



APRIL

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>SHOP 'TIL YOU DROP</p> <p>The SWOT van will be making a run to Rexburg at 1 p.m. on April 14 for seniors who don't like to drive to shop at Walmart. Sign up at Tetonseniors.org.</p> 		<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee, 10:30 a.m. Mahjong, 1 p.m. MAGIC HAPPY HOUR, 3 to 5 p.m. Enjoy a magic show and refreshments. See Page 3 for details. <p>1</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. <p>2</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Knitting Circle, 9 a.m. at Teton Valley Roasters. Tai Chi, 10 a.m. at Teton Valley Welcome Center. Drumming, 10:30 a.m. SWOT WALK, 1 p.m. VITA TAX HELP, 1 to 4 p.m. Call (208) 557-4778 <p>3</p>
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. SMARTPHONE TIPS & TRICKS, 1 p.m. with Jackie Riley. Sign up at Tetonseniors.org. <p>6</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:30 a.m. Bridge, 1 p.m. <p>7</p>	<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. Photo Club, 5:30 p.m. <p>8</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. DON'T GET SCAMMED, 1 p.m. a Teton County Sheriff's Office deputy will discuss issues and scams and take questions. Death Café, 1:30 p.m. <p>9</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Tai Chi, 10 a.m. at Teton Valley Welcome Center. Drumming, 10:30 a.m. VITA TAX HELP, 1 to 4 p.m. Call (208) 557-4778. SWOT WALK, 1 p.m. <p>10</p>
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. SENIOR ART, 1 p.m. Watercolor painting. Sign up at tinyurl.com/seniorarts. GET "SEW" CONNECTED, 3 p.m. Quilting ideas, handwork. <p>13</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:30 a.m. Tech Time, noon SHOP AT WALMART, 1 to 4 p.m. Ride the SWOT van to Rexburg. Sign up: Tetonseniors.org. LONG-TERM CARE PLANNING, 1 p.m. Attorney Sarah Lien. Bridge, 1 p.m. <p>14</p>	<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. Make spring rolls in the kitchen with Tanya. Sign up at Tetonseniors.org. <p>15</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. LIBRARY TABLE, noon. INTERVIEW A FUNERAL DIRECTOR, 1 p.m. See Page 3 for details. <p>16</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Knitting, 9 a.m. (Wydaho). Tai Chi, 10 a.m. (at Teton Valley Welcome Center). Drumming, 10:30 a.m. SWOT WALK, 1 p.m. DISTILLERY TOUR, 1:30 p.m. via the van. Sign up at Tetonseniors.org. PIZZA AND A MOVIE, See Page 12. Sign up at Tetonseniors.org. <p>17</p>
<p>NATIONAL VOLUNTEER APPRECIATION WEEK BEGINS</p> <ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. <p>20</p>	<p>VOLUNTEER WEEK</p> <ul style="list-style-type: none"> Yoga, 9 a.m. ASTORIA HOT SPRINGS SOAK, 9:45 a.m. van departure. 11 a.m. check-in at Astoria. Sign up at Tetonseniors.org. Drumming, 10:30 a.m. Bridge, 1 p.m. <p>21</p>	<p>VOLUNTEER WEEK</p> <ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee, 10:30 a.m. Mahjong, 1 p.m. <p>22</p>	<p>VOLUNTEER WEEK</p> <ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. <p>23</p>	<p>VOLUNTEER WEEK</p> <ul style="list-style-type: none"> Yoga, 9 a.m. Tai Chi, 10 a.m. at Teton Valley Welcome Center. Drumming, 10:30 a.m. SWOT WALK, 1 p.m. <p>24</p>
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. CARE PARTNER SUPPORT GROUP, 4 p.m. <p>27</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:30 a.m. Bridge, 1 p.m. SWOT BOOK CLUB, 3 p.m. "The Correspondent" by Virginia Evans. Sign up at Tetonseniors.org. <p>28</p>	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee, 10:30 a.m. Mahjong, 1 p.m. <p>29</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. MEDICARE CHAT, noon SENIOR IMPROV, 3 p.m. <p>30</p>	<p>DISTILLERY TOUR</p> <p>Get a tour of Grand Teton Distillery on April 17. The SWOT van leaves at 1:30 p.m. Sign up at Tetonseniors.org.</p> 

