



## 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](mailto:swot@tetonseniors.com)
- P.O. Box 871, Driggs, ID 83422

### ONLINE

- [www.tetonseniors.org](http://www.tetonseniors.org)
- Facebook: Seniors West of the Tetons
- Instagram: [seniors\\_west\\_of\\_the\\_tetons](https://www.instagram.com/seniors_west_of_the_tetons)

**WE ALL SCREAM!**  
Ice cream socials  
coming to Teton, Victor and Alta, Wyo.

See Page 3

AUGUST 2024

# Valley Talk

SERVING SENIORS IN TETON VALLEY, IDAHO AND WYOMING



## OUR DAY IS COMING!

**NATIONAL SENIOR CITIZENS DAY IS AUG. 21,  
AND SWOT WILL JOIN IN THE CELEBRATION**

National Senior Citizens Day is a celebratory day established in 1988 by President Ronald Reagan as a time to reflect on the significance and accomplishments of aging adults.

**TURN TO PAGE 10 TO SEE SOME  
OF OUR SENIOR ACCOMPLISHMENTS**

### activities planned at SWOT

A special Brunch for Lunch at noon will be free to all those 60 and over.

Bingo at 1 p.m. with special prizes.

**Join us for this celebration!**



## STAFF MEMBERS

EXECUTIVE DIRECTOR  
**Allie Mollenkof**

KITCHEN MANAGER  
**Peter Troy**

OPERATIONS DIRECTOR  
**Stacey Nail**

SYSTEMS MANAGER  
**Ken Kirkpatrick**

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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

# Hum of life pulses through SWOT



**ALLIE MOLLENKOF**  
executive director

I WAS WALKING through the Senior Center the other day and was struck by the life pulsing through the room.

The Fit and Fall Proof classes were wrapping up. Home-delivered meals were being brought out from the kitchen to be connected with drivers for delivery. Weekend plans were being made between some friends, and staying for lunch was being discussed: It was salmon and that's always worth considering!

Your Tin Cup dollars that are so generously given support that snapshot of our work and so much more.

**The day-in, day-out hum of the center is what keeps me pushing our mission forward.**

The day-in, day-out hum of the center is what keeps me pushing our mission forward.

Thank you, to all of you, for believing in this work and for being a part of it.

We could not do it without you! I look forward to seeing you soon!

## CHAIR CHAT

# Thank you for your Tin Cup contributions



**ANNA KIRKPATRICK**  
board chair

ON BEHALF of the board of Seniors West of the Tetons, I would like to humbly thank everyone of you who donated through the Tin Cup Challenge.

This is my sixth year on the board and fourth year as chair, and I'm here to say that every year I am overwhelmed by the support and trust that you have in our organization.

It's so fulfilling to know that you believe in our mission as much as we do and that you trust us with your donations to continue

enriching seniors' lives through advocacy, diverse programming, and wellness and nutrition opportunities.

Your donations will enable us to keep our Teton Valley seniors engaged, supported and thriving, and that's what it's all about isn't it?

See you at the Senior Center!

# 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](http://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 [teteoseniors.org/shining-star](http://teteoseniors.org/shining-star)

## SWOT ICE CREAM SOCIALS SCHEDULED IN THE VALLEY

Seniors West of the Tetons invites older adults in Teton Valley and ice cream lovers of any age to join us at three ice cream socials this month. We're bringing the cool sweetness to you.



The event is expanding to a third location this year - Alta, Wyo. - as well as Teton and Victor. The scoops will be handed out, free of charge, starting at 2 p.m. on these dates and locations:

- **Aug. 2:** In Teton at Ruby Carson Memorial Park, 3103 Perry Ave.
- **Aug. 9:** In Victor at Sherman Park, 180 Elm St.
- **Aug. 29:** In Alta, at Alta Park, 185 Targhee Towne Road.

## Wyoming photos to be on display

The Wyoming Public Media's Photo Contest Traveling Display will be at the Senior Community Center in August.

Fourteen photographs, including one that SWOT Board Chair Anna Kirkpatrick took of Table Mountain, will show various places and people of Wyoming. The photos were selected from 150 submissions last year for Wyoming Public Media's calendar.

A reception is planned at 4:30 p.m. Aug. 20. Enjoy small eats, and see these stunning photographs.

## A series to improve your bridge game

A four-week Bridge Chat Series will run weekly on Fridays from 1 to 2:30 p.m. from Aug. 2 through Aug. 23.

Kristen Schulz, who taught an Intro to Bridge series earlier this year, will be leading this series for players who understand the basics of bridge and want to improve with additional bidding tools. She will cover pre-emptive bidding, takeout doubles, strong two club openers and slam bidding.

Sign up for all four sessions for \$15 or drop in for \$5 a session. Register at [tetonseniors.org/bridge-chat](http://tetonseniors.org/bridge-chat).

### 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

Check the activities calendar for the date and time. 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 in the Driggs Park

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.

Meeting in the Driggs City Park this summer, Dan Keslar leads you through a series of movements performed in a slow, focused manner with deep breathing.

### 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 extraordinaire, Connie Tyler.

## ENRICHMENT



### Death Cafe

On hiatus. The Mental Health Coalition can help if you want to talk. Counseling is available. Call or text (208) 354-6198.

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

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. See the activities calendar on Page 5 for date and time.

### 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

1 p.m. Check calendar for monthly date. Free.

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

### Bridge

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

Whether you've played for years or haven't played once, this one's for you. Bridge is a trick-taking card game using a standard 52-card deck. Experienced or not, you're welcome to come learn and play or just play!

### 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.

### Bridge chat

1 p.m. Fridays in August. \$5 per session or \$25 for all four. Register online.

Kristen Schulz teaches bidding strategies.

### Senior art classes

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>



# AUGUST

## fit and 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

#### DOWN THE ROAD: BE A SMART DRIVER

Next month - on Sept. 7 - SWOT will host an AARP Smart Driver Classroom Course at the Senior Center from 8:30 a.m. to 4 p.m. Cost \$20 for AARP members, \$25 non-members. Lunch available for \$6. Learn new techniques and possibly qualify for insurance savings. To register, call (208) 589-9186.



1

2

- Fit and Fall, 9 & 10 a.m.
- **SENIOR ARTS, 1 P.M.** Explore several techniques to make a functional, beautiful flower vase. Teton Arts studio, 110 Rodeo Drive, Driggs. Register at [tinyurl.com/seniorarts](http://tinyurl.com/seniorarts).

5

- Yoga, 9 a.m.
- Bridge, 1 p.m.
- **SWOT SWIM, 1:30 P.M.** Ride the van to the Teton Valley Resort pool. Bring clothes for return ride. Register at [tetonseniors.org/swim](http://tetonseniors.org/swim)

6

- **JENNY LAKE, RESCHEDULED**, only for pre-registered participants
- Intro to Tai Chi, 9 a.m. in Driggs City Park.
- Coffee Klatsch, 10:30 a.m.
- Mah-jongg, 1 p.m.

7

- Fit and Fall Proof, 9 and 10 a.m.
- **LUNCH WITH MAYOR AUGUST CHRISTENSEN, NOON.**

8

- Tai Chi, 9 a.m. in Driggs City Park.
- Drumming, 10:30 a.m.
- **VICTOR ICE CREAM SOCIAL, 2 P.M.** Sherman Park, 180 Elm St.

9

- Fit and Fall Proof, 9 & 10 a.m.
- **TRIVIA WITH KATE, 4 P.M.** Note the new time.

12

- Yoga, 9 a.m.
- **TECH TIME, NOON**
- Bridge, 1 p.m.

13

- Intro to Tai Chi, 9 a.m. in Driggs City Park.
- Coffee Klatsch, 10:30 a.m.
- **BLOOD-PRESSURE CHECK**, 11:45 a.m. to 12:45 p.m.
- Mah-jongg, 1 p.m.

14

- Fit and Fall Proof, 9 & 10 a.m.

15

- Tai Chi, 9 a.m. in Driggs City Park.
- Knitting circle, 9 a.m.
- Drumming, 10:30 a.m.

16

- Fit and Fall Proof, 9 & 10 a.m.

19

- Yoga, 9 a.m.
- Bridge, 1 p.m.
- **WYOMING PUBLIC MEDIA PHOTO CONTEST RECEPTION, 4:30 P.M.** Enjoy small eats and see the exhibit.

20

- Intro to Tai Chi, 9 a.m. in Driggs City Park.
- Coffee Klatsch, 10:30 a.m.
- **NATIONAL SENIOR CITIZEN DAY FREE LUNCH**
- **BINGO, 1 P.M.**
- Mah-jongg, 1 p.m.

21

- Fit and Fall Proof, 9 and 10 a.m.
- **COMMUNITY RESOURCE CENTER INFO AND RESOURCE VAN, NOON TO 1:30 P.M.** Learn about this important organization.

22

- Tai Chi, 9 a.m. in Driggs City Park.
- Drumming, 10:30 a.m.

23

- Fit and Fall Proof, 9 & 10 a.m.

26

- Yoga, 9 a.m.
- **TETON VALLEY HEALTH ONCOLOGY UPDATE, 11 A.M.**
- Bridge, 1 p.m.
- **SWOT SWIM, 1:30 P.M.** See Aug. 6 info.

27

- Intro to Tai Chi, 9 a.m. in Driggs City Park.
- Coffee Klatsch, 10:30 a.m.
- SWOT volunteer session, 11:30 a.m. to 1 p.m.
- Mah-jongg, 1 p.m.

28

- Fit and Fall Proof, 9 and 10 a.m.
- **MEDICARE CHAT, NOON.**
- **ALTA, WYO., ICE CREAM, 2 P.M.** Alta Park, 185 Targhee Towne Road.

29

- Tai Chi, 9 a.m. in Driggs City Park.
- Drumming, 10:30 a.m.

30




# AUGUST 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
<p><b>BURRITO FRIDAYS TO END</b> This is the final month that Seniors West of the Tetons will be selling breakfast burritos at the Teton Valley Farmers Market on Fridays. The Senior Center is closed for lunch on those days. Get your burrito fix before September arrives.</p>				
Brie and tomato tart Side salad Cream of asparagus soup Lemon fluff dessert  <b>5</b>	Asian pork tacos with hoisin pulled pork Asian slaw Red chile aioli Pork fried rice Asian mushroom soup Oranges Fortune cookie <b>6</b>	Southwest chicken Caesar salad in flour tortilla bowl Red chile white bean soup Churros <b>7</b>	Green chile chicken sandwich with pepper jack cheese Black bean and corn salad Garden salad <b>BIRTHDAY CAKE</b> <b>1</b>	<b>VISIT SWOT AT THE FARMERS MARKET</b> No lunch service. <b>2</b>
Fish and chips with beer-battered cod Roasted potato wedges Coleslaw Homemade tartar sauce Clam chowder Mixed fruit <b>12</b>	Baked chicken parmesan Cheesy garlic bread Garden salad Fresh grapes <b>13</b>	Mediterranean hummus platter with pita, tomatoes, cucumbers, Kalamata olives and feta cheese Red pepper basil bisque Fresh grapes  <b>14</b>	Tuna on wheatberry bread with cheddar cheese Homemade potato chips Garden salad Cookie <b>8</b>	<b>VISIT SWOT AT THE FARMERS MARKET</b> No lunch service. <b>9</b>
Lemon-caper chicken with white rice Buttered asparagus Garden salad Jell-O parfait <b>19</b>	<b>REUBEN TUESDAY</b> Grilled reuben Housemade potato chips Garden salad Mixed fruit <b>20</b>	<b>SENIORS DAY BREAKFAST BRUNCH BUFFET</b> Scrambled eggs Bacon and sausage Potatoes O'Brien Croissant French toast Fruit Mini muffins <b>21</b>	Herb-roasted turkey Mashed potatoes and gravy Green bean casserole Garden salad Apple pie <b>15</b>	<b>VISIT SWOT AT THE FARMERS MARKET</b> No lunch service. <b>16</b>
Veggie lasagna with roasted squash Garden salad Dinner roll Fresh grapes  <b>26</b>	Italian sub sandwich with ham, pepperoni, salami and provolone Vegetable pasta salad Garden salad Chocolate pudding <b>27</b>	White chicken chili Cornbread Roasted corn Garden salad Mixed fruit <b>28</b>	Grilled pork chops with apples and onions Red mashed potatoes Summer sausage bean soup Vanilla pudding <b>22</b>	<b>VISIT SWOT AT THE FARMERS MARKET</b> No lunch service. <b>23</b>
<b>26</b>	<b>27</b>	<b>28</b>	Baked salmon filet with white rice Mixed vegetables Lemon aioli Garden salad Lemon cookie <b>29</b>	<b>LAST DAY FOR SWOT BURRITOS AT THE FARMERS MARKET</b> No lunch service. <b>30</b>





# by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR JUNE AND 2024

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

# 7,274

AT THE CENTER: 5,636  
HOME-DELIVERED: 1,638

MEALS SERVED IN JUNE

# 1,215

AT THE CENTER: 935  
HOME-DELIVERED: 280

FITNESS/HEALTH PROGRAMS IN JUNE

# 467

GAMES: BRIDGE, BINGO, & CRIBBAGE IN JUNE

# 72

ENRICHMENT PROGRAMS IN JUNE

# 61

## GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- Janiece Bell
- Jaremy Erickson
- Neil Fuller
- Barbara Hayes
- Chuck Heard
- Julie Hibbert
- Keith Utterbeck
- Virginia Wesley



## VALLEY TALK 7

**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](http://tetoncountyfairgrounds.com)

**VOLUNTEERS welcome!**





# PICTURE perfect



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



## happy hikers

The SWOT van was finally able to make it over the hill last month for the hike to Taggart Lake in Grand Teton National Park. The trip was delayed because of damage to Highway 22 on Teton Pass, but quick repair work on a detour made the trip possible. Another park event, the Jenny Lake boat ride, is rescheduled for this month on Aug. 7, but only for those who have previously registered.

## cookin' it

Doing their best Peter Troy imitations, SWOT Board Members Lynne Browning and Cindy Dender "manned" the kitchen while Peter took a couple of well-deserved breaks last month. A huge thank you for a job well done.



## marching to our own beat

Seniors West of the Tetons walked in the Fourth of July Parade in Victor. Walkers included Randy Brouwer, Barb Whissel, Cindie Brouwer and Alicia Whissel, along with Chef Peter Troy, Carole Ruzzamenti and Board Member Christina Assante. Board Member Cindy Dender drove the SWOT van to showcase what individual donors and the Teton Springs Foundation and Community Foundation of Teton Valley helped SWOT achieve.



## bookin' it

SWOT Board Member Amy Fradley and Executive Director Allie Mollenkof offered information about Seniors West of the Tetons at Victor's new bookstore, Violet Volumes, on July 6. The bookstore donated 5 percent of sales that day to Seniors West of the Tetons.





## Summer Olympics

AQUATICS	S	C	I	P	M	Y	L	O	U	L	Y	F
ARCHERY	S	S	E	T	E	L	H	T	A	H	G	F
ATHLETES	I	O	G	N	I	L	I	A	S	Y	R	E
BOXING	N	G	N	I	X	O	B	E	M	O	E	N
BRONZE	N	S	R	O	T	I	T	N	P	R	O	C
COMPETITORS	E	T	D	L	O	G	A	S	E	N	C	I
COUNTRIES	T	E	A	N	O	S	C	V	O	O	K	N
CYCLING	E	N	N	L	T	I	L	L	U	G	V	G
FENCING	L	N	F	I	T	I	H	N	N	B	G	S
FLAGS	B	I	C	A	S	T	T	I	R	N	W	T
GOLD	A	S	U	G	A	R	L	O	I	I	E	M
GOLF	T	Q	A	I	I	T	N	L	M	A	Y	U
GYMNASTICS	A	L	R	E	S	Z	C	M	M	C	B	I
OLYMPICS	F	T	S	E	E	Y	I	U	H	H	G	D
PODIUM	I	O	R	M	C	N	S	A	P	B	U	O
RUGBY	C	W	E	T	G	A	M	L	M	F	R	P
SAILING	H	C	R	O	T	A	R	C	H	E	R	Y
SILVER												
SWIMMING												
TABLE TENNIS												
TEAM USA												
TENNIS												
TORCH												
TRIATHLON												
WRESTLING												

## SWOT sudoku

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

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

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# in the SPOTLIGHT

**MEET JACKIE McMANUS.** You probably know her from helping with registration at lunch time. Or playing Mah-jongg or bingo. Or chatting at the Coffee Klatsch sessions. She's also a member of the SWOT Board. We recently caught up with Jackie to learn more about her.

## **Tell us about your background.**

I grew up in Brooklyn, N.Y. I went to college at Central Islip State University of Technology. I received a bachelor's in nursing and a master's in psychology. My career included working as a charge nurse at Central Islip Psychiatric Hospital, and I also worked at the Central Islip outpatient clinic for several years.

## **How did you get to Teton Valley?**

I came to Idaho two years ago at my daughter's invitation. She introduced me to the Senior Center.

## **How did you get involved volunteering with SWOT?**

I was asked if I would like to volunteer and I said yes. I have been sitting at the front desk for the past two years.



**JACKIE  
McMANUS**

**SHE'S A DEDICATED  
VOLUNTEER AND  
A MEMBER OF  
THE BOARD OF  
DIRECTORS**

## **Why did you decide to join the SWOT Board?**

I thought that being a senior with my volunteer experience, I could be of help to the Board of Directors.

## **What have you learned about SWOT by being involved?**

I have learned that the Senior Center provides much more than meals. It

is a place where you can find companionship and friendship.

## **You spend a lot of time volunteering. What do you like to do when you're not volunteering?**

In my free time, I am an avid reader. I also am getting to enjoy time with my daughter, my son-in-law and, especially, with my grandson.

» CONTINUED FROM PAGE 1

## **SENIORS CONTINUE TO SHINE AS WE ADVANCE IN YEARS**

Sure, we might move a little slower than we used to. Sure, we sometimes forget things. But - and this is a big "but" - consider some of the things that today's seniors have done as we age:

- Adapted and learned digital skills in a fast-paced time of change in our business, professional and personal lives.
- Supported our communities as volunteers. According to a recent report from the United Health Foundation, one-in-five individuals 65 or older spent time volunteering in the past year.
- Provided monetary support to nonprofits. In 2022, 77 percent of those 65 and older reported a charitable donation in the past year, more than any other age group.
- Boosted the economy by continuing to work. Roughly one-in-five adults over 65 were employed last year.
- Contributed to the economy by being big spenders. Older consumers contribute more than half the consumer-spending in the United States.

# BOARD SAYS GOODBYE TO HILARY FRENETTE

The Seniors West of the Tetons Board of Directors regretfully is saying goodbye to member Hilary Frenette.

Hilary's three-year term on the board ended this summer, and the board extends a huge thank you to her for her service. A registered nurse, Hilary presented and organized health-related programs, including many during the pandemic.

Her level-headed approach and leadership earned her the nickname of the "voice of reason."

We will miss her on the board,

She and her daughter, Cora, have been regulars at SWOT events. and we hope to continue



**Hilary Frenette**

to see Hilary - and Cora - at SWOT programs and special events.

## FLOWERPOWER

WILDFLOWERS WITH ANNA KIRKPATRICK, BOARD CHAIR



I love these wild irises. In the spring, you see them in the fields and along ditches, but my favorite place is in low spots in pastures, where they are even more picturesque with the cows wandering among them. This was taken along South Bates road this spring.

### Interested in joining a board committee?

Much of the board's work is done by its committees - Communications, which handles publicity for SWOT events; Finance, which oversees our financial situation; Fund Development, which is in charge of fundraising; and Governance, which sets policies and recruits new board members. If you're interested in being on a committee, email board member Jim Haag at [visitwithjim@gmail.com](mailto:visitwithjim@gmail.com).

## PUZZLEanswers

» PUZZLES ARE ON PAGE 9

### Word search



### SWOT sudoku

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



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# SAVE the date



### ALL ACTIVITIES

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

- Aug. 2, 9, 16, 23 Bridge Chat Series, 1 p.m. Kristen Schulz shares bidding strategies to improve your game. \$5 a session or \$15 for full series. Register at [tetonseniors.org/bridge-chat](http://tetonseniors.org/bridge-chat).

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- Aug. 2 Teton Ice Cream Social, 2 p.m. at Ruby Carson Memorial Park, 3103 Perry Ave.

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- Aug. 5 Senior Art: Create a functional clay flower vase, 1 p.m. at Teton Arts Studio, 110 Rodeo Drive in Driggs. Register at [tinyurl.com/seniorarts](http://tinyurl.com/seniorarts).

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- Aug. 6 & 27 SWOT swim at Teton Valley Resort, 1:30 p.m. Ride the van. Bring a towel and dry clothes for return ride. Register at [tetonseniors.org/swim](http://tetonseniors.org/swim)

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- Aug. 9 Victor Ice Cream Social, 2 p.m. at Sherman Park, 180 Elm St.

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- Aug. 21 National Senior Citizens Day free lunch, noon.

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- Aug. 21 National Senior Citizens Day Bingo, 1 p.m.

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- Aug. 27 Teton Valley Health oncology update, 11 a.m.

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- Aug. 28 SWOT Volunteer Session, 11:30 a.m. to 1 p.m.

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- Aug. 29 Alta Ice Cream Social, 2 p.m. at Alta Park, 185 Targhee Towne Road



**NEW TIME FOR TRIVIA WITH KATE**  
Kate Driscoll returns with her fun trivia competition at 4 p.m. on Monday on Aug. 12. Come join a team and vie for prizes and bragging rights.

## 12 VALLEY TALK



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