



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)

Pizza & A Movie

It's back starting on Oct. 31 with "Edward Scissorhands." \$8. Register at Tetonseniors.org.

Valley Talk

TOBER 2025



HARVEST FEST PIE CONTEST & AUCTION

AT SENIORS WEST OF THE TETONS, WE'RE ...

LIVING THE PIE LIFE

It's pie time again! SWOT's Harvest Fest Pie Contest & Auction is planned for Friday, Oct. 10. Proceeds support our home-delivered meal program. Here are the details:

5:30-8 P.M. FRIDAY, OCT. 10 AT THE SENIOR CENTER | ADMISSION: \$15

the contest

Pies will be judged the morning of Oct. 10, and winners will be announced and prizes will be given at the evening event. To enter, see details on Page 11.

the auction

The highest-rated pies will be auctioned to the highest bidder at the event. Other pies and specialty pies will be raffled or sold. Get a taste of the action. Sweet!

the event

Join us for a chili dinner, live music, awarding of the pie prizes and the auction. Register at tetonseniors.org. Admission price is \$15.

» FOR INFO ON ENTERING THE PIE CONTEST, SEE PAGE 11 «



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OPERATIONS DIRECTOR
Stacey Nail
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Peter Troy
SYSTEMS MANAGER
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Julie Stockdill

NEWSLETTER EDITORS
Jim Haag & Carol Lichti

MEALS DELIVERED

Home-delivered meals are
available by contacting:

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

theSWOTteam

CHAIR CHAT

Fall traditions keep us connected



**LYNNE
BROWNING**
board chair

AS AUTUMN SETTLES across the valley, we are reminded of the beauty of the changing seasons and the importance of community traditions that bring us together.

A heartfelt thank you to everyone who supported our burrito sales at the Teton Valley Farmers Market this summer. Your enthusiasm and generosity made it one of our best seasons yet, and those funds go directly toward strengthening our programs and meal services.

Looking ahead, we're especially excited for the fall traditions that keep our community vibrant. The Harvest Fest Pie Contest and Auction is right around the corner, filling the air with sweet aromas and the fun of friendly bidding for a good cause.

At the same time, creativity will be on display with the Downtown

Driggs Association's Scarecrow Contest, where neighbors and local groups bring humor and imagination to our streets.

These events not only celebrate the season but also strengthen the connections that make our valley special. Beyond the joy of these gatherings, they hold deeper meaning: Social connections are one of the best ways to help decrease the risk of senior dementia.

So as the leaves turn and the heat goes on, let's celebrate the season of change together. We look forward to seeing you at our upcoming events, and we thank you for being part of the Seniors West of Tetons family.

YOU CAN HELP US MAKE A DIFFERENCE

IF YOU LOVE THE SERVICES that Seniors West of the Tetons provides, consider making a donation or offering to volunteer.



MAKE A DONATION

Online Go to www.tetonseniors.org/donate
By mail Send us a check at P.O. Box 871, Driggs, ID 83422



DONATE MONTHLY

Become a Shining Star by signing up to give monthly at tetonseniors.org/donate. Monthly donations help us maintain a steady revenue stream.



BECOME A VOLUNTEER

Volunteers assist in the kitchen, deliver meals and much more. Email programs@tetonseniors.com to learn more.

AGING WELL SESSION WILL FOCUS ON POWER OF MEMORY

The final Aging Well in Teton Valley program of the year will be a presentation on understanding the power of memory as we age.

Jody Cornilsen of the Idaho Alzheimer's Association will be the guest speaker at 5 p.m. on Oct. 22 at the Senior Community Center, 60 S. Main, in the Driggs City Center.

Residents of all ages are encouraged to attend. Besides seniors, the program will apply to caregivers, family members, health service providers, local nonprofits and retired and working adults. This Seniors West of the Tetons' program is the final quarterly session on aging well for older adults.



Medicare sessions available at SWOT

Seniors West of the Tetons will be hosting Senior Health Insurance Benefits Advisors for enrollment information for Medicare during the annual enrollment period.

Sessions will be available by appointment on Friday afternoons on Oct. 17, 24 and 31, Nov. 7, 14 and 21 and Dec. 5. Call (208) 557-4778 to schedule.

Ken Kirkpatrick, a SHIBA volunteer and SWOT's systems manager, will give a workshop on Medicare at 1:15 p.m. on Oct. 6. Annual enrollment for Medicare opens Oct. 15 and runs through Dec. 7.



Community meal for Thanksgiving

The Teton Valley Food Pantry and Seniors West of the Tetons have teamed up to offer a free community meal before Thanksgiving.

On Nov. 24, the two nonprofits will be feeding about 250 people in two shifts at the Senior Center. Any businesses or individuals wishing to help sponsor or donate should email SWOT@tetonseniors.com.

VALLEY TALK 3



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- Medicare • Dental
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Elsie Wach – Local agent helping seniors since 2013. Call 208-682-4700.

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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 at the Senior Center. Wear loose clothing; bring water. Suggested \$5 donation. Open to all.

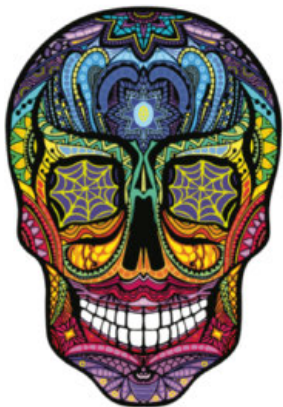
This is a series of movements performed in a slow, focused manner with deep breathing. Beginners welcome. Individual instruction after class. Led by Dan Keslar.

Yoga for a Better Life

9 a.m. Tuesdays and Fridays starting Oct. 10. Wear loose clothing; bring water. Yoga mats and gear available. 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 talk

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.

Mahjong

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

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

SWOT Photo Club

5:30 p.m. the second Wednesday of the month. Free. Open to all.

Come learn and share.

Knitting Circle

9 a.m. the first and third Fridays of the month.

Teton Arts and SWOT offer an opportunity to gather, converse and knit at the Senior Center.

Senior art

Check calendar for activities \$5 suggested donation. Limited.

Offers opportunities to explore your creativity.

Quilting club

3 p.m. the third Monday this month. Open to all.

The Get "Sew" Connected club offers a way to share ideas and advice. Bring hand work and curiosity.



OCTOBER

fit & active

GET A SWOT SCAN
card that lets you easily
check in for programs
and meals and that offers
you discounts at some
area merchants. Ask for a card at the registration desk.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BOWLING OR SOAKING?</p> <p>SWOT will be bowling in Rexburg on Oct. 21 and soaking at Astoria Hot Springs on Oct. 28. No one is saying you can't do both! See details below, and register at Tetonseniors.org.</p>		<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee, 10:30 a.m. Mahjong, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. CARD CRAFTING, 1:15 p.m. Sue Robertson will lead a fun card craft. All materials provided. Free. 	<ul style="list-style-type: none"> TETON VALLEY FARMERS MARKET, 9 a.m.-1 p.m. Last market for SWOT burritos. Knitting Circle, 9 a.m. Drumming, 10:15 a.m.
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. SENIOR ART, 1 p.m., Tie dye a Teton Arts T-shirt and bring other white items to dye. Sign up at tinyurl.com/seniorarts. MEDICARE WORKSHOP, 1:15 p.m. Prepare for enrollment. 	<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, 10:30 a.m. Blood-pressure checks, 11:45 a.m. Mahjong, 1 p.m. SENIOR MAKER-SPACE, 1:15 p.m. Mosaic crafts. Register Tetonseniors.org. PHOTO CLUB, 5:30 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. Death Cafe, 1:30 p.m. 	<ul style="list-style-type: none"> NEW: Yoga, 9 a.m. Drumming, 10:15 a.m. HARVEST FEST PIE CONTEST & AUCTION, 5:30 to 8 p.m. Register to enter pies by Oct. 3. To attend, register and pay \$15 fee at Tetonseniors.org.
<p>INDIGENOUS PEOPLE'S DAY/ COLUMBUS DAY</p> <p>The Senior Center is closed.</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:15 a.m. Tech Time, noon Bridge, 1 p.m. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee, 10:30 a.m. ROCK CLIMBING CLASS, 11 a.m. Learn to climb at the Rock Gym. Limited. Free. Equipment and gear provided. Register at Tetonseniors.org. Mahjong, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. FLU/COVID SHOT CLINIC, 1:30 to 3 p.m. Eastern Idaho Public Health will provide vaccines, including a senior dose for flu. Bring your medical insurance cards. 	<ul style="list-style-type: none"> NEW: Yoga, 9 a.m. Knitting Circle, 9 a.m. Drumming, 10:15 a.m. SWOT Walk, 1 p.m. Ride the van to Horseshoe Canyon. Bring walking shoes, water and poles. Register at Tetonseniors.org.
<ul style="list-style-type: none"> Fit and Fall Proof, 9 & 10 a.m. GET "SEW" CONNECTED, 3 p.m. Come with handwork, ideas and questions about quilting. 	<ul style="list-style-type: none"> Yoga, 9 a.m. BOWLING IN REXBURG, 10 a.m. SWOT van leaves or meet at 11 a.m. at Fat Cats Fun, 475 N 2nd E, Rexburg. \$5 fee. Register at Tetonseniors.org. Drumming, 10:15 a.m. Bridge, 1 p.m. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee, 10:30 a.m. Mahjong, 1 p.m. AGING WELL, REMEMBERING WELL, 5 p.m. Jody Cornilsen of the Idaho Alzheimer's Association will lead the discussion. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. PAWS INFO, noon. Learn about the animal shelter nonprofit and its senior assistance programs. Talk at 1 p.m. 	<ul style="list-style-type: none"> NEW: Yoga, 9 a.m. Drumming, 10:15 a.m. SWOT Walk, 1 p.m. Ride the van to walk to the Bitch Creek Trestle. Bring water and walking shoes. Expected to return by 4 p.m. Register at Tetonseniors.org.
<ul style="list-style-type: none"> Fit and Fall Proof, 9 & 10 a.m. 	<ul style="list-style-type: none"> Yoga, 9 a.m. ASTORIA HOT SPRINGS SOAK, 9:45 a.m. Ride the van or drive yourself. \$5. Register at Tetonseniors.org. Drumming, 10:15 a.m. Bridge, 1 p.m. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee, 10:30 a.m. TETON VALLEY HEALTH TALK, 11 a.m. Medicare overview. ROCK CLIMBING CLASS, 11 a.m. Free. Equipment and gear provided. Register at Tetonseniors.org. Mahjong, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. 	<ul style="list-style-type: none"> NEW: Yoga, 9 a.m. Drumming, 10:15 a.m. SWOT Walk, 1 p.m. See the scarecrows in downtown Driggs. PIZZA AND A MOVIE, 4:30 p.m. "Edward Scissorhands." \$8. Register at Tetonseniors.org.



OCTOBER

lunch menu

LUNCH is served from noon to 1 p.m. Mondays through Fridays. Menus are subject to change.

SUGGESTED DONATIONS are \$6 for those 60 years and older, \$10 for those under 60 and \$5 for children.

TAKEOUT MEALS Cost is \$1 more for disposable containers. No extra charge with reusable containers, which we sell for \$8.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LET'S GET SPOOKY SWOT is having a special lunch on Oct. 31 to celebrate Halloween. Come dressed in costume, and see if you can stomach the scary meal being prepared.		Bangers and Mash: grilled sausage with mashed potatoes Onion gravy Buttered peas and carrots Beef mushroom soup Brownie	Grilled three-cheese sandwich on wheat Side salad Cream of potato soup Melon and cottage cheese BIRTHDAY CAKE	Spaghetti and meatballs with Parmesan cheese Steamed broccoli Garden salad Fresh grapes
Nachos with seasoned ground beef, house-made tortilla chips and cheese sauce Salsa bar Red chile stew Churros	REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad	Crispy tilapia filet Rice pilaf Mixed vegetables Housemade tartar sauce Clam chowder Cookie	Turkey meatloaf Mashed potatoes Turkey gravy Glazed carrots Garden salad Mixed fruit	Roast beef on rye with caramelized onions and Swiss cheese Horseradish aioli Housemade potato chips Garden salad Cookie
INDIGENOUS PEOPLE'S DAY/ COLUMBUS DAY The Senior Center is closed.	Zucchini and sundried tomato quiche Mixed fruit Garden salad Lemon cookie	Tuna on wheat with cheddar cheese Housemade potato chips Chicken noodle soup Fresh grapes	Teriyaki pineapple chicken vegetable stir-fry White rice Egg roll Asian mushroom soup Oranges Fortune cookie	Mushroom Swiss cheeseburger on a pretzel bun French fries Garden salad Cookie
Tuna Nicoise salad with spring mix, green beans, potatoes, egg, tomato and kalamata olives Potato leek soup Lemon cookie	Beef tamales Fire-roasted corn Spanish rice Salsa bar Green enchilada soup Cinnamon tortilla chips	Potato gnocchi with marinara sauce Fresh mozzarella Focaccia bread Grilled zucchini Garden salad	Chicken pot pie with puff-pastry crust Side salad Broccoli cheddar soup Mixed fruit	Barbecue pork sandwich on a ciabatta bun Potato salad Coleslaw Frank and bean soup Watermelon
Cornflake chicken Mashed potatoes Chicken gravy Mixed vegetables Garden salad Sliced melon	Beef Rigatoni with meat sauce Cheesy garlic bread Cream of artichoke spinach soup Balsamic-glazed strawberries	Southwest salmon Caesar salad in a flour tortilla bowl with tomatoes, corn, black beans and chipotle Caesar dressing Green chile corn chowder	Grilled Caprese sandwich with mozzarella, tomato and basil Cream of tomato basil soup Garden salad Vanilla pudding	HALLOWEEN Mummified meatballs in potato-skin coffin Black bat wings Horrible hand meat and cheese platter Pumpkin stew Witches brew Graveyard cake



by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2025 AND AUGUST

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

11,577

AT THE CENTER: 7,827
HOME-DELIVERED: 2,218

MEALS SERVED IN AUGUST

1,532

AT THE CENTER: 1,178
HOME-DELIVERED: 335

FITNESS/HEALTH PROGRAMS IN AUGUST

573

GAMES: BRIDGE & MAHJONG IN AUGUST

68

ENRICHMENT PROGRAMS IN AUGUST

114

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

Dawnett Boyer

Cleve Burnside

Linda Chilvers

Luis Vazquez



VALLEY TALK 7



Celebrate our Western History during Fair week:

Open Class entries, Teton Valley Heritage Days, 4-H and FFA Animal Shows, Livestock Auction, Stock Dog Demo, 20th Annual Horse Pull, Figure 8 and Lawnmower Races, Dinner & Barn Dance, Tractor Show, and Free Entry all week to the Teton Valley Museum.

SCAN FOR MORE
INFORMATION

Live music: July 3rd & August 6th
www.tetoncountyidaho.gov/fairgrounds



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Seniors West of the Tetons, Driggs, ID B 4C 05-1077



PICTURE perfect

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



PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

aloha vibes

National Senior Citizen Day was special for adults 60 years and over who were treated to a free Hawaiian lunch on the Driggs City Plaza. The event, sponsored by an anonymous donor, included a catered lunch from Mo' Bettahs Hawaiian Style Food of Idaho Falls, leis, gifts, live music by Chanman Roots Band and free coffee drinks from Wydaho Roasters. About 250 people enjoyed the lunch. Above left, SWOT Board Member Cindy Dender and the band. At right, volunteer organizer Katrina Runyan puts up a grass umbrella.



riding with SWOT

Glen Hayes, a regular at SWOT, organized a 11.5-mile bike ride for Baby Boomers that attracted 15 riders. The SWOT van offered an aid station, and Pierre's Pedal Project helped with any needed repairs.



PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY



high times

Grand Targhee Resort donated lift tickets to give seniors a great view and fun times at the top.

shining bright

SWOT thanked its monthly Shining Star donors at a free lunch. Cindie Brouwer was one of several donors who shared why they give on a regular basis.



snapping life unfiltered

Photo Club member's photos were on display last month, left, following the Wyoming Public Media photo show in August. Shown at right are winners Elizabeth Donaldson and Anna Kirkpatrick.

Pie word search

APPLE	A	M	I	X	E	D	B	E	R	R	Y	H
APRICOT	P	U	M	P	K	I	N	N	O	M	E	L
BLUEBERRY	M	A	E	R	C	T	U	N	O	C	O	C
BOYSEN- BERRY	H	U	C	K	L	E	B	E	R	R	Y	B
BUTTER- SCOTCH	E	B	O	Y	S	E	N	B	E	R	R	Y
CARAMEL APPLE	R	Y	R	Y	R	R	E	B	E	U	L	B
CHERRY	C	A	R	A	M	E	L	A	P	P	L	E
CHOCOLATE	F	S	H	R	G	P	L	A	W	H	B	P
COCONUT CREAM	R	H	H	C	E	U	L	L	R	O	M	E
FRENCH SILK	E	R	I	H	A	H	S	U	N	N	M	C
HONEY	N	W	X	O	A	E	C	G	M	E	C	A
HUCKLE- BERRY	C	L	D	C	A	P	P	L	E	Y	A	N
KEYLIME	H	C	T	O	C	S	R	E	T	T	U	B
LEMON	S	K	C	L	K	A	O	I	L	Y	R	Y
MIXED BERRY	I	F	N	A	W	M	S	B	C	R	O	Y
PEACH	L	U	P	T	U	N	A	E	P	O	D	C
PEANUT	K	O	K	E	Y	L	I	M	E	U	T	E
PECAN												
PLUM												
PUMPKIN												
SUGAR												

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

SWOT sudoku

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

VALLEY TALK 9

"SEEN AGAIN" GALLERY

JANUARY 2026

This season is worth remembering.

Schedule your portrait session today and capture this chapter of your life. Select images will be featured in our gallery show – celebrating life and legacy in Teton Valley.

SEEN
again


Jess Curren
BOUTIQUE PHOTOGRAPHY

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YOUR JOURNEY, YOUR STORY.





in the SPOTLIGHT

SHE WEARS SEVERAL HATS at SWOT, and one is necessary to keep her hair out of the way when she's working in the kitchen. The others are figurative - she helps lead Drumming exercise classes as well as discussions once a month about quilting. Lea Hardee is a familiar smiling face at Seniors West of the Teton. So we got her to take a break and tell us a little more about herself.

Share a little about your background and how you got to Teton Valley.

My husband and I discovered Teton Valley on vacation. We thought we wanted to end up in Jackson until we found Teton Valley. Twenty years ago, it really was the cheap, quiet side of the Teton. That has changed somewhat, but we still love it here. We found a wonderful church called Calvary Chapel and that has been a big plus for us. We opened a quilters retreat in Teton, which we ran for 18 years.



**LEA
HARDEE**

**SHE'S A REGULAR
SWOT VOLUNTEER
IN THE KITCHEN AND
A DRUMMING
EXERCISE LEADER**

PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

and led me to sometimes leading the exercises. Then came volunteering in the kitchen, which has been a great way to meet new people. Now I lead the Drumming exercise program with my bestie Cindie (Brouwer) two days a week. My quilt guild used to meet at the Senior Center, which is part of why I started volunteering here, as a thank you for letting us use the space.

When not volunteering or leading classes at SWOT, what do you like to do?

Quilting is my main hobby. I love designing and making quilts and teaching others the art of quilting. There is a new sewing group that started meeting at the center in August. We usually gather on the second Tuesday of the month at 3 p.m. at SWOT.

How and why did you get involved at the Senior Center?

After retiring from the business, I finally had time to do the things I hadn't had time for while running the retreat and quilt store. The first thing I discovered was paddleboarding the river. What a treat! The next thing was the Fit and Fall Proof exercise program at the Senior Center. It was great

It is informal, and all who have any interest in quilting or sewing are welcome - even if you've never done it before. I'd love to meet some new sewing enthusiasts - or wanna-be enthusiasts. Come check it out, or come in for lunch on Mondays and say "Hi" to me in the kitchen and join Cindie and me at Drumming at 10:15 a.m. on Tuesdays and Fridays.

» FROM PAGE 1

ARE YOUR PIES CRUST-WORTHY?

What you need to do: Pie makers must provide two pies of the same variety for each entry – one for judging and one to be sold. Pies will be judged on appearance, texture and taste of the crust and filling. Enter at TetonSeniors.org by Oct. 3. Then bring your pies to the Senior Center, 60 S. Main St., in Driggs in the Driggs City Center between 9 and 10 a.m. on Oct. 10. Pies must be in non-returnable plates.

Prizes: Ribbons will be awarded to the top three pies in each category, savory and sweet, with special prizes for the top pie of each category. A Best of Show pie will be named.

The event: The prizes will be given during the event, which takes place at the Senior Center from 5:30 to 8 p.m. You will need to indicate when you enter if you plan to attend.

HARVEST FEST
PIE CONTEST
& AUCTION



TIP of THE MONTH

IDEAS ON HOW TO AGE WELL WHILE LIVING IN TETON VALLEY

BRAIN HEALTH

- Be curious. Try something new. Learn a new skill. Be artistic. Challenging your mind has long- and short-term memory benefits.
- Take a class. Education reduces the risk of dementia and cognitive decline.
- Get moving with regular exercise that increases your heart rate and blood flow to the brain. Walking, dancing and gardening are ways to increase movement.
- Protect your head. Avoid brain injuries by wearing a helmet when biking, riding a horse or playing sports. Wear a seatbelt in the car. Reduce the risk of falls and work to improve your balance.

SWOTVIEW

PHOTO OF THE MONTH
TED SHROEDER

Members of the SWOT Photo Club, which meets the second Wednesday of the month at 5:30 p.m., submit a photo each month to run in the newsletter. Ted Shroeder took his photo for a project in macro photography.



Thank you, Wydaho!

Seniors 60 and over with a SWOT scan card receive a discount at Wydaho Roasters Coffee House on Tuesdays. Thank you, Wydaho, for this and all the other ways you support Seniors West of the Teton.



PUZZLEanswers

» PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



MORE TO DO at the senior center

SWOT WALKS RETURN

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SWOT Walks - an occasional outing on foot from the Senior Center or via the SWOT van - are back this month with two opportunities to get moving and enjoy fresh air and, we hope, fall colors.



OCT. 17

Explore Horseshoe Canyon west of Driggs, shown at far left.

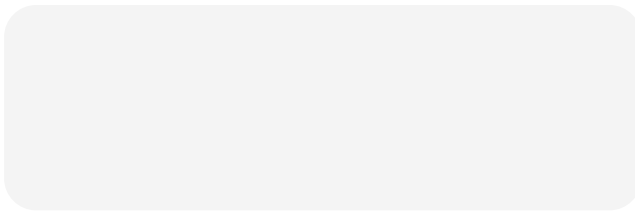
OCT. 24

Hike along the Ashton-Tetonia Rail Trail 1.6 miles to the Bitch Creek Trestle, shown at left.

Bring water, poles, sturdy shoes and weather-appropriate clothing. Register at Tetonseniors.org.

12 VALLEY TALK

» WE'RE LIVING THE HIGH LIFE IN TETON VALLEY! «



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