



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 the Bermans

Kathy and Wayne pop popcorn, volunteer at big events and more.

SEE PAGE 10

Valley Talk

MAY 2026

SPRING INTO CONNECTIONS ...

From field trips to fitness, SWOT programs invite you to get out, get moving, interact with others and focus on well-being.



» SEE PAGE 5 FOR MAY'S ACTIVITIES



theSWOTteam

ALLIE'S NOTE

We're building wellness opportunities



ALLIE MOLLENKOF
executive director

AS WE HEAD INTO MAY, I've been thinking a lot about how important it is to keep moving – not just for our physical health, but for our mental and emotional well-being, too. I know this firsthand.

Like many of you, I have to be intentional about it. I make time for running and biking each week, not because it's always easy to fit in, but because I feel the difference when I do. It clears my head, lifts my mood and helps me show up better in every part of my life.

At Seniors West of the Teton, we see this every day. When people are able to get out, move their bodies and connect with others, it leads to a higher quality of life – more energy, stronger relationships and a deeper sense of purpose.

That belief continues to push SWOT to think creatively about how we serve our community.

We're excited to share a new

partnership with Grand Targhee Resort to offer a limited number of discounted ski passes for seniors on fixed incomes. This opportunity removes financial barriers and helps more people stay active, get outside and continue to do something they love. (See Page 3 for details.)

Wellness doesn't look the same to everyone. It might be a fitness class, a walk with a friend or a day on the mountain. But the outcome is the same – movement, connection and joy.

Thank you for being a community that values it. We're proud to keep building opportunities together that help our seniors stay active, engaged, and thriving.

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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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.

SWOT PARTNERS WITH GRAND TARGHEE FOR PASS DISCOUNT

Grand Targhee Resort partnered with Seniors West of the Tetons to offer a new discounted season pass for seniors 65 years and over who earn under \$50,000 a year.



The "Keep Seniors Skiing" pass was offered for \$549, a \$260 savings. The allotted number of the passes sold out last month. Grand Targhee agreed to continue the program so watch for when these passes open next year.

"We are proud to partner with Grand Targhee to support our senior community in staying active, engaged, and outdoors," said SWOT Executive Director Allie Mollenkof.

SWOT gets grant for transportation study

The Community Foundation of Teton Valley awarded SWOT a \$3,000 grant for a pilot transportation program.

The funds will be used to determine what needs older adults have and to begin trips to help seniors with errands and in other ways. Watch the calendar.

The grant is part of the Community Foundation's competitive grant program in which funds are given annually to local nonprofits after being evaluated for community need. Money for the grants is raised by challengers during the annual Tin Cup campaign.

Birds and bikes are part of May events

It's May. That means it time to look for birds and tune up your bikes:

• **Market Lake Wildlife Management Area birding trip:** On May 12, ride the SWOT van along with Laura Brattain, a bird enthusiast. Leave at 7:30 a.m. Return at 2:30 p.m. Bring a sack lunch, binoculars, cameras and appropriate attire. Sign up at Tetonseniors.org

• **Pierre's Pedal Bike Tune-up:** From 10 a.m. to 2 p.m. May 21, sign up for an appointment at Tetonseniors.org to have your bike checked out at Pierre's at 481 N. Main in Driggs. Space is limited.

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.

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.



MAY

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>GO SHOPPING WITH SWOT</p> <p>Ride the SWOT van on May 7 to Jackson and enjoy a shopping trip to Target. The van will leave at 1 p.m. and return at 4:30 p.m. Sign up at Tetonseniors.org.</p>	<p>PAINT A MASON JAR</p> <p>Create a shabby chic floral Mason jar at 1:15 p.m. on May 13 at SWOT. All materials are free. Sign up at Tetonseniors.org.</p>			<ul style="list-style-type: none"> • Yoga, 9 a.m. • Knitting Circle, 9 a.m. at Wydaho Roasters • Tai Chi, 10 a.m. at Teton Valley Welcome Center • Drumming, 10:30 a.m. • SWOT WALK, 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, 10:30 a.m. • CINCO DE MAYO CELEBRATION, noon. • CINCO DE MAYO BINGO, 1 p.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. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • SHOP AT TARGET, 1 to 4:30 p.m. Ride the SWOT van to Jackson. Sign up: Tetonseniors.org. 	<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.
4	5	6	7	8
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • SENIOR ART, 1 p.m. Gelli print painting. Sign up at tinyurl.com/seniorarts. • GET "SEW" CONNECTED, 3 p.m. Quilting ideas, handwork. 	<ul style="list-style-type: none"> • MARKET LAKE BIRDING TOUR, 7:30 a.m. to 2:30 p.m. Bird watching on the SWOT van. Sign up at Tetonseniors.org. • Yoga, 9 a.m. • 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. • Mason jars painting, 1:15 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. • Death Café, 1:30 p.m. 	<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.
11	12	13	14	15
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • CARE PARTNER SUPPORT GROUP, 4 p.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. • SENIOR IMPROV, 3 p.m. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • BIKE TUNE-UP AT PIERRE'S PEDAL PROJECT, 10 a.m. to 2 p.m. Sign up for appointments at Tetonseniors.org. Limited to 16. Donations to Pierre's appreciated. 	<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. • PIZZA AND A MOVIE, 4:30 p.m. "Incredibly Bright Creatures." \$8 fee. Sign up at Tetonseniors.org.
18	19	20	21	22
<p>MEMORIAL DAY</p> <p>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. • SWOT BOOK CLUB, 3 p.m. "Lessons in Chemistry" by Bonnie Garmus. Sign up at Tetonseniors.org. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee, 10:30 a.m. • TETON VALLEY HEALTH UPDATE, 11 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. • Tai Chi, 10 a.m. at Teton Valley Welcome Center. • Drumming, 10:30 a.m. • SWOT WALK, 1 p.m.
25	26	27	28	29





MAY 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
CINCO DE MAYO It's May! Time for tacos, chips, salsa and churros on May 5. Stay and play bingo for free. Bring your own margaritas or tequila for shots.		BASEBALL FAN DAY! Feel like you're being taken out to the ballgame on May 8 when the kitchen serves stadium hot dogs. Come wearing your favorite team's attire.		Ham and Swiss cheese croissant with Dijonnaise Side salad French onion soup Fresh grapes
BREAKFAST BRUNCH BUFFET Eggs, bacon and sausage Home fries French toast Fresh fruit Mini Danish pastry	CINCO DE MAYO Tacos with beef, chicken or pork Beans and rice Housemade chips and salsa Green chile chicken soup Churros	Tuna and avocado sandwich on wheat bread Pasta salad Garden salad Chocolate brownie	Grilled lamb chop Mashed potatoes Rosemary demi-glace Roasted beets Lentil bacon soup BIRTHDAY CAKE	BASEBALL FAN DAY! Baseball stadium hot dog with housemade chili, cheese sauce and toppings bar Housemade potato salad Watermelon
Roasted red pepper hummus with warmed pita, tomatoes, cucumbers, Kalamata olives and feta cheese Garden vegetable soup	REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad	Lemon garlic chicken Oven-roasted potatoes Grilled asparagus Cream of potato soup	Popcorn shrimp Cheesy grits Coleslaw Corn on the cob Garden salad Vanilla pudding	Asian barbecue beef on a brioche bun Asian slaw Red chile aioli Pork fried rice Asian mushroom soup Oranges Fortune cookie
Beer-battered pollock Lemon caper tartar sauce Rice pilaf Vegetable slaw Garden salad	French mushroom bourguignon Mashed potatoes Roasted tomatoes and asparagus Vegetable barley soup	Grilled pork chop with apple chutney Green bean bacon salad Garden salad Dinner roll	Chicken and pear salad with Gorgonzola cheese, candied pecans, dried cranberries and green onion Ham and white bean soup Cookie	Grilled patty melt with horseradish aioli, Swiss cheese and caramelized onions Housemade potato chips Garden salad Brownie
MEMORIAL DAY The Senior Center is closed.	Herb-roasted turkey Bread stuffing Turkey gravy Green bean casserole Dinner roll Pumpkin pie	Baked garden vegetable-and-cheese frittata Home fries Garden salad Fresh-cut fruit	Lamb sausage and mushroom lasagna Side salad Garlic breadsticks Minestrone soup	Philly cheese steak sandwich with peppers, onions and cheese sauce on a hoagie Housemade potato chips Turkey noodle soup Cookie





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2026 AND MARCH

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

4,130

AT THE CENTER: 3,092
HOME-DELIVERED: 1,038

MEALS SERVED IN MARCH

1,494

AT THE CENTER: 1,072
HOME-DELIVERED: 422

FITNESS/HEALTH PROGRAMS IN MARCH

653

GAMES: BRIDGE & MAHJONG IN MARCH

181

ENRICHMENT PROGRAMS IN MARCH

262

GONE BUT NOT FORGOTTEN ...

These residents passed away recently:

- Gary Blanchard
- Michael Brunetto
- Vernie Corbett Jr.
- Brett Irby
- George Knight
- Sonja Sewell
- Marilyne Gay Skinner
- Nancy Winter



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.



planting herbs

Virginia Grosse takes a sniff as she prepares to create a planter of herbs at MD Nursery's kitchen herb planter workshop in March.



believing in magic

Ainsley Furgason entertained seniors with cards, sleight of hand, escaping bonds and disappearing feats at a magic happy hour in April. Carlo Cannell, bottom far left, sponsored the event for SWOT. Above left, Jackie Riley secures chains around Ainsley's wrists, but he still escaped. Above, Ainsley performed tricks tableside, with Tim Foreman and Connie Tyler.



walmart shop

Janet Moranz shops in Walmart after riding the SWOT van to Rexburg. This month the van will go to Target in Jackson on May 7.



photo field trip

The SWOT Photo Club took a trip to Erica Linn's farm in Wilson for a special photo shoot. The club meets the second Wednesday of the month at 5:30 p.m.

swinging time

Lea Hardee tried out the play equipment at Mount Shreadmore Park in Shoshoni Plains in Driggs after a SWOT walk.

Bird word search

AMERICAN COOT	T	S	R	H	D	R	A	L	L	A	M	K
BLUE HERON	N	O	K	E	C	W	I	L	L	E	T	I
BUFFLEHEAD	E	R	O	C	K	N	A	N	K	G	E	L
CANVASBACK	W	P	E	C	A	C	I	R	U	R	R	L
CINNAMON TEAL	C	O	B	T	N	B	I	F	B	R	G	D
CLIFF SWALLOW	C	R	L	L	S	A	S	L	D	L	E	E
CRANE	I	S	A	L	U	R	C	A	F	L	E	E
CURLEW	N	D	H	N	A	E	E	I	V	S	O	R
EGRET	N	R	A	O	E	W	H	T	R	N	I	G
FLICKER	A	U	E	E	V	L	S	E	S	E	A	R
FORSTER'S TERN	M	D	S	I	H	E	L	F	R	R	M	C
GADWALL	O	D	U	W	R	E	L	A	F	R	O	A
GROUSE	N	Y	O	C	U	R	L	E	W	I	O	F
HARRIER	T	D	R	N	K	J	A	F	R	D	L	N
IBIS	E	U	G	S	I	B	I	H	F	S	A	C
KESTREL	A	C	K	E	S	T	R	E	L	U	S	G
KILLDEER	L	K	I	N	G	B	I	R	D	F	B	M
KINGBIRD												
MALLARD												
RUDDY DUCK												
SHOVELER												
WARBLER												
WILLET												

SWOT sudoku

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

>> **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
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in the SPOTLIGHT

IMMERSING THEMSELVES into SWOT, Wayne and Kathy Berman participate in programs and volunteer often, including making popcorn in the machine they donated. We caught up with Kathy to find out more about them.

Tell us about your backgrounds.

We grew up in separate small towns near Akron, Ohio. Wayne worked with and became good friends with my mom. She thought he was so great, she decided to match him up with my cousin. She invited him over to show slides from a trip across several states that he had just taken. She asked my cousin to join us, but my cousin had just started dating someone and didn't even recognize this as a setup. That was December 1970. Things evolved from there. We were engaged the following June and married a year later. In 1977, we moved to Napoleon, Ohio, with our two young daughters, where we lived for the next 46 years.

How you got to Teton Valley?

We moved here in mid-May 2023, at the urging of our older daughter, Heather, who had been living in Wilson, Wyo. for eight years and loving it. After our retirements, we were coming out to visit more often and staying longer each time, so when she took us house hunting, we were open to it. And last August, we were able to convince our younger daughter, Hallie, and two granddaughters to move from Ohio to Jackson Hole.

How did you get involved at the Senior Center?

We enjoyed activities at the



WAYNE & KATHY BERMAN

FREQUENT VOLUNTEERS, THEY PARTICIPATE AND HELP WITH ALMOST EVERYTHING

PHOTOS BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

senior center in Napoleon, so it was natural for us to check out SWOT. Because of the food, fitness programs, special events, talks, walks, movie nights (to name a few activities), and the people, we spend a lot of time at SWOT.

What do you enjoy about volunteering?

Without a doubt, it's the people. We have a significant amount of free time. We enjoy spending time with the great people we continue to meet at SWOT, and the events are awesome. It's fun and a privilege to be able to be a part of them (even if it's garbage duty)!

What would you tell others about volunteering?

It's great, and you won't regret a moment!

When not at SWOT what do you enjoy?

Spending time with family and friends.

What is the best part of living in Teton Valley?

The scenery, the wildlife, the people have all been great so far. Can't pick one thing as the best. Still adjusting to the weather, but it's beautiful a lot of the time, too!

SWOTVIEW

PHOTO OF THE MONTH
SUE LURIE

Sue Lurie for an assignment on “Fog, Mist, and Haze” took this photo of McGown Peak at Sunrise near Stanley Lake in Idaho. The SWOT Photo Club selected it as its Photo of the Month. The photo club is open to all and meets on the second Wednesday of the month at 5:30 p.m.



RAFFLEPRIZE

FOR MAY

SWOT’s raffle prize for the month of May will be three free burritos from the SWOT booth at the Teton Valley Farmers’ Market, which opens June 5. Tickets are \$5 at the registration desk at the Senior Center west entrance. The winner will be drawn at the end of the month. In March, Jo Haddox won four passes to Pizza & A Movie. April’s prize was four senior meals. The winner wasn’t known by press time.



TIP of THE MONTH

IDEAS ON HOW TO AGE WELL WHILE LIVING IN TETON VALLEY

MUSCLE HEALTH

Healthy diet and exercise are your best bet for muscle health.

To combat muscle loss, eat a healthy diet with 20 to 35 grams of protein at each meal and make sure you’re getting Vitamin D. A 3.5-ounce, palm-sized piece of chicken has 35 grams of protein. Milk has protein and Vitamin D. Salmon also has Vitamin D as well as 25 grams of protein in 3.5 ounces. Sweet potatoes, red bell peppers and beans are also good. Remember to hydrate!

Thank you, Wydaho!

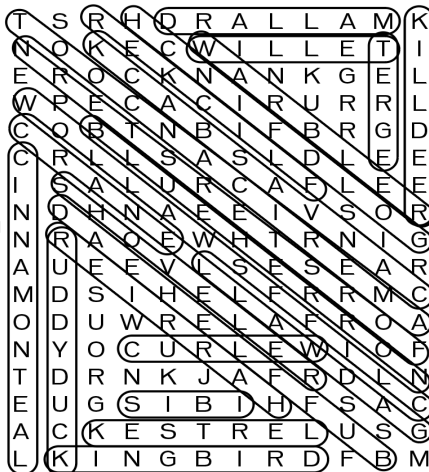
Seniors 60 and over with a SWOT scan card receive a discount at Wydaho Roasters Coffee House on Tuesdays. Thank you, Wydaho, for this and all the other ways you support Seniors West of the Teton.



PUZZLEanswers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



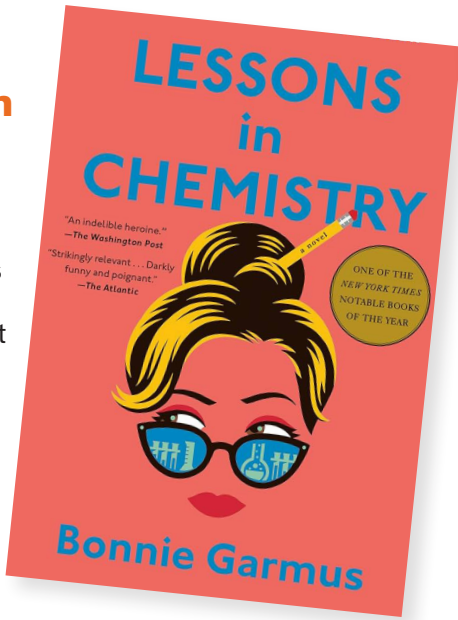
MORE TO DO

at the center

BOOK CLUB

Cooking with chemistry in the '60s

SWOT's book for May 26 is "Lessons in Chemistry" by Bonnie Garmus. Set in 1960s California, it's about a female chemist who becomes the star of a cooking show. Sign up for the discussion at 3 p.m. at Tetonseniors.org.



PIZZA & A MOVIE

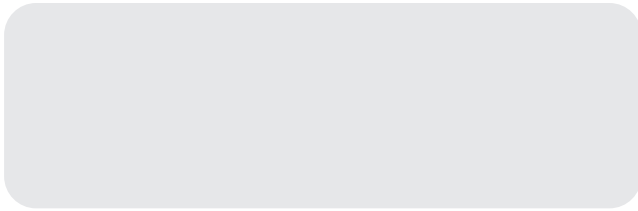
She's got a friend with many arms

The movie, "Remarkably Bright Creatures," is based on the popular book by Olivia Newton. Sally Field stars as Tova, a widow working in an aquarium who befriends Marcellus, a giant Pacific octopus. Join us at 4:30 p.m. on May 22. \$8 fee. Sign up at Tetonseniors.org.



12 VALLEY TALK

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