

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)

SWOT PHOTO
CLUB FORMS

Join the fun!

Details, bottom of Page 5

OCTOBER 2024

Valley Talk

SERVING SENIORS IN IDAHO AND WYOMING



SENIORS
WEST OF
THE TETONS

JOIN US FOR HARVEST FEST

Our annual pie contest and auction is moving to the evening. You won't want to miss it!

HARVEST TIME MEANS different things for different people, but at SWOT harvest means time for pie. And our annual Harvest Fest Pie Contest & Auction is right around the corner.

This year, Seniors West of the Tetons has switched the festival to the evening. The event will be from 6 to 8 p.m. Oct. 25 at the Senior Center. The \$10 admission fee will earn guests a chili dinner, one free drink ticket and a paddle to use to bid on pies.

Winning pies will be sold by auction, and there also will be a raffle and a silent auction of great prizes. Pies that don't win an award will be sold by raffle, and pies used for judging - missing a piece or two - will be sold for \$25 each.

Bakers who want to enter the contest will submit two pies - one for judging and one to be sold - on the afternoon of Oct. 25. Awards will be given in two categories - sweet and savory.

event

When 6 to 8 p.m. Oct. 25.

Where Senior Center

Cost \$10

Register At TetonSeniors.org/harvest-fest.

contest

Bakers will submit two identical pies on the afternoon of Oct. 25. To enter, sign up at TetonSeniors.org/pie-contest.



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Peter Troy

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MEALS DELIVERED

Home-delivered meals are available by contacting:

Eastern Idaho
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(208) 522-5391

theSWOTteam

NOTE FROM ALLIE

So much awaits us on the horizon



ALLIE MOLLENKOF
executive director

AS OUR SENIOR CENTER GROWS we continue to grapple with how we can help the seniors of Teton Valley live their best lives in this beautiful, yet rural, place.

We have an incredibly dedicated board and staff that is invested in not settling but continuing to explore other ways we can engage and serve the senior population.

We have come so far, and we offer so much, but we are not done yet!

We know there are still so many seniors in our valley that we don't

know, and one of our biggest priorities is getting more folks through our door.

I can almost guarantee that life will feel more rich, full, connected and meaningful if you join us for lunch or one of our programs - or even volunteer!

There's so much on the horizon here at SWOT. Join us!

CHAIR CHAT

You can help us head in the right direction



ANNA KIRKPATRICK
board chair

I WAS NEVER MORE PROUD of our board and staff than last month, when we held our annual retreat. A hundred percent of our staff and board, 14 in all, came together to see how we can improve and build upon our current mission: Enriching seniors' lives through advocacy, diverse programming, and wellness and nutritional opportunities.

We are committed to providing a welcoming gathering place for our local seniors and the only way to do that is to continue exploring and learning from each other and from you, our senior constituents.

As a senior, you are in the best

position to make sure we are heading in the right direction. Stay tuned for some opportunities to have us hear from you as we continue to look at what the future holds for Seniors West of the Tetons.

See you at the Senior Center!



The SWOT staff and board at our annual retreat.

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

FLU/COVID SHOTS AVAILABLE AT SWOT CLINIC ON OCT. 22

We aren't throwing away our shot at Seniors West of the Tetons. Apologies to Lin-Manuel Miranda, but it's a fun way to talk about the vaccination clinic with Eastern Idaho Public Health from 11 a.m. to 1 p.m. on Oct. 22.



EIPH will be at the Senior Center in Driggs, 60 S. Main, at that time for flu and COVID shots. Bring your medical insurance and Medicare cards.

Register at TetonSeniors.org/shots. If this date does not suit you, visit your primary-care provider, a local pharmacy or the EIPH Teton County office, 820 Valley Centre Drive.

Medicare open enrollment begins

Senior Health Benefits Advisors volunteers Nicki Karst and Ken Kirkpatrick will be presenting information about Medicare during open enrollment, which is Oct. 15 until Dec. 7, from 1 to 3 p.m. on Thursday afternoons starting Oct. 10.

The Oct. 10 session is a demonstration about how to use the Medicare Plan Finder to review Medicare supplements and Part D Prescription Drug Plans. The rest of the sessions are individual consultations.

For more information or to schedule an appointment, go to TetonSeniors.org/medicare.

Learn Mah-jongg on Mondays in October

Have you ever thought about learning to play Mah-jongg? Seniors West of the Tetons is offering the opportunity to learn through three lessons this month.

SWOT member Patty Seymour will teach a series on Mondays - Oct. 7, Oct. 21 and Oct. 28 - from 1 to 2:30 p.m. Mah-jongg is a popular tile-based game developed in China and offers challenges and fun for those willing to learn and practice the nuanced rules.

Come learn a new game and skill. The classes will be limited. There is no fee. Register at TetonSeniors.org/mah-jongg.

VALLEY TALK 3



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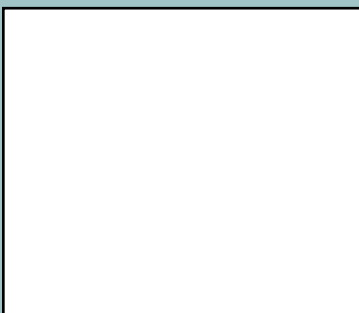
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PROGRAMS & activities



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, Andy Harlan and Adam Bennion are friends of SWOT and 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 the Driggs. Meet at the SWOT lunch registration table.

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>



OCTOBER 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>printmaking</p> <p>At 1 p.m. Oct. 7, try printmaking and create greeting cards at Teton Arts Studio. Register at tinyurl.com/seniorarts.</p>	<ul style="list-style-type: none"> • Yoga, 9 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. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Knitting circle, 9 a.m. • Drumming, 10:30 a.m. • BITCH CREEK TRESTLE, 12:45 P.M. Ride the van or drive yourself to take a 3-mile walk. Register at TetonSeniors.org/trestle.
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • SENIOR ARTS, 1 P.M. PRINT-MAKING. Register at tinyurl.com/seniorarts. • LEARN MAH-JONGG, 1-2:30 P.M. Register at TetonSeniors.org/mah-jongg. 	<ul style="list-style-type: none"> • Yoga, 9 a.m. • TECH TIME, NOON • 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. • PHOTOGRAPHY CLUB, 5:30 P.M. Join this new program to learn and share. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • Lunch with Mayor August, noon. • MEDICARE INFO, 1-3 P.M. Demo on plan finder. Sign up at TetonSeniors.org/medicare. • DEATH CAFE, 1:30 P.M. 	<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 desk.
<p>COLUMBUS DAY INDIGENOUS PEOPLES' DAY</p> <p>The Senior Center is closed.</p>	<ul style="list-style-type: none"> • Yoga, 9 a.m. • BOWLING IN REXBURG. SWOT van leaves at 10 a.m. or drive yourself to arrive by 11 a.m. \$5 fee. Must register at Tetonseniors.org/bowling. • 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. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 & 10 a.m. • MEDICARE ENROLLMENT INFO, 1-3 P.M. Sign up for consultations at TetonSeniors.org/medicare. 	<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 desk.
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 & 10 a.m. • LEARN MAH-JONGG, 1-2:30 P.M. Register at TetonSeniors.org/mah-jongg. 	<ul style="list-style-type: none"> • Yoga, 9 a.m. • FLU AND COVID SHOTS, 11 A.M. TO 1 P.M. Eastern Idaho Public Health provides vaccinations. Bring medical insurance cards. Register at TetonSeniors.org/shots. 	<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 for consultations 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. • HARVEST FEST PIE CONTEST & AUCTION, 6 P.M. Chili dinner, pie auction and raffle. \$10 fee. Register at TetonSeniors.org/harvest-fest.
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 & 10 a.m. • LEARN MAH-JONGG, 1-2:30 P.M. Register at TetonSeniors.org/mah-jongg. 	<ul style="list-style-type: none"> • Yoga, 9 a.m. • TETON VALLEY HEALTH UPDATE, 11 A.M. Oncology discussion with Dr. William Nibley. • Bridge, 1 p.m. 	<ul style="list-style-type: none"> • Intro to Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • SWOT volunteer session, 11:30 a.m. to 1 p.m. • Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • HALLOWEEN COSTUME CONTEST, NOON • MEDICARE ENROLLMENT, 1-3 P.M. • HALLOWEEN MOVIE, 4:30 P.M. "HOCUS POCUS." Register at TetonSeniors.org/movie. 	<p>photo bugs</p> <p>Come check out SWOT's new photography club at 5:30 p.m. on Oct. 9. Learn from others, share tips and have fun talking about and planning your next shoot!</p>





OCTOBER 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
	Bangers and mash with onion gravy Buttered peas and carrots Beef mushroom soup Chocolate brownie	Grilled three-cheese on wheatberry bread Side salad Cream of potato soup Melon with cottage cheese	Spaghetti and meatballs Roasted squash Garden salad Fresh grapes BIRTHDAY CAKE	Nachos with housemade tortilla chips, seasoned ground beef, cheese sauce and pico de gallo Green chile soup Churros
Deviled egg salad croissant Housemade chips Garden salad Vanilla pudding	Crispy tilapia fillet Rice pilaf Mixed vegetables Housemade tartar sauce Clam chowder Cookie	Better-Than-Your-Mom's meatloaf Mashed potatoes Gravy Glazed carrots Garden salad Fresh fruit	Creamy chicken and mushrooms with egg noodles Buttered peas Vegetable soup Chocolate brownie	Layered pork carnitas enchiladas Refried beans Spanish rice Salsa bar Cinnamon tortilla chips
COLUMBUS DAY INDIGENOUS PEOPLES DAY The Senior Center is closed.	Artichoke and spinach lasagna Steamed broccoli Garden salad Dinner roll Fresh grapes	Roast pork Mashed potatoes Gravy Braised red cabbage Vegetable stew Cookie	Zucchini sun-dried tomato frittata Oven-roasted potatoes Garden salad Mixed fruit	Tuna salad on wheat with cheddar cheese Housemade chips Chicken noodle soup Vanilla pudding
Teriyaki pineapple chicken with white rice Stir-fry vegetables Egg roll Asian mushroom beef soup Oranges Fortune cookie	Grilled Rachel sandwich with turkey, Swiss cheese, Thousand Island dressing and coleslaw Housemade chips Garden salad	Asian barbecue pork ribs Pork fried rice Asian slaw Carrot ginger soup Oranges Fortune cookie	Asparagus and cauliflower casserole Cheesy garlic bread Garden salad Fresh grapes	Bacon, spinach, tomato, avocado sandwich Creamy pasta salad Chicken corn chowder Rice cereal treat
Beef tamales Refried beans Spanish rice Salsa bar Red chile stew Churros	Potato gnocchi with marinara sauce, fresh mozzarella and fresh basil Grilled zucchini Garden salad Dinner Roll	Chicken pot pie with puff pastry Side salad Broccoli cheddar soup Mixed fruit	Mummified meatballs in potato-skin coffins Black bat wings Horrible hand meat and cheese Roasted pumpkin stew Graveyard cake Witches' brew	





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2024 AND AUGUST

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

10,300

AT THE CENTER: 7,929
HOME-DELIVERED: 2,371

MEALS SERVED IN AUGUST

1,389

AT THE CENTER: 1,029
HOME-DELIVERED: 360

FITNESS/HEALTH PROGRAMS IN AUGUST

566

GAMES: BRIDGE, BINGO, & CRIBBAGE IN AUGUST

180

ENRICHMENT PROGRAMS IN AUGUST

197

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- LaMar Brower
- Rodney Carson
- Gaylon Cook
- Steve Foster
- Gary Grandy
- Jenn Rein
- Walter "Jerry" Riegel



VALLEY TALK 7

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

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

VOLUNTEERS welcome!





PICTURE perfect



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



what a day for seniors

Seniors West of the Tetons celebrated National Seniors Day on Aug. 21 with a special free lunch, bingo games and a visit from the Wydaho Roasters food truck. An anonymous donor and Wydaho Roaster's Jim Sheehan made it possible for seniors to have fancy coffee drinks they don't usually get to enjoy. More than 130 people enjoyed lunch.



flower power

Becky Eidemiller, who was recently elected to serve on the SWOT Board of Directors, created a flower arrangement to dry at the Red House Flowers Flower Bar last month. About 22 participated in the flower bar event.



lifting us up

SWOT's Executive Director Allie Mollenkof and SWOT Board Member Cindy Dender were among the 24 members of SWOT who rode the chairlift at Grand Targhee Resort, an annual event taking us to great heights.



so long for now, Barb

Longtime resident and former SWOT Board Member Barb Rieb recently moved to be closer to family. Her SWOT family, including Mark Kaczor and other bridge club members, gave her a great send off with a special cake.

Pie word search

APPLE	I	Y	R	R	E	B	E	U	L	B	S	C
APRICOT	B	B	R	A	B	U	H	R	Z	Y	H	R
BANANA	Y	E	P	R	P	O	T	A	T	O	E	E
BEEF	C	R	E	O	E	R	Y	R	A	E	P	A
BLACKBERRY	H	C	R	F	H	B	I	Y	Y	R	H	M
BLUEBERRY	P	C	H	E	S	S	K	C	T	N	E	V
CHERRY	H	E	H	O	H	K	M	C	O	G	R	K
CHOCOLATE	U	Y	A	I	C	C	K	P	A	T	D	S
COCONUT	C	B	N	C	C	O	A	E	G	L	S	M
CREAM	K	N	Y	O	H	K	L	C	G	Y	B	I
HAND	L	E	I	T	M	B	E	A	V	C	V	N
HUCKLE- BERRY	E	M	A	K	U	E	A	N	T	C	R	C
KEY LIME	B	I	P	B	P	N	L	N	P	E	F	E
LEMON	E	L	P	O	M	M	O	D	A	O	D	M
MINCE MEAT	R	Y	L	L	R	U	U	C	N	N	T	E
PEACH	R	E	E	S	B	K	L	P	O	A	A	A
PEANUT	Y	K	T	U	N	A	E	P	G	C	H	T
PEAR												
PECAN												
PLUM												
PORK												
POTATO												
PUMPKIN												
RHUBARB												
SHEPHERDS												

SWOT sudoku

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

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

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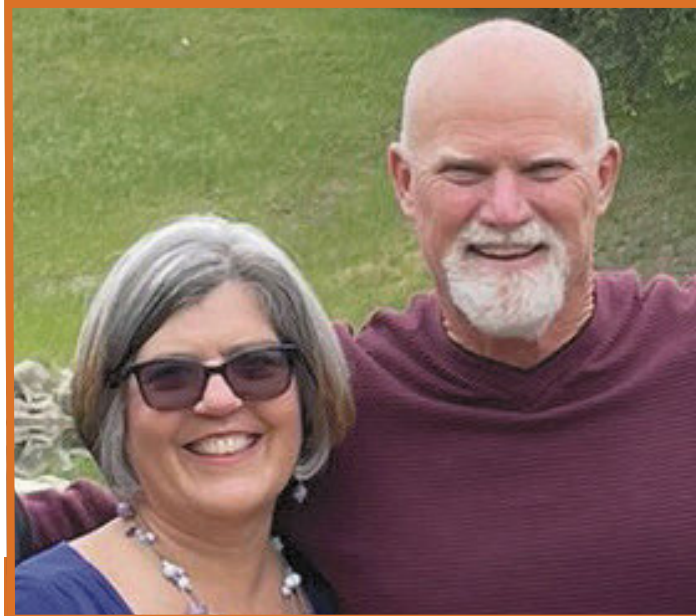
MEET the Brouwers. You probably know Randy and Cindie from the exercise programs they help lead or their fun '70s costumes they wore at the SWOT 45th Anniversary Luncheon. Randy also got the Teton High School Football team to visit SWOT for lunch last fall. The students and seniors are still talking about it. We caught up with the couple recently to find out a bit more about them.

Tell us about your background.

Cindie was born in the Philippines, where her parents were doing missionary work for Wycliffe Bible Translators. The family moved to the United States when she was three years old, and Cindie and her brother and sister were raised in Orange County, California. Randy was born in Chicago and moved with his family to Orange County when he was seven. Randy and Cindie met in high school at a church gathering, and both attended Biola University in La Mirada, California. Randy became a high school math teacher and Cindie an elementary teacher. They were married in 1986 in Huntington Beach, California.

How did you get to Teton Valley?

Cindie's nephew moved to Idaho Falls in January 2019, and the couple would visit his family for a



CINDIE & RANDY BROUWER

SHE HELPS LEAD THE DRUMMING EXERCISE PROGRAM, AND THEY BOTH LEAD FIT & FALL PROOF CLASSES

few days, come to Driggs for a few days and then return to Idaho Falls before going back to California. It was during this time that they fell in love with Teton Valley. Their son then moved to Idaho Falls to pursue a mechanical engineering degree and was hired at the site. Randy and Cindie bought land in Teton Valley in July 2020 and moved into their house that year. Cindie's parents also bought property and live just two miles away from the couple during the summer months.

How did you learn about the Senior Center?

Cindie bought a breakfast burrito from SWOT at the Teton Valley

Farmers Market and got a tour of the Senior Center. A friend named Lea invited Cindie to exercise with SWOT's Fit And Fall Proof program. Cindie enjoyed it so much that she asked Randy to come, and he, too, loved it. They both love how the Senior Center offers a community to belong to and allows them to serve the community as well. They like the lunches and find the meals to be a good place to meet friends. They also like to attend the wonderful field trips that SWOT offers.

What other things are you involved in?

Cindie hosts a preschool mom's and children's group once a week at her house. She teaches Sunday school to young children. She takes her parents on weekly field trips throughout the valley during the summer months. Randy is involved with Teton High School football program. He is the offensive coach for the junior varsity team. He is also involved in Young Life of Teton Valley. After coaching baseball for many years before retiring, he continues to appreciate pristine green grass, and he is known to meticulously work on his lawn. Both of the couple enjoying hiking and floating the Teton River when they are not entertaining guests.

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

They love the people, whom they describe as kind, generous and caring. Both Randy and Cindie say they are proud to call Teton Valley home.

Tin Cup Challenge 2024

OOPS! WE GOOFED!

A wrong name was listed in last month's issue of Tin Cup donors to Seniors West of the Tetons. The listing under Supporters who gave \$100 to \$249 should have read:

Linda and Peter Nelson



SWOT also wants to thank our local government sponsors for their support:

- Teton County, Idaho: \$18,000
- Teton County, Wyoming: \$14,000
- City of Driggs: \$10,000 contribution plus charging SWOT only \$1 rent
- City of Victor: \$6,000 (given through the Tin Cup Challenge)

WILDLIFE

NATURE PHOTOGRAPHY WITH
ANNA KIRKPATRICK, BOARD CHAIR



The golden mantled ground squirrel is often mistaken for a chipmunk, but the main difference is that it is missing the stripes near the eyes that don't extend to the back of the head like the chipmunk has. Its head and shoulders are reddish, hence the "mantle." These squirrels are everywhere at Targhee, and that's where this cutie had its picture taken.

SCAMALERT

REQUEST FOR PAYMENT WITH GIFT CARDS IS HIGHLY SUSPECT

Scammers often impersonate representatives from government agencies, financial institutions or businesses, claiming that you need to make urgent payments with a gift card or you'll face legal action. By creating this false sense of urgency, they pressure you into buying expensive gift cards and sharing the numbers on the back. Businesses and government agencies will never ask you to purchase gift cards for payments. Never give the number on the back of a gift card to anyone you don't know.

WYDAHO
ROASTERS
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Seniors West of the Tetons

PUZZLE answers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



SAVE the date



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

- Oct. 4 Bitch Creek Trestle Walk. Van leaves at 12:45 p.m. or drive yourself. Register at TetonSeniors.org/trestle.

- Oct. 10, 17, Medicare Open Enrollment info, 1 p.m. Individual sessions until 24 & 31 3 p.m. See tetonseniors.org/Medicare.

- Oct. 9 Photography Club begins, 5:30 p.m.

- Oct. 10 Death Cafe, 1:30 p.m.

- Oct. 14 Senior Center closed for Columbus/ Indigenous Peoples' Day.

- Oct. 15 Bowling at Fat Cats in Rexburg. Van will leave 10 a.m. Self-transporters must arrive by 11 a.m. Fee is \$5. Bring a sack lunch. Register at TetonSeniors.org/bowling.

- Oct. 22 Vaccination clinic with Eastern Idaho Public Health. 11 a.m. to 1 p.m. Register at TetonSeniors.org/shots.

- Oct. 25 Harvest Fest Pie Contest & Auction 6 p.m. \$10 admission. Register at TetonSeniors.org/Harvest-Fest.

- Oct. 29 Teton Valley Health Update: Oncologist William Nibley, 11 a.m.

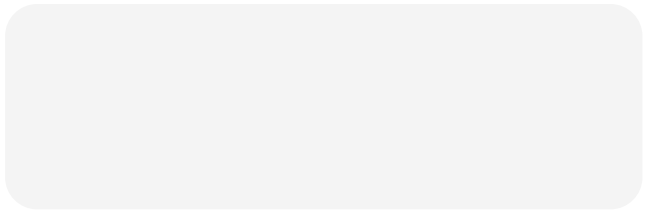
- Oct. 31 Halloween costume contest at lunch. Prizes will be awarded.

- Oct 31 SWOT Spooky Movie, 4:30 p.m. "Hocus Pocus." Register at Tetonseniors.org/movie.



BOWLING WITH SWOT
On Oct. 15 at 10 a.m., the SWOT van will take 12 people to Fat Cats in Rexburg. Or drive yourself and arrive by 11 a.m. \$5 fee. Register at TetonSeniors.org/bowling.

12 VALLEY TALK



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