R	N	R	F	I	E
FUND RAISE	R	D	E	C	O	R	A	T	I	O	N	S
GIVING	C	N	R	O	M	R	E	N	T	R	G	S
GREETER	K	U	V	S	W	E	E	P	Y	P	A	D
HELP	P	F	I	R	G	P	U	N	A	E	L	C
INSTRUCTOR	E	A	C	R	E	E	T	N	U	L	O	V
KITCHEN	G	A	E	T	U	T	I	T	S	B	U	S
LEADER	A	R	O	T	C	U	R	T	S	N	I	P
MOP												
PREP												
SELFLESS												
SERVICE												
SUBSTITUTE												
SWEEP												
TIME												
VOLUNTEER												
WASH												

SWOT sudoku

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

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

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>> CONTINUED FROM PAGE 1

V♥LUNTEER LOVE

Volunteers are the backbone of Seniors West of the Tetons. We asked several volunteers to tell us why they do it and what they gain from the experiences.



“It is a great way to meet and interact with people, and also enjoy the delicious food.”

BARB WHISSEL
FRONT DESK VOLUNTEER



“It is important to be part of this community, and Peter (Troy) is the best chef to work for.”

MARY BLEFFERT
KITCHEN VOLUNTEER



“I have been doing this for almost three years. I love to meet and greet people, especially newcomers. This allows me to welcome them and tell them a little about the Senior Center.”

JACKIE McMANUS
FRONT DESK VOLUNTEER,
RIGHT, WITH EXECUTIVE
DIRECTOR ALLIE MOLLENKOF



“It is a great way to meet people in the community as well as getting the joy of serving others. In drumming, we have a great time getting a good aerobic workout to up-beat music.”

LEA HARDEE
KITCHEN VOLUNTEER
& DRUMMING
INSTRUCTOR



“I love doing this because of the people I have met and, now that I’m retired, I’m giving back to my community in an important and helpful way.”

DEBBIE RAZZOLINI
MEAL-DELIVERY
DRIVER



“Even on the busiest days, there is always fun to be had at the Senior Center. It’s a great group of people that come in for lunch, and it’s a welcoming place. So thankful we have SWOT in our valley.”

CHRISTY SCHROEDER
KITCHEN VOLUNTEER



“I volunteered because I thought it would be a good way to meet people. I stuck with it because it’s really fun working in the kitchen.”

KATHY MCKINSTRY
KITCHEN
VOLUNTEER



FRONT DESK
Jo Haddox



MEAL DRIVERS
Jackie Riley & Tim Foreman



TAI CHI INSTRUCTOR
Dan Keslar



FIT AND FALL PROOF INSTRUCTORS
Randy & Cindie Brouwer and Anna & Ken Kirkpatrick



"I have volunteered for many years, first delivering food and now at the Monday desk. I always find a new face, a warm smile and great

company in the midst of pure joy. It's like Christmas every Monday just sharing our great valley with so many people who spent their lives building our community."

DEBBIE WHIPPLE
FRONT DESK VOLUNTEER



"I have learned, working in the kitchen, just how important volunteers are to accomplish all you do! I also think that utilizing volunteers

gives us an important sense of accomplishment, belonging and usefulness that adds so much value to our lives, so it really is a win-win!"

LOIS CANNON
KITCHEN VOLUNTEER

"I first connected with the Senior Center delivering meals. I have had the pleasure of watching the Senior Center evolve for 30 years. Every time the center gets a new executive director, it goes up a notch. Now, it's as good as it has ever been! That means the staff, board, volunteers and all the people that walk through the door.

VANCIE TURNER
MEAL-DELIVERY DRIVER



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ROASTERS
COFFEE HOUSE

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PUZZLE answers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



SAVE the date



ALL ACTIVITIES

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

- April 2 National Walking Day walk, 10:30 a.m. Ride the van to take a walk. Register at Tetonseniors.org/walk.

- April 3 Coffee and games, 1:15 p.m.

- April 8 Senior Makerspace, 1:15 p.m. at the Driggs library. See info at right. Register at Tetonseniors.org/makerspace.

- April 9 Forcing bulbs with Red House Flowers, 1:30 p.m. \$15 fee. Bring your own pot. Register at Tetonseniors.org/bulbs

- April 16 Shining Star monthly giving appreciation lunch, noon.

- April 17 Pelvic floor wellness, 1:15 p.m.

- April 22 Aging Well in Teton Valley: Playing for Longevity, 5 p.m.

- April 25 Pizza and a Movie, 4:30 p.m. \$8 fee. "A Complete Unknown." Register at Tetonseniors.org/movie

- April 29 Senior Art, 1 p.m. Gelli-plate prints. Teton Arts Studio, 110 Rodeo Drive. Register at <https://tinyurl.com/seniorarts>

- April 29 Investing in Retirement: Balancing Risk and Reward, 4 to 5:30 p.m. Includes dinner. Register at Tetonseniors.org/retirement.

- April 30 Teton Valley Health Talk, 11 a.m., Empowering Seniors: Preventing Frailty and Enhancing Recovery Through Swing Bed Programs.

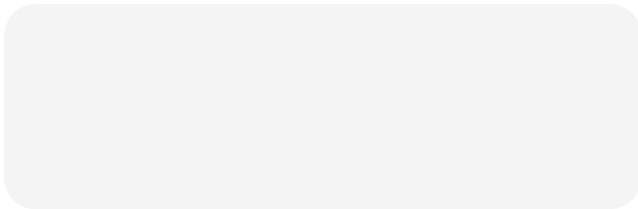
JOIN THE FUN: BECOME A SWOT VOLUNTEER



Don't let super-volunteer Cindy Dender have all the fun. Call today to become a SWOT volunteer.

Become a volunteer at SWOT. Volunteers staff the front desk, work in the kitchen, deliver meals and perform other duties. Contact Stacey Nail at programs@tetonseniors.com or call (208) 354-6973, ext. 2.

12 VALLEY TALK



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