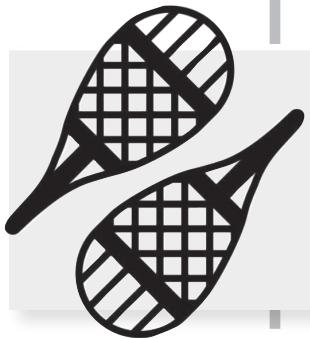




FEBRUARY

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. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:30 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. <p>ESTATE PLANNING: WILLS & TRUSTS, 1:15 p.m. Attorney Sarah Lien discusses what seniors and families should know.</p>	<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. Knitting Circle, 9 a.m. at Wydaho Roasters, 495 S. Main, Driggs. Drumming, 10:30 a.m. <p>SUPER BOWL LUNCH, noon</p> <p>SUPER FAN BINGO, 1 p.m.</p>
2	3	4	5	6
<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 offers help and tips for iPhones and Androids. Sign up at TetonSeniors.org. GET "SEW" CONNECTED, 3 p.m. Quilting ideas, handwork. 	<p>GO FOR THE GOLD! (See note on Page 6)</p> <ul style="list-style-type: none"> Yoga, 9 a.m. COFFEE-TASTING TOUR, 10 a.m., Wydaho Roasters, Driggs. Owner Jim Sheehan talks about beans, offers samples. Drumming, 10:30 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 tinyurl.com/swotrockclimb Blood-pressure checks, 11:45 a.m. Mahjong, 1 p.m. PILATES, 3:30 p.m. TetonSeniors.org PHOTO CLUB, 5:30 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, 10:30 a.m. Death Café, 1:30 p.m.
9	10	11	12	13
<p>PRESIDENTS' DAY The Senior Center is closed.</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:30 a.m. Bridge, 1 p.m. SENIOR IMPROV, 3 p.m. Games of listening, imagination and fun with audience participation. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee, 10:30 a.m. Mahjong, 1 p.m. MAKERSPACE, 1:15 p.m. Batik bandannas. Sign up at TetonSeniors.org. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. Library info table, noon AGING WELL, 1 p.m. Momentum Home Health. (See Page 3) ADVENTURE TRAVEL SERIES, 6 p.m. Jen Bandow and Jackie Riley on Costa Rica. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Knitting Circle, 9 a.m. at Wydaho Roasters,. Drumming, 10:30 a.m. VITA TAX HELP, 1 to 4 p.m. Call (208) 557-4778 to schedule. SPROUT WORK-SHOP, 2 p.m. \$20 fee. Learn to grow sprouts. Sign up at TetonSeniors.org
16	17	18	19	20
<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. SWOT BOOK CLUB, 3 p.m. "Raising Hare" by Chloe Dalton. 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. Update on the state of Teton Valley Healthcare. Mahjong, 1 p.m. SNOWSHOEING, 1 p.m. See below. PILATES, 3:30 p.m. TetonSeniors.org 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. MEDICARE CHAT, noon ADVENTURE TRAVEL SERIES, 6 p.m. Wyatt Johnson on biking 1,000 miles from the Arctic Ocean to Palmer, Alaska. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:15 a.m. VITA TAX HELP, 1 to 4 p.m. Call (208) 557-4778. PIZZA AND A MOVIE, 4:30 p.m. "Wicked: For Good." \$8. Sign up at TetonSeniors.org.
23	24	25	26	27
<p>"SUPER" FUN Dress in your favorite sports team attire for some pre-Super Bowl fun at lunch on Feb. 6 and stay for Super Fan Bingo at 1 p.m.</p>			<p>SWOT SNOWSHOEING Travel by the SWOT van to Teton Canyon for a snowshoe adventure on Feb. 25. Bring or rent your own equipment. The van will leave at 1 p.m. Limited availability. Sign up at TetonSeniors.org.</p>	