



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



Valley Talk

JANUARY 2026

WELCOME TO 2026

NEW IDEAS! SAME COMMITMENT!

It's a new year, and Seniors West of the Tetons is excited to see what it brings. SWOT continues to grow and find ways to meet the needs of an expanding senior community in Teton Valley, and we have some new things planned. Take a look ...



A NEW STAFFER

Katie Mathews is our community engagement and operations assistant. She'll manage the front end of the Senior Center, and she'll greet you and handle inquiries. Get to know her on Page 10.



IMPROV, BINGO

Stacey Nail will help seniors learn the art of improvisation. And - you asked for it, and we're responding - bingo will make a monthly appearance. Check the schedule on Page 5.

TRANSPORTATION STUDY

We're looking at ways we can help seniors get around Teton Valley. We plan to start a pilot transportation program using our van.



BOOK CLUB

We're launching a senior book club. First up: "Remarkably Bright Creatures" by Shelby Van Pelt. Get more details on Page 12.



MORE IDEAS ...

We're always looking for new ways to engage our vibrant senior community. Stay tuned ...



STAFF MEMBERS

EXECUTIVE DIRECTOR
Allie Mollenkop
OPERATIONS DIRECTOR
Stacey Nail
KITCHEN MANAGER
Peter Troy
COMMUNITY ENGAGEMENT & OPERATIONS ASSISTANT
Katie Mathews
SYSTEMS MANAGER
Michelle Lyngso

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NEWSLETTER EDITORS
Jim Haag & Carol Lichti

MEALS DELIVERED

Home-delivered meals are available by contacting:

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

theSWOTteam

NOTE FROM ALLIE

You bring life to the SWOT community



ALLIE MOLLENKOP
executive director

AS WE TURN THE PAGE into a new year, I've been reflecting on a moment from December that continues to stay with me. I was invited to visit one of our local schools, joined by two seniors from our community.

The seniors were there to share pieces of their lives – their careers, passions and the wisdom gathered from decades of lived experience.

Listening to them, I was struck by how their stories represented just the smallest sliver of the collective story that exists here at Seniors West of the Tetons.

Every day, our center is brimming with history, humor, resilience and perspective. We have the privilege of gathering it all together under one roof – a place where knowing others and being known ourselves becomes part of what strengthens us.

In a world that can feel increasingly

fast and disconnected, the simple act of being seen and heard matters immensely. And that is what this community does so beautifully.

As we step into a new year, I feel grateful and energized by the cumulative life each of you brings to our SWOT community.

We would not be who we are without you – your stories, your presence and your willingness to show up for one another.

Here's to another great year of living, learning, knowing, and being known – together.

It's my honor to do that alongside you.

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](http://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 PROGRAMS HAPPENING IN JANUARY AT THE CENTER

New activities planned in January include playing improvisation games and learning about smartphones.

• **Improv:** Come play or watch at 3:30 p.m. on Jan. 7 as SWOT Operations Director Stacey Nail helps us dive into the art form of improvisation for seniors. Stacey, an improv enthusiast, will teach the basic rules of improv, which include active listening, teamwork and quick thinking. Then she'll help participants put it all to use by leading short improv games with the audience playing along.

• **Smartphone tips:** On Jan. 26 at 1:15 p.m., Jackie Riley, a regular SWOT



Stacey Nail

volunteer with information technology experience, will give tips and tricks on using your iPhone or Android. Attendance is limited. Sign up at Tetonseniors.org.

• **Estate planning:** At 1 p.m. on Jan. 15, local attorney Bart Birch will be talking about wills, trusts and probate. Bart primarily handles real estate, estate planning and family law at his law office in Driggs.

• **Book club:** A SWOT book club starts this month as well. Anna Kirkpatrick, a SWOT board member, will lead discussions. This month's book is "Remarkably Bright Creatures" by Shelby Van Pelt. (See Page 12). Sign up at Tetonseniors.org.

• **Pilates and Rock Climbing:** Senior Pilates and Rock Climbing are back this month. See Page 5 for times and dates. Sign up at Tetonseniors.org and <https://tinyurl.com/swotrockclimb>.

Play bingo, eat at The Mess Hall

January also features a SWOT bingo night at The Mess Hall, the restaurant at Teton Valley Resort.

The resort at 1208 on Highway 31 outside Victor is a great supporter of SWOT and other local nonprofits.

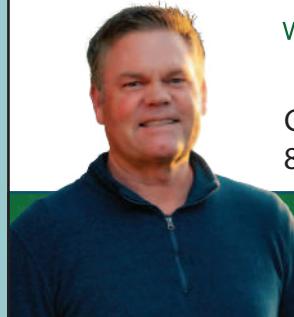
Its restaurant, The Mess Hall, is having a special bingo night from 5:30 to 7:30 p.m. on Jan. 20. SWOT Board Member Jim Haag will be calling the numbers.

Ten percent of sales that night will benefit SWOT. The Mess Hall has a full bar, serving cocktails, and a menu of apps, sandwiches, burgers and more.

VALLEY TALK 3



PINNACLE
WEALTH MANAGEMENT, LLC



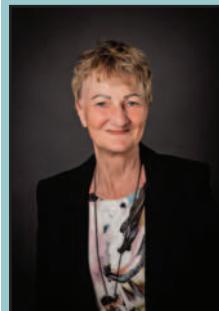
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PROGRAMS & activities

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. Free. Open to all.

This program will help you with any technology questions. Phil Mollenkopf 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 chat

Help for your questions. Check calendar.

Seniors Health Insurance Benefit Advisors are at lunch once a month.

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 Wydaho Roasters.

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.



JANUARY

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>MAKE VALENTINE'S CARDS</p> <p>Plan now to make your Valentine cards on Jan. 29 at 1:15 p.m. with Sue Robertson. Materials provided.</p> 		<p>HAPPY NEW YEAR</p> <p>The Senior Center is closed.</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Knitting Circle, 9 a.m. at Wydaho Roasters, 495 S. Main St., Driggs. \$5 coffee card courtesy of SWOT. Drumming, 10:15 a.m.
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. 	<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. Mahjong, 1 p.m. SENIOR IMPROV, 3:30 p.m. Learn about improvisation and participate in a team game. Come participate, watch as an active audience member and have fun. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. Death Café, 1:30 p.m. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:15 a.m. HAWAIIAN SHIRT DAY!, noon
5	6	7	8	9
<ul style="list-style-type: none"> Fit and Fall Proof, 9 & 10 a.m. SENIOR ART, 1 p.m., Make functional pottery. Sign up at tinyurl.com/seniorarts. GET "SEW" CONNECTED, 3 p.m. Quilting ideas, handwork. 	<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 CLIMB, 11 a.m. Sign up at https://tinyurl.com/swotrockclimb Blood-pressure checks, 11:45 a.m. Mahjong, 1 p.m. PILATES, 3:30 p.m. Sign up at TetonSeniors.org. PHOTO CLUB, 5:30 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. NATIONAL HAT DAY, noon. Wear your craziest hat to lunch. ESTATE PLANNING: WILLS & TRUSTS, 1 p.m. Attorney Bart Birch will discuss probate and inheritance issues. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Knitting Circle, 9 a.m. at Wydaho Roasters, 495 S. Main St., Driggs. \$5 coffee cards courtesy of SWOT. Drumming, 10:15 a.m.
12	13	14	15	16
<p>MARTIN LUTHER KING JR. DAY</p> <p>The Senior Center is closed.</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:15 a.m. Bridge, 1 p.m. BINGO AT THE MESS HALL, 5:30 to 7:30 p.m. Teton Valley Resort's restaurant at 1208 Highway 31, Victor. 10 percent of the night's proceeds go to SWOT. 	<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. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:15 a.m.
19	20	21	22	23
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. IPHONE TIPS WITH JACKIE, 1:15 p.m. Jackie Riley will help with tips and tricks for your iPhone or Android. Sign up at TetonSeniors.org. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:15 a.m. Bridge, 1 p.m. SWOT BOOK CLUB, 3 p.m. "Remarkably Bright Creatures" by Shelby Van Pelt. Sign up at TetonSeniors.org. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee, 10:30 a.m. TETON VALLEY HEALTH TALK, 11 a.m. Meet CEO Leianne Everett. Mahjong, 1 p.m. PILATES, 3:30 p.m. Sign up at TetonSeniors.org. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. NATIONAL PUZZLE DAY, noon to 1:30 p.m. You'll find a mini puzzle on every table. MEDICARE CHAT, noon CARD CRAFTING, 1:15 p.m. Make Valentine cards with Sue Robertson. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:15 a.m. PIZZA AND MOVIE, 4:30 p.m. "Springsteen: Deliver Me from Nowhere." \$8. Sign up at TetonSeniors.org.
26	27	28	29	30



JANUARY

lunch menu

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.

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



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PUZZLE DAY Celebrate National Puzzle Day on Jan 29. A small puzzle will be at every lunch table.</p>	<p>REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad</p>	<p>DRESS UP Wear a Hawaiian shirt on Jan. 9 and a hat on Jan. 15 for National Hat Day.</p>	<p>HAPPY NEW YEAR The Senior Center is closed.</p>	<p>Meatball sub with marinara and provolone cheese on a hoagie roll Pasta salad Italian sausage stew Grapes</p>
<p>Sweet potato curry with stir-fry vegetables White rice Vegetable egg roll Carrot ginger soup Oranges Fortune cookie</p> <p>5</p>	<p>REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad</p> <p>6</p>	<p>Chicken-fried steak Mashed potatoes Brown gravy Roasted mixed vegetables Cream of mushroom soup Brownie</p> <p>7</p>	<p>Baked salmon fillet Rosemary-roasted potatoes Steamed broccoli Lemon oregano aioli Garden salad</p> <p>BIRTHDAY CAKE 8</p>	<p>HAWAIIAN SHIRT DAY! Teriyaki pulled pork White rice Pineapple coleslaw King roll Spam and white bean soup Coconut macaroons</p> <p>9</p>
<p>Grilled ham and Swiss sandwich with Dijonnaise on sourdough Housemade potato chips Garden salad Mixed fruit</p> <p>12</p>	<p>Bean and cheese burrito Fire-roasted corn Salsa bar Red chile vegetable stew Cinnamon tortilla chips</p> <p>13</p>	<p>Marsha's crab cakes with roasted red pepper aioli Side salad Cream of tomato basil soup White chocolate macadamia nut cookie</p> <p>14</p>	<p>NATIONAL HAT DAY! Asian chicken salad with spring mix, broccoli, red pepper, carrot, baby corn, oranges, chow mein Sesame dressing Asian noodle soup</p> <p>15</p>	<p>Philly cheese steak sandwich with roast beef, bell peppers, onions and cheese sauce Housemade potato chips Garden salad Brownie</p> <p>16</p>
<p>MARTIN LUTHER KING JR. DAY The Senior Center is closed.</p> <p>19</p>	<p>Marinated grilled pork tenderloin Mashed potatoes Bing cherry sauce Roasted beets Garden salad Sliced apples</p> <p>20</p>	<p>Roasted red pepper hummus plate with pita, tomato, cucumber, kalamata olives, feta Cream of asparagus soup Grapes</p> <p>21</p>	<p>Chipotle roast turkey Black beans Spanish rice Avocado aioli Garden salad Red chile chocolate mousse</p> <p>22</p>	<p>Grilled tuna melt on wheatberry bread with cheddar cheese Housemade potato chips Clam chowder Mixed fruit</p> <p>23</p>
<p>Sweet and sour pineapple pork with stir-fry vegetables White rice Egg roll Asian mushroom soup Oranges Fortune cookie</p> <p>26</p>	<p>TACO TUESDAY Grilled steak fajitas, bell peppers and onions on a flour tortilla Beans and rice Salsa bar Green chile cheese soup</p> <p>27</p>	<p>Crispy fish sandwich of beer-battered cod with coleslaw on a ciabatta bun Housemade chips Garden salad Lemon Jell-O parfait</p> <p>28</p>	<p>Spinach artichoke white lasagna Side salad Garden vegetable soup Mixed fruit</p> <p>29</p>	<p>Mushroom-Swiss burger on a pretzel bun French fries Garden salad Brownie</p> <p>30</p>



by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2025 AND NOVEMBER

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

16,266

AT THE CENTER: 12,737
HOME-DELIVERED: 3,529

MEALS SERVED IN NOVEMBER

1,622

AT THE CENTER: 1,315
HOME-DELIVERED: 307

FITNESS/HEALTH PROGRAMS IN NOVEMBER

513

GAMES: BRIDGE & MAHJONG IN NOVEMBER

38

ENRICHMENT PROGRAMS IN NOVEMBER

74

GONE BUT NOT FORGOTTEN ...



These residents passed away recently:

Joan Calderwood

Carl Gross

Dr. Kitchener "Doc" Head

Richard Poduska

Nelda Ricks

David Walters

**Donation made to SWOT
in memoriam for Paul
Marcum from
Pam Poduska**



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.lpicommunities.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.



PHOTOS BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

community thankfulness

Seniors West of the Tetons and the Teton Valley Food Pantry partnered to provide a free community Thanksgiving meal in November. Wydaho Roasters Coffee House donated pumpkin pies, and donations and grants funded what is expected to become an annual event. Volunteers from both organizations worked to fill and serve plates to about 475 people in two seatings in the main room of the Senior Community Center and the foyer of the Driggs City Center. SWOT's Kitchen Manager Peter Troy and part-time chef Erik Lyngso, shown above right, prepared the food, which included 180 pounds of turkey, 125 pounds each of potatoes and stuffing and eight gallons of gravy.



PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

wreath making

Eva Marmsäter, left, makes a wreath with guidance from Desiree Barrus, landscape designer at MD Nursery, which provided materials for 15 seniors to make decorations. Above right, Patricia Feltz puts together a wreath.

swot giving tree

Glen Hayes discusses an ornament gift with SWOT elves Anna Kirkpatrick and Julie Stockdill, who were working to raise funds for SWOT's home-delivered meals last month.



PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

FUN & GAMES

New year word search

APRES	C I K S E R P A D R E P
BACKCOUNTRY	I H D L D L X F O E S W
BLIZZARD	S C N R O K A U W D N I
BLOW	Y C P W I T W Y N W O N
BLUEBIRD	C R U Y B B E G H O W D
COCOA	I O T L E L E E I P S C
CROSS-COUNTRY	C S L N P K I U L U H H
DOWNHILL	I S T G U T C Z L S O I
DRIFT	C C A T N O U O Z B E L
FREEZING	I L O L A I I C R H A H L
FROST	E U K L O C Z K E P R E
HOCKEY	S N T G A C E E C S C D
ICE	R T O L M B O S E A P R
ICE SKATE	E R S O L J W C K R B I
ICICLES	S Y H O V B B O U A F F
SCULPTURES	B R W D R F E C N S T T
SKI	S E K A L F W O N S C E

SWOT sudoku

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

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

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



in the SPOTLIGHT

INTRODUCING the newest member of the SWOT team: Katie Mathews, who is our community engagement and operations assistant. You've probably already seen her around the Senior Center, and you'll see her each day at the registration desk, which will be her office. Now, you can learn more about her.

Tell us about your back-ground.

I grew up in Anacortes, Wash. - a beautiful waterfront town between the San Juan Islands and the Cascade Mountains. It has a population of about 17,000 and feels similar to Teton Valley with extensive public trails and parks, a vibrant arts scene and a tight-knit community. I have a bachelor's degree in economics and minor in finance from Montana State University in Bozeman. I found work with an information technology company based in Jackson, so I made the move to Driggs. For the past four years, I've worked in a client management role and as an accounting assistant. You also might recognize me from my part-time shifts at Forage Bistro & Lounge and Citizen 33 Brewery. I'm ready for something new, and I've found that I am most fulfilled when my work directly benefits my community. I am passionate about working with people, and I hope to make a positive impact with SWOT.



**KATIE
MATHews**

**SHE IS OUR NEW
COMMUNITY
ENGAGEMENT
AND OPERATIONS
ASSISTANT**

Why Teton Valley?

I chose to come here because of the access to hiking, skiing and motorsports. It didn't take me long to fall in love with Driggs – and I have no plans to leave this paradise.

Tell us a little about your family.

I live in Driggs with husband, Haden, and our two dogs, Waylon and Sue. Haden works as a journeyman plumber for his family's business.

What got you interested in working for the Senior Center?

Like many others, my introduction to the Senior Center. The first time I ate there, I noticed that those around me – people of all ages escaping the cold day

in her spare time ...

What are you reading? "The Anthropocene Reviewed" by John Green.

Who are you listening to? I listen to all kinds of music. I'd consider 2024 to be my best year for live music. I got to –separately – see Willie Nelson, Taylor Swift, and Limp Bizkit in the same summer.

What is the favorite thing you've watched recently? "Erin Brockovich" with Julia Roberts.

outside – were happy to be there. They were engaging in conversation, and no one seemed to be a stranger. Oh, and the food was great, too. When I saw the Community Engagement job listing, I knew I had to apply. This was my chance to be a part of a community that had captured my heart. After spending more time at SWOT over

the past few weeks, I have seen firsthand the hard work that our staff and volunteers put in to keep the organization running. It is my greatest pleasure to join this team.

What do you do for fun?

My list of hobbies is endless. I am a skier, a runner, a snowmobiler, a knitter, a backpacker, a mountain biker, a foodie, a weightlifter, a dinner party hostess and an amateur fisherwoman. More than anything, I love to be outside with my two dogs.

What is the best part of living in Teton Valley?

The best part is the people. I take so much pride in our community. We support our small businesses and live music events, and we keep our trails clean and accessible.



WE THANK YOU!



Teton Valley Food Pantry and Seniors West of the Tetons
are grateful for our

GENEROUS SPONSORS & DONORS who contributed to the inaugural COMMUNITY THANKSGIVING LUNCH



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THREE PEAKS RESTAURANT

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WYDAHO ROASTERS COFFEE HOUSE

Thanks to your generosity, we brought together more than 400 members
of our community for a free, delicious Thanksgiving meal.

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.

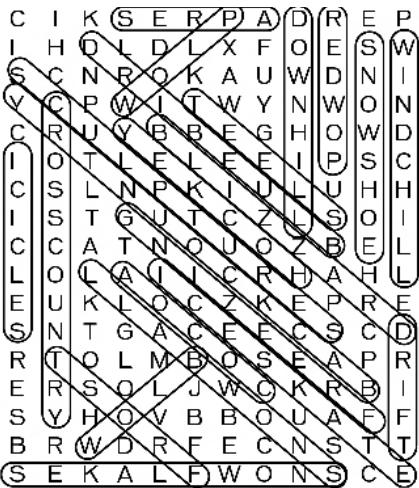


WYDAHO
ROASTERS
COFFEE HOUSE

PUZZLEanswers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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

SWOTVIEW

PHOTO OF THE MONTH
DAN ORR



Members of the SWOT Photo Club submit a photo each month to run in the newsletter. Dan Orr took this photo for a holiday season theme. The photo club is open to all seniors, and the club meets monthly on the second Wednesday of the month at 5:30 p.m. in the Senior Center.

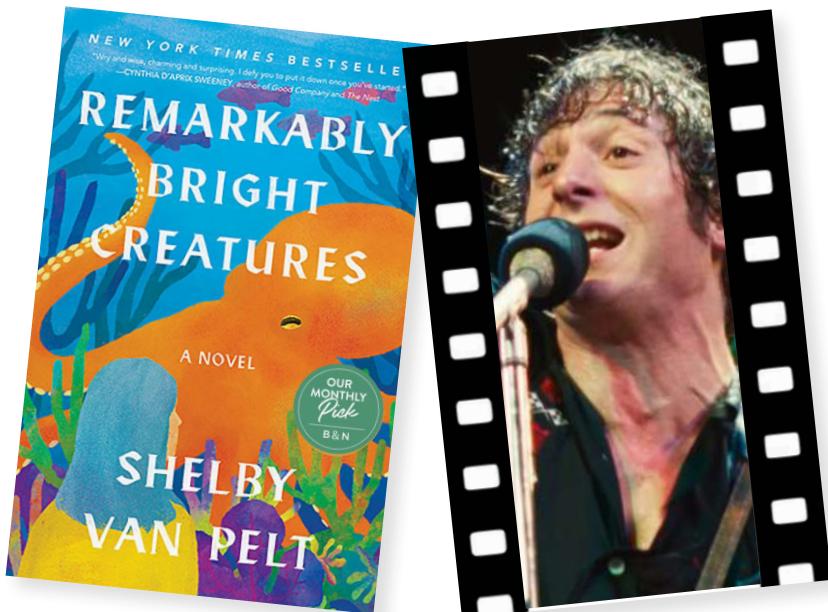


MORE TO DO at the center

BOOK CLUB

Open a book and open your mind

SWOT is starting a book club. The first book is "Remarkably Bright Creatures" by Shelby Van Pelt, which was a New York Times best seller. Limited copies are available through SWOT. Sign up at Tetonseniors.org.



PIZZA & A MOVIE

Come see a biopic about The Boss

Put your make up on, fix your hair up pretty and meet us on Jan. 30 for a movie "Deliver Me From Nowhere" about the making of Bruce Springsteen's "Nebraska" album, which includes the song "Atlantic City." \$8. 4:30 p.m. Sign up at Tetonseniors.org.

12 VALLEY TALK

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

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