



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)

Get to know Elizabeth

Find out more about fitness volunteer Elizabeth Donaldson.
SEE PAGE 10

Valley Talk

APRIL 2026

They plant seeds.
They nourish ideas.
In countless ways,

VOLUNTEERS HELP US BLOSSOM.



ALL PHOTOS BY LINDA SWOPE EXCEPT, OF COURSE, NO. 6

Meet some of the amazing folks who give of their time and talent to help SWOT fulfill its mission. We couldn't do it without them:

1 The late **John Cheeseman**, meal delivery driver (Tribute on Page 11.)

4 **Julie Stockdill**, board member and Fit and Fall Proof instructor

7 **Cindie Brouwer**, drumming and Fit and Fall Proof instructor

2 **Lynne Browning**, board chair and kitchen volunteer

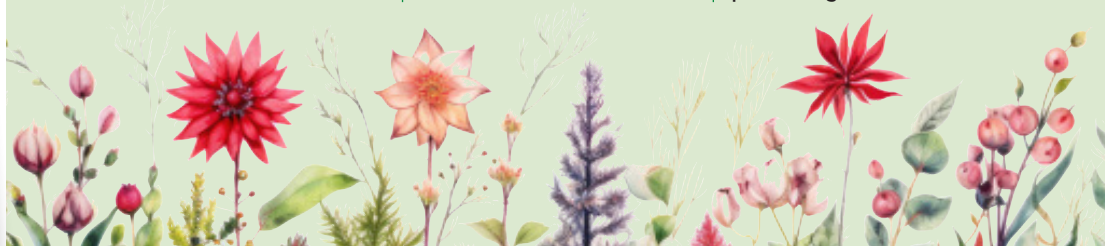
5 **Connie Tyler**, yoga instructor

8 **Christy Schroeder**, kitchen volunteer

3 **Dan Keslar**, Tai Chi instructor

6 **Linda Swope**, photographer

9 **Connie Deraps** and **Jackie Riley**, newsletter processing volunteers



» CHECK OUT THE LIST OF SOME OF SWOT'S VOLUNTEERS ON PAGE 11



theSWOTteam

CHAIR CHAT

In any season, our volunteers are there



LYNNE BROWNING
board chair

APRIL HAS ARRIVED in Teton Valley – the season of longer days, melting snow and what we affectionately call “boot-testing conditions.” Yes, it’s mud season.

But this thaw is doing important work. The squish beneath our feet is feeding the soil and preparing the mountainsides for the wildflowers we’ll soon admire.

No mud, no lupines. No mess, no blooms. Nature knows what she’s doing.

In many ways, mud season mirrors community life – a little messy, a little unpredictable, but full of promise.

April is also Volunteer Appreciation Month, and we couldn’t let it pass without a heartfelt thank you. Our volunteers show up in every season – delivering meals down muddy roads, setting tables, greeting guests, serving food and

lending steady hands. Like the spring thaw, their quiet, consistent work makes everything else possible. They are the roots beneath our programs and the reason SWOT blooms.

This month at SWOT, spring programs and classes are keeping us moving and connecting, special presentations are bringing fresh ideas and lively conversation, and our lunch tables remain full of warmth, nourishment and friendship – always mud-free once you’re inside.

So, spring forward (carefully), keep the boots by the door, and trust the thaw. Beautiful things are just around the corner.

STAFF MEMBERS



EXECUTIVE DIRECTOR

Allie Mollenkof

VOLUNTEER AND EVENTS COORDINATOR

Stacey Nail

KITCHEN MANAGER

Peter Troy

COMMUNITY ENGAGEMENT & OPERATIONS ASSISTANT

Katie Mathews

SYSTEMS MANAGER

Michelle Lyngso

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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

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.

DON'T BE A FOOL AND MISS THE MAGIC OF APRIL AT SWOT

What better way to open April than with a magic show and a fun happy hour?

Thanks to local resident and SWOT supporter J. Carlo Cannell, who often is at SWOT lunches, it's happening at 3 p.m. on April 1. **Furgason**



No fooling!

Carlo is providing a local magician, Ainsley Furgason, who'll put on an interactive parlor magic performance that includes sleight of hand, prop work and card tricks. Ainsley will interact with the audience at their tables.

Light appetizers and soda will be available.

For other great times with opportunities to mingle, socialize and get moving or creative, check out the calendar on Page 5.

SWOT starts monthly raffle prize

Help raise money for SWOT's home-delivered meals by purchasing raffle tickets each month for a prize at the Senior Center.

Tickets are \$5, and a winner will be drawn at the end of the month to receive a prize.

In March, the prize was four passes to Pizza and A Movie night, a \$32 value. The drawing was on March 31. The winner will soon be notified.

April's prize will be four senior lunch passes, with a suggested value of \$24.

Raffle tickets can be purchased at the registration desk.

Taxes done, now let's talk funerals

Ben Franklin wrote that nothing is certain but death and taxes. Because April 15 is the income-tax deadline, it seems appropriate to talk to a funeral director on April 16.

At 1 p.m., Tyson Clemons will be at the Senior Center to answer any of your questions during the "Interview a Funeral Home Director" program.

This is a non-sales-pitch opportunity to find out what everyone is dying to know about the process and what to do when someone dies.

Tax help is still available from VITA on April 3 and 10. Call (208) 557-4778.

VALLEY TALK 3



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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

10:30 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. 10 a.m. Fridays at Teton Valley Welcome 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. 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.



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. • Pilates, 3:30 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> 





APRIL

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
<p>MAKE SPRING ROLLS The April Senior Makerspace activity is learning how to make spring rolls with Tanya. It's at 1:15 p.m. on April 15. Sign up at Tetonseniors.org.</p>		<p>Green chile cheese quesadilla Refried beans Spanish rice Salsa bar Black bean and blue tortilla soup</p> <p>V</p> <p>1</p>	<p>Loaded baked Idaho potato with housemade chili and cheese sauce Steamed broccoli Garden salad BIRTHDAY CAKE</p> <p>2</p>	<p>White chicken lasagna with alfredo sauce and mozzarella cheese Side salad Cream of tomato basil soup</p> <p>3</p>
<p>Curried chicken salad with flatbread, shredded lettuce, carrots and tomatoes Saffron rice Sweet potato curry soup</p> <p>6</p>	<p>REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad</p> <p>7</p>	<p>Shrimp and cheesy grits with peppers and onions Fried okra Cornbread Red beans and rice soup</p> <p>8</p>	<p>Mushroom Swiss garden burger on ciabatta bun Choice of toppings French fries Garden salad Lemon cookie</p> <p>V</p> <p>9</p>	<p>Bangers and mash - kielbasa sausages and mashed potatoes Onion gravy Buttered peas and carrots Mulligatawny soup</p> <p>10</p>
<p>Barbeque chicken sandwich Potato salad Coleslaw Franks-and-beans soup Fresh watermelon Brownie</p> <p>13</p>	<p>Seared pork tenderloin with Bing cherry sauce Mashed potatoes Roasted beets and asparagus Garden salad</p> <p>14</p>	<p>Baked salmon fillet Roasted rosemary potatoes Steamed broccoli Lemon oregano aioli Chicken noodle soup</p> <p>15</p>	<p>French dip sandwich with au jus Housemade potato chips Garden salad Chocolate pudding</p> <p>16</p>	<p>Deviled egg salad croissant sandwich Side salad Garden vegetable soup</p> <p>V</p> <p>17</p>
<p>Oven-roasted pork Warm bacon potato salad Gravy Mixed vegetables Garden salad Sliced apples</p> <p>20</p>	<p>Zucchini and sun-dried tomato quiche Side salad Cream of garden vegetable soup Fresh grapes</p> <p>V</p> <p>21</p>	<p>Swedish meatballs Mashed potatoes Gravy Lingonberry jelly Roasted green beans Yellow split pea soup Rice pudding</p> <p>22</p>	<p>Homestyle creamy chicken and biscuits Steamed broccoli Garden salad</p> <p>23</p>	<p>Beer-battered cod Rice pilaf Coleslaw with rice vinaigrette Housemade tartar sauce Clam chowder Cookie</p> <p>24</p>
<p>Chicken Cobb salad with romaine lettuce, tomatoes, bacon, eggs, avocados and blue cheese Beef barley soup</p> <p>27</p>	<p>Asian teriyaki chicken tacos Asian slaw Red chile aioli Pork fried rice Asian noodle soup Oranges Fortune cookie</p> <p>28</p>	<p>Baked mac and three cheese with roasted tomato basil zucchini Garden salad Mixed fruit</p> <p>V</p> <p>29</p>	<p>Layered shredded beef enchiladas with black beans and roasted corn Salsa bar Green chile chicken soup Cinnamon tortilla chips</p> <p>30</p>	





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2026 AND FEBRUARY

HERE ARE THE NUMBER OF PARTICIPANTS for a few of the activities available at Seniors West of the Tetons. Numbers are from the latest available month.

MEALS SERVED IN 2026

2,363

AT THE CENTER: 2,020
HOME-DELIVERED: 616

MEALS SERVED IN FEBRUARY

1,149

AT THE CENTER: 907
HOME-DELIVERED: 242

FITNESS/HEALTH PROGRAMS IN FEBRUARY

602

GAMES: BRIDGE & MAHJONG IN FEBRUARY

111

ENRICHMENT PROGRAMS IN FEBRUARY

155

GONE BUT NOT FORGOTTEN ...

These residents passed away recently:

- Inez Eck
- Ronald St. John
- Estelle Ward



VALLEY TALK 7

Growing Memories at the TETON VALLEY FAIR
August 3-9, 2025

102

Logos: 4-H, Teton County, ID Fairgrounds, FFA



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





PICTURE perfect

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



PHOTOS BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

time to dance

SWOT and the Driggs Downtown Association teamed up for a lively community event with another Contra Dance featuring the Yellow Dog String Band.



PHOTO BY JACKIE RILEY



whodunnit?

Guests helped solve a gangster-style murder mystery put on by SWOT and the ACT Foundation. At left, Board Member Anna Kirkpatrick and Executive Director Allie Mollenkof interact with the audience. Turns out that Allie "Roxie Russo" did the dirty deed.



Teton paint

Carmen Springer-Davis and Lea Hardee had fun painting a scene of the Tetons with local artist Teri McLaren and 12 other seniors at the Local Galleria in March.

SWOTVIEW

PHOTO OF THE MONTH
THERON JENSEN

The SWOT Photo Club assignment was to show shadows in photography. Theron Jensen took this photo of sand dunes in Death Valley. It was chosen as the SWOT Photo Club's Photo of the Month. The photo club is open to all and meets on the second Wednesday of the month.



Volunteer word search

ASSIST	W	E	T	U	T	I	T	S	B	U	S	E
CASHIER	E	P	N	A	E	L	C	S	W	E	E	P
CHOP	R	V	U	E	Z	I	N	A	G	R	O	N
CLEAN	U	E	I	T	J	G	Y	W	K	C	S	G
CLEAR	N	U	V	R	E	T	S	I	G	E	R	S
COOK	S	W	Y	I	D	S	E	C	L	E	A	R
DELIVER	A	V	O	O	L	M	O	T	M	C	Y	W
DRIVE	S	O	O	D	V	E	Y	R	A	F	T	A
GIVE	S	L	L	H	E	N	D	A	E	L	G	S
INSTRUCT	I	U	W	K	T	K	R	T	W	U	P	H
LEAD	S	N	K	O	O	C	A	G	I	V	E	D
ORGANIZE	T	T	C	G	R	A	U	T	P	L	F	I
PLATE	N	E	I	E	C	S	U	R	E	L	S	S
PREP	B	E	P	P	O	H	C	R	T	R	S	H
REGISTER	M	R	R	D	V	I	F	C	N	S	T	E
SERVE	B	T	E	V	R	E	S	N	H	D	N	S
SET UP	L	O	P	R	L	R	C	F	I	T	K	I
SUBSTITUTE												
SWEEP												
TAKE DOWN												
VOLUNTEER												
WASH DISHES												
WIPE												

SWOT sudoku

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

>> **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
again



Jess Curren
BOUTIQUE PHOTOGRAPHY

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YOUR JOURNEY, YOUR STORY.





in the SPOTLIGHT

HER PLAYLISTS during SWOT's Fit and Fall Proof exercise and balance programs get us moving and asking, "Who's the artist?" Her moose-shaped ginger cookies make us smile during the holiday season. But what you might not know is that Elizabeth Donaldson can make cocktails that please even the best mixologists. She's recently been traveling in her family's Airstream camper named Bullwinkle, but she took a few moments to answer our questions.

Tell us about your background.

I grew up in Houston, Texas, after moving there when I was 4 years old. I attended the University of Houston but didn't complete my degree. My life had other plans, and I began a lifelong career in accounting and bookkeeping. Before moving to Idaho, I lived and worked in Austin, the self-proclaimed music capital of the world.

How did you get to Teton Valley?

My first trip to the valley was in 2013 after one of my cousins bought a place in Driggs. Before that, I had only seen the east side of the Tetons. My first visit there was in 2007, then I returned in 2010, 2013 and again in 2015, when I married



ELIZABETH DONALDSON | SHE LEADS A FIT AND FALL PROOF CLASS AND MORE

Stuart in front of the T. A. Moulton barn. I was pretty much hooked at that point. We bought a vacation getaway there in 2017. After retirement and several extended stays, we decided to sell our house in Texas and move north.

When did you start leading the balance and exercise classes known as Fit and Fall Proof?

After several asks from Anna (Kirkpatrick, a SWOT board member and Fit And Fall Proof instructor), I joined Julie (Stockdill, another instructor and board member) teaching the 10 a.m. class

in her spare time ...

What have you been reading? I've been going through the C.J. Box series. I enjoy his references to places in our area.

What have you been watching? We just recently started "The Pitt." Generally, we tend toward British shows on PBS or BritBox.

What have you been listening to? A little bit of everything, but I'm partial to the oldies. I enjoy researching music from the '60s and '70s for my exercise playlists.

in July of 2024.

What got you interested in volunteering?

My husband, Stuart, and I like to give back to our community and saw what an impact SWOT was making. We had been going to the Y in Texas and needed to keep up that momentum. It was fun and we were meeting lots of nice people.

What do you like about being involved at the Senior Center?

It's the people - absolutely!

When outside the center, what things do you like to do?

I enjoy food - baking, cooking and eating. For me, it's a way to connect with others. I also enjoy being outdoors, listening to nature and watching our gorgeous sunrises and sunsets.

What is the best part of living in Teton Valley?

Aside from the beauty, that small town life.

SWOT APPRECIATES OUR VOLUNTEERS

“SWOT’s volunteer Board of Directors carries the important responsibility of overseeing the work of the center and helping ensure we stay true to our mission. This work is often unseen and sometimes thankless, and we are deeply grateful for their thoughtful leadership and commitment. Their service makes a lasting difference for the seniors we serve every day.”

– ALLIE MOLLENKOF, executive director



Remembering John Cheeseman

Our senior community lost one of its most dedicated volunteers when John Cheeseman died in February. John delivered meals to homebound seniors and also became their friend. He led seniors on wildflower walks, impressing them with his knowledge and dry sense of humor. He volunteered at the Laurance S. Rockefeller Preserve in Grand Teton National Park and published seasonal pocket guides about the wildflowers in the Greater Yellowstone area. John moved to Teton Valley in 2018 after a career as a plant biology professor at the University of Illinois Urbana-Champaign. His gentle, loving spirit will be missed. The next time you can, take a moment to experience the wonder of the natural world – in memory of John.

ROLL CALL OF VOLUNTEERS

KITCHEN PREP VOLUNTEERS

- Monday: Mary Bleffert, Lea Hardee
- Tuesday: Kathy McKinstry, Christy Schroeder
- Wednesday: Lois Cannon, Lynn Sandmann
- Thursday: Lynne Browning, Doug Johnson
- Friday: Roger Gardner, Cheri McRoyan

MEAL DELIVERY DRIVERS

- Monday: Tim Foreman, Julie Stockdill, Jerry Voigt
- Tuesday: Alice Finley, Debbie Razzolini, Vancie Turner
- Thursday: Katie Ballanco, Fred Johnson
- Plus a multitude of substitutes

FITNESS INSTRUCTORS

- Drumming: Kathy Berman, Cindie Brouwer, Melissa Crosswhite, Lea Hardee, Jannet Moranz

- Fit and Fall Proof: Cindie and Randy Brouwer, Elizabeth Donaldson, Ken and Anna Kirkpatrick, Julie Stockdill
- Tai Chi: Dan Keslar
- Yoga: Connie Tyler, substitute Sharon Barrilec

OTHER VOLUNTEERS

- Coffee Klatsch: Vancie Turner
- Medicare Chat: Nicki Karst, Ken Kirkpatrick
- SWOT Book Club Leader: Anna Kirkpatrick
- SWOT Photographer: Linda Swope
- Tech Time: Andy Harlan, Phil Mollenkof, Jackie Riley
- VITA Tax Assistance: Richard Gooding, Kathleen Haar, Ken Kirkpatrick, Sue Miller, Alan O’Bannon, Kristen Schulz, Kelly Walker
- Window and Plant Attendants: Tom Fieger, Jan Tice

Thank you, Wydaho!

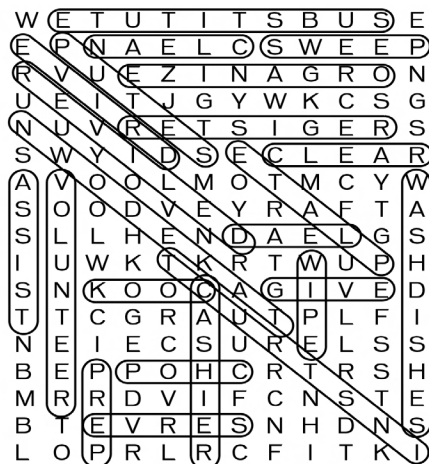
Seniors 60 and over with a SWOT scan card receive a discount at Wydaho Roasters Coffee House on Tuesdays. Thank you, Wydaho, for this and all the other ways you support Seniors West of the Tetons.



PUZZLEanswers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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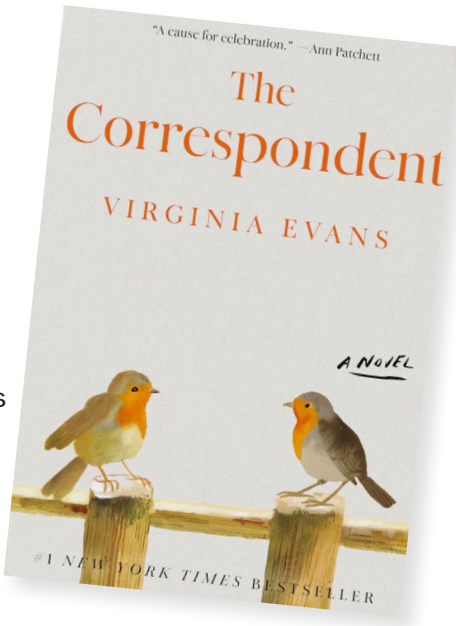


MORE TO DO at the center

BOOK CLUB

Letters written to find peace

SWOT's book for April 28 is "The Correspondent" by Virginia Evans. It's about a retired lawyer whose letters to friends, family and even an author help her navigate life. Sign up for the discussion at 3 p.m. at Tetonseniors.org.



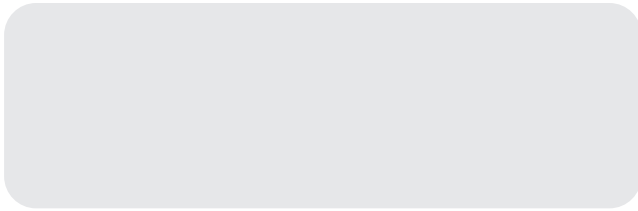
PIZZA & A MOVIE

Love and tragedy as a tribute band

"Song Sung Blue" is based on a true love story of Mike and Claire Sardina, who perform as a Neil Diamond tribute band. It stars Kate Hudson and Hugh Jackman. Join us at 4:30 p.m. on April 17. \$8 fee. Sign up at Tetonseniors.org.

12 VALLEY TALK

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



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