



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.



HOW TO REACH US

- (208) 354-6973
- swot@tetonseniors.com
- P.O. Box 871, Driggs, ID 83422

Meet "Boo-Rum-Pum-Pum-Pum"



Here is SWOT's entry in the Downtown Driggs Association's scarecrow contest, along with creator Margaret Bennett, a SWOT board member.

Valley Talk

NOVEMBER 2025



SWOT AND THE FOOD PANTRY TO CO-HOST
FREE COMMUNITY THANKSGIVING MEAL

GIVING THANKS

YOU JUST MIGHT BE A TURKEY if you miss what could be the biggest Thanksgiving celebration that Teton Valley has ever seen. After all, it won't cost you a cent.

Seniors West of the Teton and the Teton Valley Food Pantry are teaming up to sponsor a free community-wide Thanksgiving dinner on Nov 24. The meal will be served at the SWOT Community Center in Driggs.

Two seatings are planned - at 11:30 a.m. and 1 p.m. - with a maximum attendance of 200 at each. Reservations can be made on a first-come, first-served basis at the SWOT website, www.tetonseniors.org.

Turkey and all the trimmings will be the drawing card, but the gathering will celebrate the spirit of community.

"It's not just the food," said Sue Heffron, executive director of the Food Pantry. "It's about companionship and spirituality. It's a day about sharing a meal and spending time together. It has value for everyone."

to reserve a seat

Go to SWOT's website at Tetonseniors.org

to make a donation

Go to <https://tinyurl.com/TVthanksgiving>



» CONTINUED ON PAGE 11



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OPERATIONS DIRECTOR
Stacey Nail
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MEALS DELIVERED

Home-delivered meals are available by contacting:

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

theSWOTteam

NOTE FROM ALLIE

My cup of thankfulness is overflowing



ALLIE MOLLENKOF
executive director

AS NOVEMBER SETTLES IN, I find myself feeling extra thankful for this community and all the ways we take care of one another. Every day at Seniors West of the Tetons, I see kindness in action – our home meal drivers

who not only deliver meals but also take time to visit with those who are homebound, our kitchen volunteers who show up each week to be sure lunch is prepped beautifully and always on time, and our fitness instructors who volunteer their time to lead classes that are as fun as they are engaging.

It's these small – or not so small – steady acts of kindness that make our Senior Center feel like family.

This year, I'm especially grateful to be teaming up once again with our friends at the **Teton Valley Food Pantry to offer a free community Thanksgiving meal.**

It's such a wonderful way to bring people together – good food, good company and the simple joy of connection.

It's made possible by our generous donors who go out of their way to care for us all.

And we're hoping that the celebration is such a hit that it will become an annual tradition in Teton Valley.

In a small community like ours, these kinds of collaborations create big ripples. I hope you'll join us for this special meal and help us celebrate all we have to be thankful for.

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.

ADDICTION, JOINT ISSUES & HEARING TO BE ADDRESSED

Hearing, joint health and addiction are topics of health programs this month at SWOT.

The Mental Health Coalition will host drug and alcohol counselor Cordelia Kraus at 5:30 p.m. on Nov. 17. She will discuss addiction recovery. On Nov. 18, Teton Valley Health will offer hearing screenings for seniors from 1 to 3 p.m. Register at Tetonseniors.org.

Dr. Gregory Behm, an orthopedic surgeon and the newest member of the orthopedic team at Teton Valley Health, will be at the Senior Center at 11 a.m. on Nov. 19 to talk about orthopedic surgery and joint health.



Behm



Kraus

More chances to move in November

Seniors West of the Tetons has added a second yoga class – this one at 9 a.m. on Fridays – and will launch a trial Mat Pilates class this month.

Connie Tyler will lead the new yoga class. Suzie Pride, a master mat Pilates instructor, will offer a Pilates class at 3:30 p.m. on Nov. 4. It will involve a sequence of exercise movements. Wear fitted, comfortable clothing.

Also planned is a special SWOT Walks stroll on the North Trail in Teton Canyon on Nov. 7. Ride the van at 1 p.m. or meet at the Sheep Bridge Trailhead. Register at Tetonseniors.org.

Exhibit tour, talk on amphibian photos

Stunning photographs of amphibians that can be found in Teton Valley will be on display and discussed on Nov. 20.

Charles Peterson, professor of zoology from Idaho State University, will lead a tour of “Amphibians & Wetlands of the Greater Yellowstone Ecosystem” at 5 p.m. at the Teton Geo Center, followed by a discussion at 6 p.m. at the Senior Center.

The exhibit represents years of research of native frogs and salamanders that face challenges in wetland ecosystems. The Downtown Driggs Association and SWOT will host this free event.

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

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. 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, except this 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.

Medicare

Free by appointment.

Enrollment assistance available on Friday afternoons. Call 208-557-4778.

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 second Monday of the month. Open to all.

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



NOVEMBER

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
<ul style="list-style-type: none">• Fit and Fall Proof, 9 and 10 a.m.• SENIOR ART, 1 p.m., Autumn painting with Greg Meyers. A step-by-step instruction on painting in fall colors. Sign up at tinyurl.com/seniorarts. 3	<ul style="list-style-type: none">• Yoga, 9 a.m.• Drumming, 10:15 a.m.• Bridge, 1 p.m.• MAT PILATES, 3:30 p.m. Join master instructor Suzie Pride for this trial class. See Page 3 for details. 4	<ul style="list-style-type: none">• Tai Chi, 9 a.m.• Coffee, 10:30 a.m.• ROCK CLIMBING, 11 a.m. Register at Tetonseniors.org.• Mahjong, 1 p.m.• FRAUD TALK, 1 p.m. with Heather Orlando of Alliance Title & Escrow. 5	<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 crafting class on making holiday cards. All materials provided. Free. 6	<ul style="list-style-type: none">• Yoga, 9 a.m.• Knitting Circle, 9 a.m.• Drumming, 10:15 a.m.• SWOT Walks, 1 p.m. Northside Trail in Teton Canyon. Register at Tetonseniors.org. 7
<ul style="list-style-type: none">• Fit and Fall Proof, 9 and 10 a.m.• GET "SEW" CONNECTED, 3 p.m. Come with handwork, ideas and questions about quilting. 10	VETERANS DAY The Senior Center is closed. 11	<ul style="list-style-type: none">• Tai Chi, 9 a.m.• Coffee, 10:30 a.m.• ROCK CLIMBING, 11 a.m. Register at Tetonseniors.org.• Blood-pressure checks, 11:45 a.m.• Mahjong, 1 p.m.• PHOTO CLUB, 5:30 p.m. 12	<ul style="list-style-type: none">• Fit and Fall Proof, 9 and 10 a.m.• Death Cafe, 1:30 p.m. 13	<ul style="list-style-type: none">• Yoga, 9 a.m.• Drumming, 10:15 a.m. 14
<ul style="list-style-type: none">• Fit and Fall Proof, 9 & 10 a.m.• ADDITION & RECOVERY WORKSHOP, 5:30 p.m. Counselor Cordelia Kraus presents "Rethinking Rock Bottom: Empowering Families Towards Addiction Recovery." 17	<ul style="list-style-type: none">• Yoga, 9 a.m.• Drumming, 10:15 a.m.• Bridge, 1 p.m.• HEARING SCREENING, 1 to 3 p.m. Teton Valley Health will conduct initial hearing screenings. Register at Tetonseniors.org. 18	<ul style="list-style-type: none">• Tai Chi, 9 a.m.• Coffee, 10:30 a.m.• Teton Valley Health Talk, 11 a.m. Dr. Gregory Behm. See Page 3 for details.• Mahjong, 1 p.m. 19	<ul style="list-style-type: none">• Fit and Fall Proof, 9 and 10 a.m.• AMPHIBIANS & WETLANDS, 5 p.m. Teton Geo Center tour, 6 p.m. discussion at Senior Center with Zoology Professor Charles Peterson of Idaho State University. See Page 3. 20	<ul style="list-style-type: none">• Yoga, 9 a.m.• Knitting Circle, 9 a.m.• Drumming, 10:15 a.m. 21
 <ul style="list-style-type: none">• COMMUNITY THANKSGIVING MEAL, 11 a.m. to 2 p.m. Free. Reserve a seat at Tetonseniors.org. 24 No Fit and Fall Proof class.	<ul style="list-style-type: none">• Yoga, 9 a.m.• Drumming, 10:15 a.m.• Bridge, 1 p.m. 25	<ul style="list-style-type: none">• Tai Chi, 9 a.m.• Coffee, 10:30 a.m.• Mahjong, 1 p.m. 26	THANKSGIVING HOLIDAY The Senior Center is closed. 27	THANKSGIVING HOLIDAY The Senior Center is closed. 28

CAN YOU HEAR ME?

SWOT is offering free hearing screenings in partnership with Teton Valley Health from 1 to 3 p.m. on Nov. 18. Register for this preliminary screening at tetonseniors.org.

ADDITION RECOVERY

SWOT and the Mental Health Coalition of Teton Valley will present "Teton Valley, Let's Talk ... Rethinking Rock Bottom: Empowering Families Towards Addiction Recovery" at 5:30 p.m. on Nov. 17 with alcohol and drug counselor Cordelia Kraus.

DON'T GET SCAMMED

Learn the various ways that fraudsters will try to steal your identity and assets at a program at 1 p.m. on Nov. 5 led by Heather Orlando of Alliance Title & Escrow.



NOVEMBER

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
BREAKFAST BRUNCH BUFFET Eggs Bacon and sausage Home fries Croissant French toast Fresh fruit Assorted Danishes 3	REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad 4	Falafel on a warm pita with tzatziki sauce Couscous salad Garden vegetable soup Fresh grapes 5	Salmon Caesar salad Crab corn chowder Focaccia bread BIRTHDAY CAKE 6	Bronco burger with an onion ring, barbecue sauce and cheddar cheese on a pretzel bun Housemade chips Garden salad 7
VETERANS EAT TODAY FOR FREE Creamy chicken à la king Steamed broccoli Garden salad Dinner roll Cookie 10	VETERANS DAY The Senior Center is closed. 11	Asian pork tacos with hoisin pulled pork Asian slaw Red chile aioli Pork fried rice Asian mushroom soup Oranges Fortune cookie 12	Cauliflower Parmesan pasta - breaded cauliflower with Alfredo sauce Cream of tomato basil soup Fresh grapes 13	Chili dog with an all-beef frank on a hoagie roll, housemade chili and choice of toppings Potato salad Garden salad Brownie 14
Zucchini sun-dried tomato quiche Side spinach salad Cream of artichoke soup Mixed fruit 17	Grilled Rachel sandwich on sourdough with turkey, Swiss cheese, coleslaw and Thousand Island dressing Housemade potato chips Garden salad 18	Build-your-own salad bar with choice of protein: chicken, salmon or steak White bean and ham soup Focaccia bread Cookie 19	Thai sweet chile crispy chicken Jasmine rice Stir-fry vegetables Sweet potato curry soup Oranges 20	Grilled patty melt on sourdough with Swiss cheese, caramelized onions, coleslaw and horseradish aioli Garden salad Brownie 21
COMMUNITY THANKSGIVING Roast turkey breast Mashed potatoes Dressing Gravy Green bean casserole Cranberry sauce Dinner roll Pumpkin pie 24	Italian mushroom risotto with Parmesan cheese, roasted zucchini, tomatoes and basil Garden salad Lemon cookie 25	Cranberry chicken salad on a croissant Side salad Garden vegetable soup Mixed fruit 26	THANKSGIVING HOLIDAY The Senior Center is closed. 27	THANKSGIVING HOLIDAY The Senior Center is closed. 28

VETERANS LUNCH

SWOT will be closed on Nov. 11 in honor of Veterans Day but will offer any senior veterans a free lunch on Nov. 10. SWOT salutes veterans of all ages and offers this special lunch for senior vets.



COMMUNITY THANKSGIVING

Don't forget to register at tetonseniors.org for the free Community Thanksgiving meal on Nov. 24. SWOT and the Teton Valley Food Pantry are providing the meal thanks to the generosity of many donors. Lunch will be served in shifts between 11 a.m. and 2 p.m.



by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2025 AND SEPTEMBER

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

13,133

AT THE CENTER: 10,291
HOME-DELIVERED: 2,842

MEALS SERVED IN SEPTEMBER

1,556

AT THE CENTER: 1,204
HOME-DELIVERED: 352

FITNESS/HEALTH PROGRAMS IN SEPTEMBER

626

GAMES: BRIDGE & MAHJONG IN SEPTEMBER

120

ENRICHMENT PROGRAMS IN SEPTEMBER

157

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

Judy Black
William Hastings
Shannon Herndon
DeLores Jenkins
Bruce Nye
Lynn Smith
Kent Tonks
Luis Vazquez
Heather Wilcox



VALLEY TALK 7

**Growing Memories at the
TETON VALLEY FAIR**

August 3-9, 2025

102

Logos: 4-H, Teton County Fairgrounds, FFA

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

QR code





PICTURE perfect

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



PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

open house fun & games

An open house in September allowed newcomers to participate in SWOT activities and have lunch, and everyone got the chance to play bingo. Above, bingo winners Vancie Turner and Carmen Springer-Davis mull over the prizes after their wins. Since the open house, several newbies have returned for classes and to lunch.

reaching new highs

Rock climbing lessons at the Teton Rock Gym continued last month to allow more seniors to participate.



PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY



PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY



PHOTO BY ANNA KIRKPATRICK

cranes - plus a couple moose

SWOT's annual tour to see the Great Sandhill Cranes before they migrated south included the sighting of several moose as the tour was getting under way. But cranes also were spotted, as illustrated by the photo above right taken by SWOT Board Member Anna Kirkpatrick, who led the tour with husband, Ken.

a special dinner

SWOT Chef Peter Troy created a five-course dinner last month that had been sold as an auction item at Black Tie Bingo in June. The meal included shrimp cocktail, a sweet corn bisque and beef tenderloin with a rosemary and red wine demi-glace.



thanksgiving word search

APPLE PIE
CRANBERRY
DRESSING
ELECTION
DAY
FAMILY
FOOTBALL
FRIEND
FROST
GATHER
GRATEFUL
GRATITUDE
MASHED
POTATOES
PUMPKIN PIE
SALAD
SKI
SNOW
SOCCER
STUFFING
SWEET
POTATO
THANKS-
GIVING
TURKEY
VETERANS
DAY

G D F D O T W V S Y Y S
N L R R N F K E N R S E
I L L E O E W T O R W O
V A U G S S I E W E E T
I B F A A S T R N B E A
G T E T L B I A F N T T
S O T H A E X N I A P O
K O A E D Y O S G R O P
N F R R E C U D M C T D
A N G K A Y P A V S A E
H L R Z W D L Y M Q T H
T U S T U F F I N G O S
T E I P N I K P M U P A
E L E C T I O N D A Y M
A P P L E P I E S O F V
S O C C E R K K H D Y H
D P E D U T I T A R G Q

SWOT sudoku

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

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

"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

Jess Curren

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



in the SPOTLIGHT

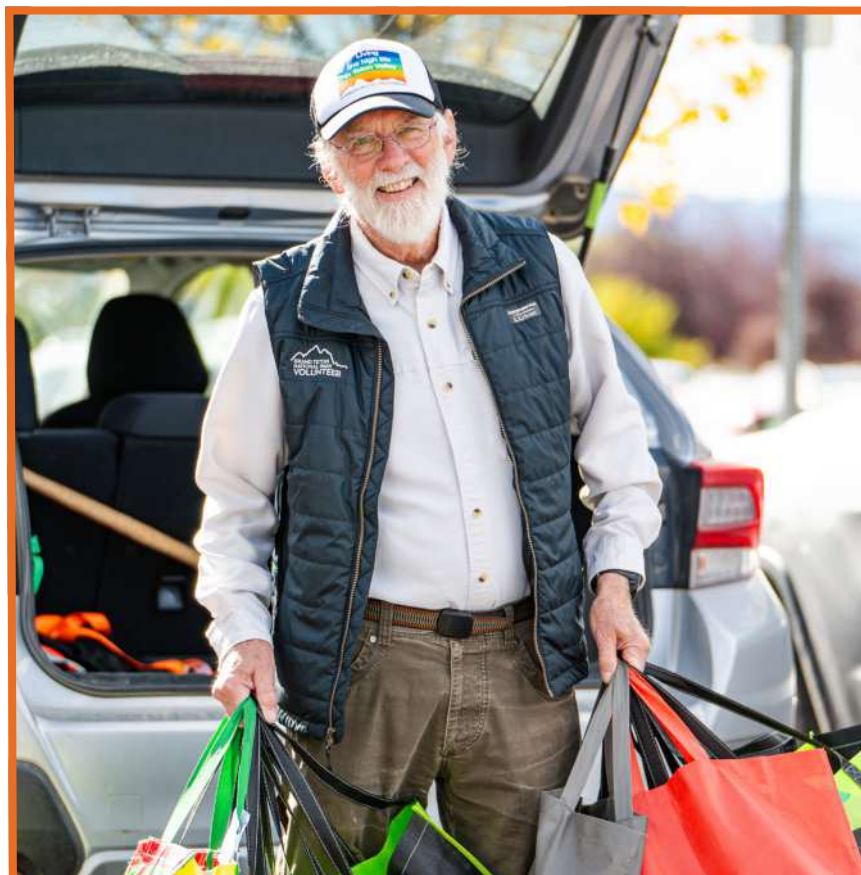
MEET JOHN CHEESEMAN, who walks – and drives – for SWOT. For the past two summers, he has led a wildflower and plant tour for Seniors West of the Tetons, pointing out flora and relaying fascinating facts. Each week, he drives a route to deliver meals to the homes of seniors who don't get out. He took a few minutes out of his time in nature to enlighten us about himself – done, of course, with his dry sense of humor.

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

I grew up in northeast Ohio near Akron. I got a bachelor's degree in education and a doctorate in forestry. I spent most of my career at the University of Illinois, Urbana-Champaign, where I was a professor of plant biology.

What first got you interested in plants?

I don't know. I always thought they were boring, and I hated going out to look at them or work in my



**JOHN
CHEESEMAN**

**HE IS ONE OF
VOLUNTEER DRIVERS
WHO DELIVERS
MEALS TO SENIORS**

PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

Mom's garden. Then one day 50 year ago, they struck back.

How and when did you get to Teton Valley?

2018 was when. Why? Because the area is so beautiful. How? With a big U-Haul.

When and why did you start volunteering at SWOT?

First was a flower walk in the summer on 2024, then meal delivery starting in November 2024; Why? Because I had previously worked in a soup kitchen and found it rewarding. SWOT is a great opportunity to help folks.

What other volunteer work do you do?

In the summer, I volunteer at the Laurance S. Rockefeller Preserve in Grand Teton National Park.

When not volunteering, what do you like to do?

Obviously, I look at flowers. I maintain a flower website, Fine Flowers in the Valley – FFIV.me. I write some kids books, although that's going pretty slowly right now. I write field guides about local flowers (which were researched during his work at the preserve).

I hike, walk the dog, play and sing traditional "folk" music. And I play the New York Times' Spelling Bee.

What would you say is the best thing about living in Teton Valley?

The topography, the people, and the Greater Yellowstone Ecosystem at my doorstep.

EVENT TO BRING COMMUNITY TOGETHER

Allie Mollenkof, SWOT's executive director, concurs.

"Holidays are about family and friends, and this event will show how valley residents come together," she said.

The traditional feast will be prepared by Senior Center Chef Peter Troy. SWOT volunteers will assist in the kitchen and on the buffet line.

Tables will set up in SWOT's dining room and the foyer of the Driggs City Center. Food Pantry volunteers will help guests with water and with clearing tables.

The two executive directors have been

working together for about a year to find sponsors, donors and grants to fund the event, not only in 2025 but also in future years. They hope the event will become an annual affair.

Allie and Sue relish the idea of seeing people of all ages and from all walks of life sharing a communal meal.

"It will bring together all kinds of people," Sue said. "Our donors will be rubbing shoulders in anonymity with our neighbors.

"They can talk about turkey or say, 'Hey, how about that gravy!'"

Bakers produce prize-winning pies and pastries

The Harvest Fest Pie Contest & Auction on Oct. 10 raised money for SWOT's home-delivered meal program.

Judges August Christensen, Len Carlman, Evan Grott, Hunter Hill, Greg Meyers, Suzanne Rees and Emily Sustick scored 19 pies for appearance, texture and taste.

Auctioneer Jim Hardee sold the top-scoring pies to the highest bidder, and the rest were sold for set prices.

Savory pie winners were Debra Denmon, first place; Jim Haag, second and third place. Sweet category winners were Kate Hull, first place; Gini von Essen, second; Sarah Parker, third.

Best of Show was Kate Hull's cranberry gingersnap pie.

SWOTVIEW

PHOTO OF THE MONTH
CONNIE DERAPS

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. Connie Deraps took this photo as part of a project in black-and-white 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 Tetons.



PUZZLEanswers

» PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



MORE TO DO at the center

a stroll in Teton Canyon

SWOT Walks will explore the Northside Trail in Teton Canyon at 1 p.m. on Nov. 7. Sign up to ride the van or drive yourself to the Sheep Bridge trailhead. It's a flat, 2.5-mile walk. Register for the van at Tetonseniors.org.



PHOTO BY ANNA KIRKPATRICK



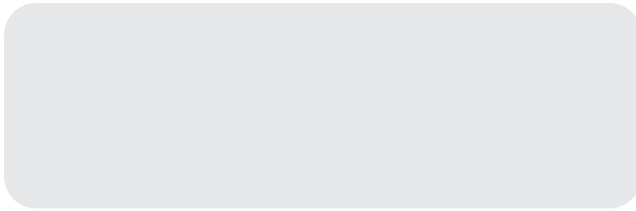
PHOTO COURTESY OF TETON ARTS

re-create the hues of autumn

A group of seniors will celebrate the fall colors at an Autumn Paint-A-Long with Greg Meyers at 1 p.m. Nov. 3. Greg is the executive director of Teton Arts, which offers classes in collaboration with SWOT. The class will be a step-by-step guide. Register at tinyurl.com/seniorarts.

12 VALLEY TALK

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



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