



# 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"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> </ul> <p>2</p>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Drumming, 10:30 a.m.</li> <li>Bridge, 1 p.m.</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Coffee, 10:30 a.m.</li> <li>Mahjong, 1 p.m.</li> <li><b>ESTATE PLANNING: WILLS &amp; TRUSTS</b>, 1:15 p.m. Attorney Sarah Lien discusses what seniors and families should know.</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> </ul> <p>5</p>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Knitting Circle, 9 a.m. at Wydaho Roasters, 495 S. Main, Driggs.</li> <li>Drumming, 10:30 a.m.</li> <li><b>SUPER BOWL LUNCH</b>, noon</li> <li><b>SUPER FAN BINGO</b>, 1 p.m.</li> </ul> <p>6</p>
<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>IPHONE TIPS WITH JACKIE</b>, 1:15 p.m. Jackie Riley offers help and tips for iPhones and Androids. Sign up at Tetonseniors.org.</li> <li><b>GET "SEW" CONNECTED</b>, 3 p.m. Quilting ideas, handwork.</li> </ul> <p>9</p>	<p><b>GO FOR THE GOLD!</b> (See note on Page 6)</p> <ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li><b>COFFEE-TASTING TOUR</b>, 10 a.m., Wydaho Roasters, Driggs. Owner Jim Sheehan talks about beans, offers samples.</li> <li>Drumming, 10:30 a.m.</li> <li>Tech Time, noon</li> <li>Bridge, 1 p.m.</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Coffee, 10:30 a.m.</li> <li><b>ROCK CLIMB</b>, 11 a.m. Sign up at <a href="http://tinyurl.com/swotrockclimb">tinyurl.com/swotrockclimb</a></li> <li>Blood-pressure checks, 11:45 a.m.</li> <li>Mahjong, 1 p.m.</li> <li><b>PILATES</b>, 3:30 p.m. Tetonseniors.org</li> <li><b>PHOTO CLUB</b>, 5:30 p.m.</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li>Death Café, 1:30 p.m.</li> </ul> <p>12</p>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Drumming, 10:30 a.m.</li> <li><b>VITA TAX HELP</b>, 1 to 4 p.m. Call (208) 557-4778 to schedule.</li> </ul> <p>13</p>
<p><b>PRESIDENTS' DAY</b></p> <p>The Senior Center is closed.</p> <p>16</p>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Drumming, 10:30 a.m.</li> <li>Bridge, 1 p.m.</li> <li><b>SENIOR IMPROV</b>, 3 p.m. Games of listening, imagination and fun with audience participation.</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Coffee, 10:30 a.m.</li> <li>Mahjong, 1 p.m.</li> <li><b>MAKERSPACE</b>, 1:15 p.m. Batik bandannas. Sign up at Tetonseniors.org.</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li>Library info table, noon</li> <li><b>AGING WELL</b>, 1 p.m. Momentum Home Health. (See Page 3)</li> <li><b>ADVENTURE TRAVEL SERIES</b>, 6 p.m. Jen Bandow and Jackie Riley on Costa Rica.</li> </ul> <p>19</p>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Knitting Circle, 9 a.m. at Wydaho Roasters,.</li> <li>Drumming, 10:30 a.m.</li> <li><b>VITA TAX HELP</b>, 1 to 4 p.m. Call (208) 557-4778.</li> <li><b>SPROUT WORKSHOP</b>, 2 p.m. \$20 fee. Learn to grow sprouts. Sign up at Tetonseniors.org</li> </ul> <p>20</p>
<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Drumming, 10:15 a.m.</li> <li>Bridge, 1 p.m.</li> <li><b>SWOT BOOK CLUB</b>, 3 p.m. "Raising Hare" by Chloe Dalton. Sign up at Tetonseniors.org.</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Coffee, 10:30 a.m.</li> <li><b>TETON VALLEY HEALTH TALK</b>, 11 a.m. Update on the state of Teton Valley Healthcare.</li> <li>Mahjong, 1 p.m.</li> <li><b>SNOWSHOEING</b>, 1 p.m. See below.</li> <li><b>PILATES</b>, 3:30 p.m. Tetonseniors.org</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>MEDICARE CHAT</b>, noon</li> <li><b>ADVENTURE TRAVEL SERIES</b>, 6 p.m. Wyatt Johnson on biking 1,000 miles from the Arctic Ocean to Palmer, Alaska.</li> </ul> <p>26</p>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Drumming, 10:15 a.m.</li> <li><b>VITA TAX HELP</b>, 1 to 4 p.m. Call (208) 557-4778.</li> <li><b>PIZZA AND A MOVIE</b>, 4:30 p.m. "Wicked: For Good." \$8. Sign up at Tetonseniors.org.</li> </ul> <p>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.



### 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.