

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)

FRIDAY
LUNCHES
ARE BACK!

See Page 6

SEPTEMBER 2024

Valley Talk

SERVING SENIORS IN TETON VALLEY, IDAHO AND WYOMING

Tin Cup Challenge 2024



A group of staff members, board members and volunteers helped SWOT show its spirit at the annual Tin Cup Challenge celebration in Victor City Park in July.

THANK YOU, TETON VALLEY, FOR YOUR TRUST AND GENEROSITY

Seniors West of the Tetons is extremely appreciative of the people of Teton Valley. Your contributions and trust in our organization warms our hearts, fills our stomachs and feeds the souls of aging adults who find enrichment, support and nutrition through the programs of the Senior Community Center. Your support means we can continue our programs, expand and try new things and work to combat isolation and loneliness.

Tin Cup Challenge donations provide vital operating funds for us to retain SWOT staff and offer competitive salaries and benefits to make sure they are there to serve you. Your donations created a sizeable match from the Community Foundation of Teton Valley, which we also thank for all of its support and guidance, and the challengers who contribute toward the matching funds.

>> SEE THE LIST OF OUR CONTRIBUTORS
ON PAGES 10 AND 11



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MEALS DELIVERED

Home-cooked and delivered meals are available by contacting:

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

theSWOTteam

NOTE FROM ALLIE

Lunch to cost more for non-seniors



ALLIE MOLLENKOF
executive director

AS YOU WELL KNOW, we have seen a drastic increase in the cost of groceries in the last number of months.

I'm certain you have felt it at home as we have certainly felt it at the Senior Center. Because of this, we have made the decision to ask more for our lunches from those under the age of 60.

This increase will NOT affect the seniors 60 and over who eat at the center. But we are increasing the price for those under 60 from \$8 to \$10 for each meal beginning in October.

The Board and I work tirelessly to bring in funding to keep our senior lunches at the suggested

donation of \$6, which, as you may know, is much less than the actual cost of the meal.

We recognize our senior crowd is on a fixed income, and for as long as we can, we will supplement the meal cost to keep it affordable and accessible for seniors.

We love how our community center is intergenerational, but our commitment remains with our senior constituents.

Thank you for your understanding and for all the ways you give to this community!

CHAIR CHAT

Enjoy the power of gathering at the Center



ANNA KIRKPATRICK
board chair

I KNOW THAT SPRING is thought of as a time for renewal, but for me, I see September that way.

At our Senior Center, September is a time to bring back those beloved activities that we all enjoy so much: Pizza & A Movie, Death Cafe, Friday SWOT Walks, the Sandhill Crane viewing - the list goes on.

And when I look at that list I am so proud of our staff, who work so hard to provide such a variety of experiences for our seniors.

Author Alice Walker's words ring truest this time of year: "This is the power of gathering: it inspires us to be more joyful, more thoughtful, in a word, more alive."

As we move toward the fall season, with its crisp autumnal air, the Senior Center becomes even more of a gathering place.

And that's how we like it.

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 tetonseniors.org/shining-star

WE'LL SEE YOU IN SEPTEMBER ON WALKS, TALKS AND A MOVIE

With the approach of fall, Seniors West of the Tetons is bringing back several activities.

• **SWOT Walks return:**

Every Friday at 1 p.m. at the lunch registration desk.

• **Paint the Tetons:** Join Teri McClaren for a Paint & Sip session for \$20 at 2:30 p.m.

Sept. 18. Bring your own beverage.

• **Pain relief:** Dr. Daniel Smith discusses pain management at 11 a.m. on Sept. 24.

• **See the cranes:** Ride the van at 7 a.m. Sept. 27 and enjoy cider and zucchini bread.

• **See a movie:** Eat pizza and watch "A Man Called Otto" at 5 p.m. Sept. 27.

Register and pay any fees for most of these events at TetonSeniors.org.



Driving course set for Sept. 7 at SWOT

SWOT is hosting an AARP Smart Driver Course from 8:30 a.m. to 4 p.m. on Saturday, Sept. 7 at the Senior Center.

The cost is \$25 for non-AARP members and \$20 for members. Lunch will be available for \$6. Please request a lunch when registering by calling (208) 589-9186.

This course can earn you auto insurance discounts and will refresh your driving skills, teach techniques for left turns, roundabouts and right-of-way, and provide information about new laws and how to handle aggressive drivers. Class is limited, so call soon.

SWOT relaunches Death Cafe sessions

Death Cafe, a gathering of people who meet in a safe, supportive environment to discuss death, dying and grief, is starting up again.

The goal of Death Cafe is to promote an understanding and acceptance of death as a natural part of life and to help people make the most of their lives.

So let's get together once a month and share our thoughts, fears and questions about death and normalize the topic.

This month's session will be 1:30 p.m. on Sept. 12. Registration is not required. Refreshments are included.



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!

Trivia

Check calendar for date. Free.

Kate Driscoll leads this fun trivia competition. Winners get a prize.

Bridge

1 p.m. Tuesdays. Free. Open to all.

Bridge is a trick-taking card game using a standard 52-card deck.

Mah-jongg

1 p.m. Wednesdays. Free. Open to all.

Mah-jongg is a tile-based game that was developed in the 19th century in China.

SWOT Walks

1 p.m. Fridays. Free. Open to all.

Join us for a walk around Driggs. Meet at the SWOT lunch registration table.

Coffee klatsch

10:30 a.m. Wednesdays. Free. Open to all.

Coffee or tea and conversation. Snack while you chat.

Senior art classes

Skipping September but usually 1 p.m. 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>



SEPTEMBER

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>LABOR DAY The Senior Center is closed.</p> <p>2</p>	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Bridge, 1 p.m. • SENIOR MEN'S INTRO TO DISC GOLF 1:30 P.M. Details below. • REDHOUSE FLOWER BAR, 1:30 P.M. Details below. <p>3</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>4</p>	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • GRAND TARGHEE CHAIRLIFT RIDE, 9:30 A.M. SWOT van leaves at 9 a.m. or drive yourself. Register at TetonSeniors.org/targhee. <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 desk. <p>6</p>
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. <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. to 12:45 p.m. • Mah-jongg, 1 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 desk. <p>13</p>
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 & 10 a.m. <p>16</p>	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Bridge, 1 p.m. <p>17</p>	<ul style="list-style-type: none"> • Intro to Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 • Mah-jongg, 1 p.m. • PAINT & SIP, 2:30 P.M. Led by Teri McClaren. \$20 fee. Limit 20 seniors. BYOB. Register at TetonSeniors.org/paint <p>18</p>	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 & 10 a.m. • LIBRARY LUNCH, NOON. Learn what's happening at the Valley of the Teton Library. <p>19</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 desk. <p>20</p>
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 & 10 a.m. • TRIVIA WITH KATE, 4 P.M. Note the new time. <p>23</p>	<ul style="list-style-type: none"> • Yoga, 9 a.m. • TETON VALLEY HEALTH UPDATE, 11 A.M. Pain Management with Dr. Daniel Smith. • SWOT volunteer session, 11 a.m. • Bridge, 1 p.m. <p>24</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>25</p>	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • MEDICARE CHAT, NOON. Get help and answers to your questions. <p>26</p>	<ul style="list-style-type: none"> • CRANE VIEWING TOUR, 7 A.M. Register at TetonSeniors.org/cranes. • Tai Chi, 9 a.m. • Drumming, 10:30 a.m. • SWOT Walk, 1 p.m. • PIZZA AND A MOVIE, 5 P.M. Register at TetonSeniors.org/movie. <p>27</p>

something for everyone

AT 1:30 P.M. ON SEPT. 3

FOR THE GUYS Senior Men's Intro to Disc Golf. Meet Ted Schroeder at Primrose Park, 240 Primrose St., Driggs. Register at TetonSeniors.org/disc-golf. Free.

FOR THE GALS Come and create your own bouquet from the Redhouse Flower Bar at the Senior Center. \$15 fee. Register at TetonSeniors.org/flowers.



30



SEPTEMBER

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,
• \$8 under 60 and \$5 for children.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABOR DAY The Senior Center is closed. 2	Beef rigatoni pasta Steamed broccoli Garden salad Mixed fruit 3	Grilled veggie burger with red pepper aioli Housemade chips Cream of tomato basil soup Lemon cookie V 4	Loaded Idaho baked potato with housemade chili, cheese sauce, broccoli and sour cream Garden salad BIRTHDAY CAKE 5	Roast pork banh mi sandwich with carrot slaw Cucumber orange salad Asian vegetable noodle soup Fortune cookie 6
Cornflake chicken Mashed potatoes and gravy Sautéed mixed vegetables Garden salad Cookie 9	Fish tacos with beer-battered cod and shredded cabbage Chipotle aioli Salsa bar Green chile chicken stew Red chile chocolate mousse 10	Barbecue pork sandwich with brioche bun Coleslaw Potato salad Garden salad Fresh watermelon 11	Brie tomato asparagus tart Side salad Potato leek soup Lemon fluff dessert V 12	Chicken fried steak Country gravy Mashed potatoes Roasted root vegetables Strawberries and cream 13
Roasted butternut squash risotto Italian sausage on the side Steamed broccoli Cream of mushroom soup Cookie V 16	Apple-cranberry chicken salad on warmed pita Broccoli slaw Garden salad Fresh grapes 17	Grilled salmon Roasted Yukon gold potatoes Grilled asparagus Lemon aioli Turkey corn chowder Lemon parfait 18	Ham and broccoli quiche Fresh fruit Garden salad Vanilla pudding 19	French dip sandwich with au jus Housemade potato chips Chicken noodle soup Chocolate brownie 20
Swedish meatballs Mashed potatoes Roasted green beans Swedish yellow split pea soup Sliced apples 23	REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad Mixed fruit 24	Marsha's crab cakes Side salad Cream of tomato basil soup Cookie 25	Beef gyros in a warmed pita Tzatziki sauce Quinoa salad Garden salad Fresh grapes 26	Layered black bean cheese enchiladas Refried beans Rice Salsa bar Green chile vegetable soup Churros V 27
Bacon cheddar burger on a brioche bun Fried pickle chips Garden salad Mixed fruit 30	<div data-bbox="430 1669 1404 1911" data-label="Text"> <p>SUGGESTED DONATIONS FOR UNDER 60 LUNCH MEALS WILL INCREASE IN OCTOBER TO \$10.</p> <p>This is the final month that Seniors West of the Tetons will be suggesting donations of \$8 for those under 60. In October, the suggested donation will be \$10 for those eating at the Senior Center under 60. This is to help with rising food costs and to keep the suggested donation for seniors at \$6. You'll just need to give a little more for those reubens. Buy lunch punch cards now to beat the increase.</p> </div>			





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2024 AND JULY

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 2024

8,911

AT THE CENTER: 6,900
HOME-DELIVERED: 2,011

MEALS SERVED IN JULY

1,637

AT THE CENTER: 1,264
HOME-DELIVERED: 373

FITNESS/HEALTH
PROGRAMS IN JULY

477

GAMES: BRIDGE, BINGO,
& CRIBBAGE IN JULY

106

ENRICHMENT
PROGRAMS IN JULY

123

GONE BUT NOT FORGOTTEN ...



These residents with ties to Teton Valley passed away recently:

Richard "Rick" Beard

Timothy Comstock

Sheila Knight

Ila Neeley

Belle Niendorf





PICTURE perfect



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



here's the scoop

Seniors West of the Tetons expanded its traveling Ice Cream Socials to the park in Alta, Wyo., this summer. Seniors - along with other friends who happened to be in the neighborhood - also enjoyed ice cream with sprinkles and whipped cream at Sherman Park in Victor and Ruby Carson Memorial Park in Teton. A few lucky folks attended all three. Above left is the happy crowd in Teton. Top right is the line that formed in Victor. Even some dogs and horses tasted the whipped cream. The reviews were mixed, at least from Shorty, shown above bottom right with handler Jessie Thackery.



oh, Jenny, Jenny!

A boatload of seniors enjoyed the annual tour of Jenny Lake in Grand Teton National Park, which was rescheduled after Teton Pass reopened following repairs for a landslide in June. Thank you Jenny Lake Boating.



appreciated volunteers

SWOT's annual appreciation dinner for volunteers followed a Western theme. Among those attending were SWOT's Systems Manager Ken Kirkpatrick, volunteers John and Linda Prentice, and Tammy and Robert Andrews.



seniors make stuff

A group of seniors toured the Makerspace area of the Valley of the Tetons Library in Driggs and made special items with a Glowforge laser cutting machine and learned what other great opportunities await in this great space.

September word search

APPLES	S	E	L	L	A	B	Y	E	L	L	O	V
AUTUMN	A	N	R	O	N	L	I	C	M	B	D	Z
BONFIRE	U	P	I	I	O	E	Z	U	I	L	Y	M
CIDER	T	M	P	K	F	H	G	M	G	D	Y	G
CORN HOLE	U	T	S	L	P	N	C	N	R	O	E	C
CRANBERRIES	M	C	L	E	E	M	O	S	A	T	L	R
CRANES	N	C	R	E	O	S	U	B	T	R	L	O
CROSS	Y	C	R	A	L	T	G	P	I	I	O	S
COUNTRY	R	A	G	A	N	O	A	I	O	V	W	S
DISC	F	E	D	L	N	E	H	T	N	I	S	C
FALL	C	L	C	R	L	B	S	N	O	A	O	O
FOOTBALL	O	S	O	C	O	A	E	R	R	P	U	U
FROST	T	L	I	G	O	B	F	R	A	O	P	N
GOLF	A	S	B	D	C	S	A	X	R	E	C	T
LABOR DAY	F	O	O	T	B	A	L	L	G	I	P	R
LEAVES	B	N	F	R	G	D	N	U	T	S	E	Y
MIGRATION	S	E	Y	O	F	R	L	E	A	V	E	S
NUTS												
ORANGE												
PEARS												
POTATOES												
PUMPKINS												
SCHOOL												
SOCCER												
SOUP												
TRIVIA												
VOLLEYBALL												
YELLOW												

SWOT sudoku

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

THANK YOU, SWOT SUPPORTERS!

Seniors West of the Tetons is so grateful for the outpouring of community contributions we received this year during the Tin Cup Challenge. Here is a list of our donors:

HEROES

(\$5,000 or more)

City of Victor
Donald C. Brace
Foundation
Kelly and Barb Sanders

LEADERS

(\$1,000 or more)

William and Hazel Belk
Al Bregy and Carol Gregory
Scott Clark and Holly Tate
Anthony Dodge and Pauline
Elliott
Jeff and Becky Eidemiller
Beverly Fisher
Matkin Brothers Excavation
Frank and Maryann Russo
Lynn Sandmann
Gary and Jan Schroeder
Daniel and Lucyna Shefter
Clifford and Julie Stockdill
David and Susan Work

AMBASSADORS

(\$500 to \$999)

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Clayton Quayle
James and Cheryl Reinertsen
Matthew Senitzer
Teton Valley Loose Threads
Quilt Guild
Les and Jean Thurmond
Vancie Turner
in memory of Julia Hibbert



Seniors West of the Tetons had an enthusiastic group at the Tin Cup Challenge Day event in July, and we were thrilled to receive an honorable mention for the Spirit Award.

Mark Weston
in memory of Ron Weston

ADVOCATES

(\$250 to \$499)

Randy and Cindie Brouwer
John Cheeseman and
Bette Chapman
Cindy Dender
William and Patricia Feltz
John and Kris Fisher
James Haag and Carol Lichti
Thomas & Kathleen Hoffman
Timothy and Kathryn Hunt
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SUPPORTERS

(\$100 to \$249)

George and Eeva Adams
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Thomas and Cathy Bolstad
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John and Janet Borstelmann
Eric and Elizabeth Brandhorst
Jack and Mara Brannon
Laura Brattain
Miguel Browne and Silvija
Strikis
Glenn and Lynne Browning
Troy Butzlaff and Anna
Grandys
Chasing Paradise Meadery
Sarah Christensen
Ross and Paige Collins
Ryan and Missy Colyer
Scott and Jo Ella Cook
Melissa Croswhite
Randy and Laura Curtis
Philbin de Got Schulz
James and Debra Deskin
Rodney Dykehouse
Dawn Felchle
David and Melanie Fischel
Mark Fisher
Tim Foreman
Gene Forsythe
David and Debbie Fosdick

Aaron Gardner and Denise
Bertsch
Steve and Barb Grange
Greta Ann Gretzinger
Nancy Griffin
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Robert and Solamee
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Cassandra Laub
V.L. Lewis and L.A.
Boulton-Lewis
Ronald and Gayle Lien
Lars and Eva Marmsater
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Thomas and Dorothy Warren
Al and Linda Wilner

Tin Cup Challenge 2024

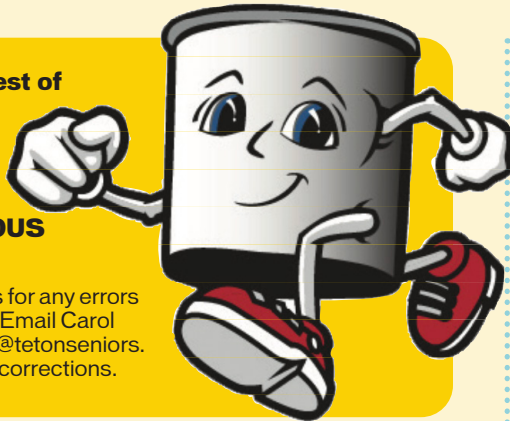
PARTNERS

(\$50 to \$99)

Keith and Susan Birch
 Peter and Ann-Toy
 Broughton
 Lois Cannon
 Gregory Collins and Susan Miller
 Bruce and Judith Connery
 Laurel Dorr
 Howie Garber and Patricia Formichelli
 Lynn Grams
 Peter and Alison Hady
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 Christopher Lundberg and Lori Bantekas
 Gene Marcowka and Jenny Charles
 Lina Marquis and Linda Swope
 Phil and Allie Mollenkof
 Pete and Mary Lou Oslund
 Walt Overgaard and Debbie Susong
 Brent and Patty Petersen
 Liz Pitcher
 Powder Mountain Press/
 Teton Valley Magazine

Seniors West of the Tetons wishes to also thank our many ANONYMOUS DONORS!

Our apologies for any errors or omissions. Email Carol Lichti at carol@tetonseniors.com with any corrections.



Daniel Powers and Lynne Wolfe
 Molly Robertson
 Christy Schroeder
 Jerry and Patty Seymour
 Rustin Shill
 Robert and Alice Stevenson
 John and Cynthia Stoetzer
 Tom and LeAnn Talbot
 Patrick and Taylor Todd
 Violet Volumes Bookstore
 David Warnick and Diane LaHay
 Ben Winship and Caroline Herter
 Charles Woodward

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(\$49 and under)

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 Randy Blough and Jennifer Zung
 Stacy Bodis and Jesse Houston
 Elevate Salon
 Arnold Byrd and Sharon Shopper
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 Jeffrey and Kelly Walker
 Angela Warner
 Fred and Barbara Whissel



WYDAHO
ROASTERS

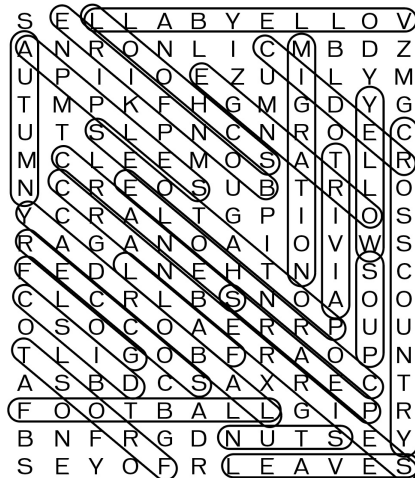
COFFEE HOUSE

is a proud supporter of
 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.

- Sept. 3 Senior Men's Intro to Disc Golf, 1:30 p.m. with Ted Schroeder, Primrose Park, 240 Primrose St., Driggs. Register at tetonseniors.org/disc-golf.

- Sept. 3 Redhouse Flower Bar bouquet arrangement, 1:30 p.m. \$15 fee. Limited. Register at tetonseniors.org/flowers.

- Sept. 5 Grand Targhee Scenic Chairlift ride, 9 a.m. for van or meet there at 9:30 a.m. for voucher. Register at tetonseniors.org/targhee.

- Sept. 12 Death Cafe returns, 1:30 p.m. Details, Page 3.

- Sept. 18 Paint & Sip with Teri McClaren, 2:30 p.m. \$20. Limited to 20 seniors. BYOB. Register at tetonseniors.org/paint.

- Sept. 19 Valley of The Tetons Library table, noon.

- Sept. 24 Teton Valley Health Update: Pain Management with Dr. Daniel Smith, 11 a.m.

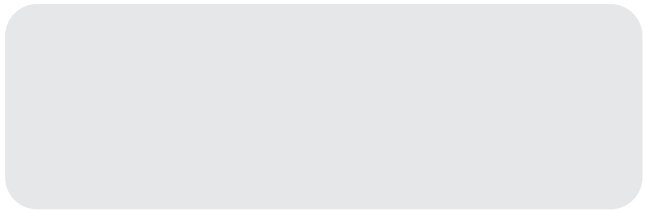
- Sept. 27 Crane Viewing Tour, 7 a.m. SWOT van will tour near the Teton River. Refreshments after. Register at tetonseniors.org/cranes.

- Sept. 27 Pizza & A Movie, 5 p.m. "A Man Called Otto" starring Tom Hanks. Register at tetonseniors.org/movie.



TARGHEE CHAIRLIFT RIDE
On Sept. 5, ride the van at 9 a.m. or meet at Grand Targhee Resort at 9:30 a.m. to get your voucher. Register at tetonseniors.org/targhee.

12 VALLEY TALK



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