



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)

Meet Michelle

Michelle Lyngso
is the newest member
of the SWOT staff.

SEE PAGE 3

Valley Talk

DECEMBER 2025

**COOKIE
MARKET
RETURNS!**



Here is a sampling of some of the goodies that have appeared at the SWOT Cookie Market.

HAVE A SWEET TIME!

**JOIN SWOT FOR ITS ANNUAL COOKIE MARKET
FROM 10:30 A.M. TO 12:30 P.M. SATURDAY, DEC. 13**

SWOT'S ELVES are busy baking, melting, dipping and decorating holiday cookies and candies in anticipation of Seniors West of the Tetons' Holiday Cookie Market from 10:30 a.m. to 12:30 p.m. on Dec. 13.

It's a chance for attendees to save time in the kitchen, attend a fun event and support SWOT's mission of enriching the lives of older adults in Teton Valley.

For a fee, you'll receive a box that you can fill with festive treats. Elves will wrap your box with holiday flare. There are even treat boxes for your furry friends. Cookies are \$20 for a dozen, \$35 for two dozen. Pet treat boxes are \$12.

Come meet the elves and enjoy holiday tunes and some refreshments from SWOT's hot cocoa bar. It's happening at the Senior Center in the Driggs City Center.

how to join in the baking

- **Go to** SWOT's website at Tetonseniors.org.
- **Sign up** to make at least three dozen of one variety of cookie.
- **Bring your treats** to the Senior Center on Dec. 11 or 12. All cookies must arrive by 3 p.m. on Dec. 12.



STAFF MEMBERS

EXECUTIVE DIRECTOR
Allie Mollenkof
OPERATIONS DIRECTOR
Stacey Nail
KITCHEN MANAGER
Peter Troy
SYSTEMS MANAGER
Michelle Lyngso

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Anna Kirkpatrick
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Margaret Bennett
Cindy Dender
Tim Foreman
Carol Lichti
Cliff Stockdill
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

Come gather and share the warmth



**LYNNE
BROWNING**
board chair

AS THE SNOW SETTLES gently across Teton Valley, our hearts are full from another season of gratitude and connection. Our Community Thanksgiving Meal was a wonderful reminder of what makes this valley so special – neighbors gathering to share warmth, good food and friendship.

We're deeply grateful to everyone who cooked, served, donated or simply came together to enjoy the food. You helped create a true celebration of community.

Now, as December unfolds, we invite you to join us in spreading that same spirit of generosity and joy. This year's Giving Tuesday challenge match is already off to a bright start with our board of directors and staff pledging to match community donations up to \$500. Your gift – large or small – will be doubled, helping us continue to serve seniors through nourishing meals, engaging programs and a

welcoming space for all.

The holidays also are a time for a little fun! Our kitchen smells like Christmas cookies again, and our tree will be filled with handcrafted ornaments that share the gift of donation to support senior meals and programming. Every purchase and every donation keeps our doors open, our meals warm and our community strong.

From all of us at Seniors West of the Teton, thank you for your generosity, laughter and support throughout the year. May your holiday season be filled with light, love and the joy of giving.

YOU CAN HELP US MAKE A DIFFERENCE

IF YOU LOVE THE SERVICES that Seniors West of the Teton 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.

NEW SYSTEMS MANAGER NAMED AT SENIOR CENTER

Ken Kirkpatrick, who has served for two years as SWOT's systems manager, has retired from his staff position. Well, we should probably say he has "semi-retired."

Ken will continue to assist throughout the next year as the new systems manager, Michelle Lyngso, takes over.

Ken, who joined SWOT as a board member before taking a staff post, was instrumental in setting up many software systems, including a database donor management system, the My Senior Center management and event system and the accounting, payment and financial systems. He also set up, redesigned and managed the organization's website, Tetonseniors.org, until earlier this year.

SWOT Executive Director Allie Mollenkoff said Ken

has been a vital member of the SWOT Team for seven years. She and the other staff and board members are grateful for the many ways he has supported the organization and his assistance in this transition.

Michelle, who lives in Victor, has experience handling accounting for businesses in Jackson and is learning SWOT's systems.

Allie said Michelle will be an asset to the SWOT team.

"We're thrilled to have her on board," Allie said.



Ken Kirkpatrick



Michelle Lyngso

SWOT Giving Tree ornaments for sale

Give a gift of joy this holiday season by donating to Seniors West of the Tetons. Your donation will be displayed as an ornament on the SWOT Giving Tree.

Holiday elves might even help hang your ornament. You can donate in person or at Tetonseniors.org/donate.

Make it count even more. Donate on Giving Tuesday, Dec. 2, when the SWOT board and staff will match contributions up to \$500. See Tetonseniors.org.





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. 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., except this month. 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.



DECEMBER

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
Fit and Fall Proof, 9 and 10 a.m. 1	GIVING TUESDAY Your donations to SWOT will be matched. See Tetonseniors.org. - Yoga, 9 a.m. - Drumming, 10:15 a.m. - Bridge, 1 p.m. 2	- Tai Chi, 9 a.m. - Coffee, 10:30 a.m. - Mahjong, 1 p.m. 3	- Fit and Fall Proof, 9 and 10 a.m. VALLEY OF THE TETONS LIBRARY INFO, noon. 4	- Yoga, 9 a.m. - Knitting Circle, 9 a.m. - Drumming, 10:15 a.m. 5
- Fit and Fall Proof, 9 and 10 a.m. SENIOR ART, 1 p.m., Make holiday wrapping paper. Sign up at tinyurl.com/seniorarts. GET "SEW" CONNECTED, 3 p.m. Quilting ideas, handwork. 8	- Yoga, 9 a.m. - Drumming, 10:15 a.m. - Tech Time, noon - Bridge, 1 p.m. WREATH MAKING WITH MD NURSERY, 1:30 p.m., \$15 fee. Sign up and pay at Tetonseniors.org. 9	- 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. Holiday cracker pullables. Sign up at Tetonseniors.org PHOTO CLUB, 5:30 p.m. 10	- Fit and Fall Proof, 9 and 10 a.m. - Death Café, 1:30 p.m. 11	- Yoga, 9 a.m. - Drumming, 10:15 a.m. 12
- Fit and Fall Proof, 9 & 10 a.m. FORCING BULBS, 1:15 p.m. with Red House Flowers. Bring a pot. \$10 fee. Sign up and pay at Tetonseniors.org. 15	- Yoga, 9 a.m. - Drumming, 10:15 a.m. - Bridge, 1 p.m. 16	- Tai Chi, 9 a.m. - Coffee, 10:30 a.m. - Mahjong, 1 p.m. 17	No Fit and Fall Proof. HOLIDAY LUNCH CELEBRATION, Noon. Reserve a seat at Tetonseniors.org. Sponsored by  HOLIDAY BINGO, 1 p.m. 18	- Yoga, 9 a.m. - Knitting Circle, 9 a.m. - Drumming, 10:15 a.m. PIZZA AND A MOVIE, 4:30 p.m. "White Christmas." \$8. Sign up at Tetonseniors.org. 19
Fit and Fall Proof, 9 & 10 a.m. 22	- Yoga, 9 a.m. - Drumming, 10:15 a.m. - Bridge, 1 p.m. 23	HOLIDAY BREAK The Senior Center is closed. 24	HOLIDAY BREAK The Senior Center is closed. 25	HOLIDAY BREAK The Senior Center is closed. 26
HOLIDAY BREAK The Senior Center is closed. 29	HOLIDAY BREAK PARTY, 10 A.M. The Senior Center is closed, but will open for a newsletter-processing party, games and treats in the SWOT Lodge. 30	HOLIDAY BREAK The Senior Center is closed. 31	FORCE SOME BULBS Red House Flowers will lead us with tips on planting bulbs to force them into bloom at 1:15 p.m. on Dec. 15. \$10 discount fee. Sign up and pay at Tetonseniors.org and bring a pot. 	





DECEMBER

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
Greek tilapia filet with olives, tomatoes, capers and basil White rice Greek salad Baklava 1	REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad 2	Garden vegetable lasagna Side salad Minestrone soup Balsamic-glazed strawberries 3	Chicken cordon bleu Garlic cream sauce Roasted potatoes Steamed broccoli French onion soup BIRTHDAY CAKE 4	French dip with au jus on hoagie bun Housemade potato chips Garden salad Chocolate mousse 5
Swedish meatballs Mashed potatoes Gravy Lingonberry jelly Roasted green beans Yellow split pea soup Rice pudding 8	Cranberry chicken salad on a croissant Vegetable slaw Cream of potato soup Cookie 9	Salmon spinach salad with bacon, egg, tomato, roasted potato and bleu cheese crumbles Garden vegetable soup Dinner roll Fruit 10	Cheese and green chile quesadilla Refried beans Spanish rice Salsa bar Cheese corn chowder Churros 11	Italian sub sandwich with ham, salami, pepperoni and provolone on a hoagie Creamy Italian pasta salad Garden salad 12
Herb-roasted pork Rosemary-roasted potatoes Gravy Sautéed asparagus Garden salad Jell-O parfait 15	Pedro's fish tacos with beer-battered cod, shredded cabbage and chipotle aioli Rice and beans Salsa bar Red chile stew 16	I NEED A GYRO! Beef gyro on a warmed pita with tzatziki sauce, lettuce, tomato, kalamata olives and feta cheese Greek salad Grapes 17	HOLIDAY LUNCH Roast beef tenderloin Demi glaze Stuffing Mashed potatoes Bacon-roasted Brussels sprouts Winter salad Apple pie 18	Grilled three-cheese sandwich Cream of tomato basil soup Garden salad Cookie 19
Asian chicken salad with spring lettuce mix, broccoli, carrot, red pepper and sesame dressing Asian noodle soup Oranges Fortune cookie 22	Southern catfish Housemade tartar sauce Rice pilaf Coleslaw Red bean and sausage soup Pudding 23	HOLIDAY BREAK The Senior Center is closed. 24	HOLIDAY BREAK The Senior Center is closed. 25	HOLIDAY BREAK The Senior Center is closed. 26
HOLIDAY BREAK The Senior Center is closed. 29	HOLIDAY BREAK PARTY, 10 A.M. The Senior Center is closed, but will open for a newsletter processing party, games and treats in the SWOT Lodge. 30	HOLIDAY BREAK The Senior Center is closed. 31	COOKIE MARKET Skip baking and get your holiday goodies from SWOT on Dec. 13 from 10:30 a.m. until 12:30 p.m. \$20 for a dozen; \$35 for two dozen cookies and \$12 for a furry friends treat box. Support a good cause. To bake for SWOT, sign up at Tetonseniors.org	



by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2025 AND OCTOBER

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

14,644

AT THE CENTER: 11,422
HOME-DELIVERED: 3,222

MEALS SERVED IN OCTOBER

1,511

AT THE CENTER: 1,131
HOME-DELIVERED: 380

FITNESS/HEALTH PROGRAMS IN OCTOBER

691

GAMES: BRIDGE & MAHJONG IN OCTOBER

46

ENRICHMENT PROGRAMS IN OCTOBER

140

GONE BUT NOT FORGOTTEN ...

These residents with ties to
Teton Valley passed away
recently:

Sofia Carlson

Paul Gilroy

Peter "Richard" Larsen

Rod Newcomb

Bonnie Putnam





PICTURE perfect

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



PHOTOS BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

costume fun

SWOT's spooky Halloween lunch with horrible hand meat and graveyard cake attracted a purple witch, skeleton, mountain climber and more. Vancie Turner, far left above, dressed as a Girl Scout with her original sash and guidebook and campaigned by giving out Girl Scout cookies. She won, of course, shown at right as she accepted her award. Runners-up were Lea Hardee, the skeleton, and Gary Born, the Alpine climber.



honoring vets

SWOT Board Member Tim Foreman, a Marine veteran, helped at a special lunch offered free to veterans last month in advance of Veterans Day.



PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

autumn tones

Donna Van Vossen paints a fall scene at Senior Art under the guidance of Teton Arts Executive Director Greg Meyers, along with 10 seniors.

no turkey ...

But Rita Johnson did bowl several strikes and spares when SWOT traveled to Fat Cats in Rexburg.



aging well

Jody Cornilsen, Alzheimer's Association regional outreach manager, shared warning signs of Alzheimer's and other dementia diseases. She also talked about healthy habits for the brain to reduce the risk of cognitive decline, including exercising, controlling blood pressure, getting good sleep and challenging your mind.

Holiday word search

AMARYLLIS	A	C	F	A	Y	D	C	J	G	I	L	M
CANDLES	T	H	C	A	L	F	Z	E	I	D	Z	C
CANDY	A	L	A	Z	M	R	V	L	V	B	X	A
CHRISTMAS	Q	I	Y	R	D	I	D	W	I	O	C	N
COOKIES	S	G	T	P	O	E	L	A	N	X	L	D
EGGNOG	L	A	C	T	A	N	C	Y	G	B	V	Y
FAMILY	N	A	M	E	E	D	E	A	O	E	H	W
FRIENDS	A	S	M	T	L	S	K	M	R	J	R	P
GIVING	T	O	A	A	S	I	N	F	Z	O	W	R
HANUKKAH	I	L	K	H	R	I	G	I	H	G	L	E
JOY	V	C	G	S	A	Y	R	H	O	L	F	S
LIGHTS	I	T	A	O	E	N	L	H	T	P	P	E
LOVE	T	R	P	N	N	I	U	L	C	S	E	N
MENORAH	Y	E	E	O	D	G	K	K	I	O	A	T
NATIVITY	B	E	E	T	L	L	G	O	K	S	C	S
PARADE	E	D	A	R	A	P	E	E	O	A	E	I
PEACE	H	W	M	A	T	N	A	S	W	C	H	Z
POINSETTIA												
PRESENTS												
SANTA												
TREE												

SWOT sudoku

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

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



in the SPOTLIGHT

A FAMILIAR FACE, Jackie Riley volunteers almost everywhere. You've seen her at SWOT helping with meal service and working as a cashier at events, and you've noticed her helping nonprofits throughout the valley. She's known as a "Jackie of all trades" and loves working with computers and creating spreadsheets. She took a few minutes away from her volunteer work to tell us a little more about herself.

Share a little about your background.

I am from Bethesda, Md., and went to college at Tulane in New Orleans for a degree in business. I definitely learned how to burn the candle at both ends! Partying was a degree well earned! I moved to Jackson in 1981, planning to stay for the summer before getting a real job. Ha! I worked in restaurants - including Vista Grande, Nora's, Jedediah's, Snow King and the Cowboy Bar - then I did banquet catering at Spring Creek, Dining In Catering and Teton Springs. In 1988, I started at the school district in Jackson as a substitute teacher for 10 years, continued as a paraprofessional at the middle school library for 10 years and worked my way into the tech department for the last 16 years before retirement. I moved to Teton Valley in 1992 for more affordable housing.



JACKIE RILEY

SHE'S A FREQUENT
VOLUNTEER AT
SWOT - AND ALMOST
EVERYWHERE

PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

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

I retired in July 2023 and started eating lunch at SWOT. I began volunteering in the kitchen that September. It was a natural connection for me with my restaurant and catering experience. I feel at home in a kitchen and serving food. Now, SWOT is kind of a home away from home.

Where else do you volunteer?

Music on Main, Teton Valley Balloon Rally, Downtown Driggs Association, Teton Valley Food Pantry, Teton Valley Skijor, Team Rubicon Disaster Recovery (a national organization), Habitat for Humanity Global Village,

in her spare time ...

What are you reading? I am listening to Pat Conroy's "South of Broad." I just finished "Dewey, The Small Town Library Cat Who Touched the World" and "Dewey's Nine Lives," both by Bret Witter and Vicki Myron. Also reading "James" by Percival Everett.

Who are you listening to? My favorite musicians are Bonnie Raitt and John Prine. I enjoy our local bands. We are so lucky to have so much talent in our valley.

Community Emergency Response Team CERT, Teton Arts and the Teton Valley Regional Land Trust.

What would you tell others about volunteering?

Volunteering is such a gateway to meet people. Most events cannot happen without volunteers, so even when you're having a lot of fun, you're doing a good thing. It's satisfying, and there are so many opportunities in the valley.

What other things do you like to do?

Pickleball, photography, cooking and traveling. I was recently in the Dominican Republic and El Salvador with Habitat. I'm going to Dubai and Costa Rica in January, Mexico in April for Habitat, and Norway in July. I also love hanging with my four-legged children: two cats, Fiona and Stretch, and Remy, my Brittany Spaniel.

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

The people, the community, the surroundings and all that is available to enjoy.

While we're closed, take care of yourself

The Senior Community Center will be closed from Dec. 25 through Jan. 1 for a holiday break. Here are a few tips from AARP to help us all take care of ourselves during the holidays:

- **Nourishment:** Eat a balanced diet of vegetables, fruits, whole grains, healthy fats and protein. Eat until satisfied rather than full.
- **Hydrate:** It's easy to lose track of how much water you're drinking. Adequate hydration is essential for sustaining energy, alertness, digestion and brain health. If you drink alcohol, drink water before, during and after.
- **Stay active:** No yoga or fitness

classes at SWOT, but plan activities such as a walk in the neighborhood or even the grocery store or your house.

- **Relax and recharge:** Manage the stress of the holidays by setting goals, depending on your resources of time, money and energy. Practice mindfulness, meditation or listen to music.
- **Take your medication:** Use a pillbox with daily compartments. Ask family or friends to remind you.
- **Come to the Holiday Break Party:** On Dec. 30 at 10 a.m., the Senior Center will open for a newsletter-processing party. Catch up with SWOT friends as we gather for treats and drinks.



TIP of THE MONTH

IDEAS ON HOW TO AGE WELL WHILE LIVING IN TETON VALLEY

WARNING SIGNS OF ALZHEIMER'S

- Memory loss that disrupts daily life. Example: Forgetting recently learned information.
- Challenges in planning or solving problems. Example: Having trouble keeping track of monthly bills.
- Difficulty completing familiar tasks. Example: Difficulty organizing a grocery list.
- Confusion with time or place. Example: Losing track of dates, seasons and the passage of time.
- Trouble understanding images or spatial relationships. Example: Problems judging distance that might cause problems driving.

Visit alz.org/10signs to learn more.

SWOTVIEW

PHOTO OF THE MONTH
CHUCK BORRENPOHL

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. Chuck Borrenpohl took this photo for a fall season theme.



Thank you, Wydaho!

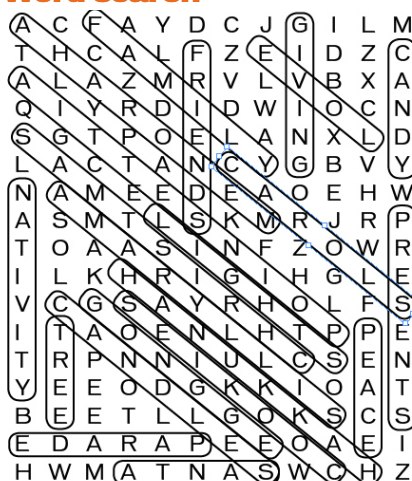
Seniors 60 and over with a SWOT scan card receive a discount at Wydaho Roasters Coffee House on Tuesdays. Thank you, Wydaho, for this and all the other ways you support Seniors West of the Tetons.



PUZZLEanswers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



MORE TO DO at the center

PIZZA & A MOVIE

SWOT's dreaming of a white ...

Join SWOT to watch the holiday classic "White Christmas" and enjoy pizza and salad at 4:30 p.m. on Dec. 19. The 1954 film stars Bing Crosby and Rosemary Clooney. \$8 admission. Sign up to attend at Tetonseniors.org.



PHOTO BY LINDA SWOPE |
SWOPE MOUNTAIN PHOTOGRAPHY

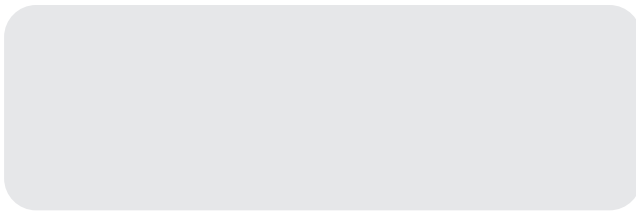
NEWSLETTERS

Join us for a holiday break gathering

Want to have as much fun as Lynn Grams was having at a recent party to process newsletters? Join board members at 10 a.m. on Dec. 30 to fold and seal newsletters for the mail. It's a chance to gather during the Senior Center's holiday break for snacks, games and conversation.

12 VALLEY TALK

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



P.O. BOX 871
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