



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.



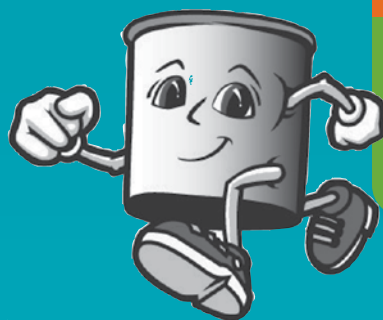
HOW TO REACH US

- (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](#)



Valley Talk

JULY 2026

It's time to make your Tin Cup donations. Such gifts help us create a vibrant community hub that ensures that older adults in Teton Valley remain:

ACTIVE



ENGAGED



SOCIAL



HOW TO CONTRIBUTE

- » **ONLINE** Visit tincupchallenge.org/cart and look for Seniors West of the Tetons in the list of nonprofits
- » **BY MAIL** Forms were mailed to residents, and donations need to be made to the Community Foundation for SWOT to receive matching funds. Send contributions to P.O. Box 1523, Driggs ID 83422.
- » **IN PERSON** 189 N. Main Suite 112 in Driggs or at the Event Day on July 18 at Driggs City Park

The Tin Cup Challenge is Seniors West of the Tetons' largest source of revenue. Your donations are matched through the Community Foundation of Teton Valley.

THE DEADLINE FOR GIVING IS JULY 24



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MEALS DELIVERED



Home-delivered meals are
available by contacting:

Eastern Idaho
Community Action
Partnership,
(208) 522-5391

theSWOTteam

ALLIE'S NOTE

As the need grows, every gift matters



**ALLIE
MOLLENKOF**
executive
director

ONE OF THE GREATEST privileges of my job is getting a front-row seat to the way this community cares. Every day, I have the opportunity to witness small acts of kindness, generosity and connection that often go unseen.

Whether it's a volunteer delivering meals, a participant welcoming someone new at lunch or a donor choosing to invest in our mission, I'm constantly reminded that this valley is filled with people who genuinely care about their neighbors.

As our Senior Center grows along with our increasing needs, I sometimes wonder how we'll keep up. Last year alone, we served more than 17,700 meals and created more than 25,000 opportunities for seniors to connect, learn, move and belong.

Growth is exciting, but it comes with real challenges. And then, as always, this community shows up.

That's why the Tin Cup Challenge is so important to us. The matching funds help, but what means the most is what your gift represents. It's an investment in our seniors and in the kind of community we want Teton Valley to be – one where people of all ages are valued, connected and supported.

Every gift helps us continue to provide meals, programs and opportunities for connection. More than that, each donation reminds us that this work isn't ours alone – it's something we do together.

Thank you for believing in our seniors and for continuing to show up in such meaningful ways.

YOU CAN HELP US MAKE A DIFFERENCE

IF YOU LOVE THE SERVICES that Seniors West of the Tetons 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.

LEARN ABOUT AGING IN PLACE AND HOME-HEALTH SERVICES

Seniors West of the Tetons will host an aging in place presentation at 11 a.m. on July 15 on home health care.

Bridger Carpenter of Momentum Home Health and Mike Flowers of 208 Home Care will present information on home health and in-home caregiving.

They'll explain the differences between skilled and non-medical assistance, when each is appropriate and how they complement each other. Families, caregivers and seniors are invited to ask questions about aging in place successfully.



Carpenter **Flowers**

SWOT programming notes for this month

Summer activities and unexpected weather can sometimes mean a change for the SWOT calendar of activities.

With SWOT's involvement in the Farmers Market on Fridays, the SWOT Walk is moving to 1 p.m. on Thursdays. Meet before 1 p.m. at the lunch registration desk to tag along, weather permitting.

Weather postponed the June Boomer Bike ride. The ride is now planned for 9:30 a.m. on July 7 and is limited to 15. The ride starts and ends at the Teton Creek Corridor. Sign up at TetonSeniors.org.

March with SWOT in parade, Tin Cup

March along with SWOT in the Fourth of July Parade in Victor and at the Tin Cup Day walk on July 18.

On July 4, SWOT will start lining up at 8 a.m. along Elm Street. Arrive by 9:45 a.m. for the 10 a.m. parade start. Dress in muumuus, flowing dresses, overalls and wigs if you want. Bring lots of candy.

On July 18, SWOT will walk in the Tin Cup Challenge event in Driggs City Park. Arrive by 8:50 a.m. at the SWOT booth to join in the fun. Muumuus, overalls, wigs and props are encouraged. Help SWOT win a Spirit Award.

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.

This fun cardio routine set to music involves movement and beating an exercise ball with drumsticks.

SWOT Walks

1 p.m. Thursdays. Meet at lunch registration desk.

Tai Chi

9 a.m. Wednesdays at the Senior Center. 10 a.m. Fridays at Driggs City Park. 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

This program is taking a break for the summer. Check back in the fall. 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

On break for the summer. Look for it to return in the fall.

Teton Valley Health provides an 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. On summer break.

Seniors Health Insurance Benefit Advisors will be at lunch again in the fall.

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. \$5 suggested donation. Limited offering in summer.

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.



JULY

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
YOU SCREAM; WE ALL DO! SWOT's ice cream social this month will be in the Alta Park on Targhee Road off Ski Hill Road at 2 p.m. on July 29. Look for the SWOT van.				
		- Tai Chi, 9 a.m. - Coffee, 10:30 a.m. - Mahjong, 1 p.m.	Fit and Fall Proof, 9 and 10 a.m.	FOURTH OF JULY HOLIDAY The Senior Center is closed.
- Fit and Fall Proof, 9 and 10 a.m. LEARN MAHJONG, 1 to 2:30 p.m. Patty Seymour leads the final session.	- Yoga, 9 a.m. BOOMER BIKE RIDE, 9:30 a.m. 12-mile bike ride starting and ending at the Teton Creek Corridor east of Driggs. Sign up at Tetonseniors.org. - Drumming, 10:30 a.m. - Bridge, 1 p.m.	- Tai Chi, 9 a.m. - Coffee, 10:30 a.m. - Blood-pressure checks, 11:45 a.m. - Mahjong, 1 p.m. - Photo Club, 5:30 p.m.	- Fit and Fall Proof, 9 and 10 a.m. - Death Café, 1:30 p.m. - SWOT Walk, 1 p.m.	FARMERS MARKET: SWOT BURRITOS - Yoga, 9 a.m. - Tai Chi, 10 a.m. at Driggs City Park. - Drumming, 10:30 a.m.
- Fit and Fall Proof, 9 and 10 a.m. GET "SEW" CONNECTED, 3 p.m. Quilting ideas, handwork.	- Yoga, 9 a.m. - Drumming, 10:30 a.m. - Bridge, 1 p.m. SWOT SWIM, Ride the van at to Teton Valley Resort at 1:15 p.m. Sign up at Tetonseniors.org.	- Tai Chi, 9 a.m. - Coffee, 10:30 a.m. AGING IN PLACE, 11 a.m. Momentum Home Health and 208 Home Care discussion. See Page 3. - Mahjong, 1 p.m. SWOT SHOP WAL-MART, in Rexburg, 1 p.m. Sign up at Tetonseniors.org.	- Fit and Fall Proof, 9 and 10 a.m. - SWOT Walk, 1 p.m.	FARMERS MARKET - Yoga, 9 a.m. - Knitting, 9 a.m. (Wydaho). GRAND TETON MUSIC FESTIVAL, 8:30 a.m. Pack a lunch. \$15 discounted tickets. Sign up at Tetonseniors.org. See Page 12. - Tai Chi, 10 a.m. at Driggs City Park. - Drumming, 10:30 a.m.
Fit and Fall Proof, 9 and 10 a.m.	- Yoga, 9 a.m. - Drumming, 10:30 a.m. - Bridge, 1 p.m.	- Tai Chi, 9 a.m. - Coffee, 10:30 a.m. - Mahjong, 1 p.m. SENIOR IMPROV, 3 p.m.	- Fit and Fall Proof, 9 and 10 a.m. - SWOT Walk, 1 p.m.	FARMERS MARKET: SWOT BURRITOS - Yoga, 9 a.m. - Tai Chi, 10 a.m. in Driggs City Park. - Drumming, 10:30 a.m.
- Fit and Fall Proof, 9 and 10 a.m. CARE PARTNER SUPPORT GROUP, 4 p.m.	- Yoga, 9 a.m. - Drumming, 10:30 a.m. - Bridge, 1 p.m. SWOT SWIM, Ride the van at 1:15 p.m. to Teton Valley Resort. Sign up at Tetonseniors.org.	- Tai Chi, 9 a.m. - Coffee, 10:30 a.m. - Mahjong, 1 p.m. ALTA ICE CREAM SOCIAL, 2 p.m. Look for the SWOT van in the Alta Park on Targhee Road.	- Fit and Fall Proof, 9 and 10 a.m. - SWOT Walk, 1 p.m.	FARMERS MARKET: SWOT BURRITOS - Yoga, 9 a.m. - Tai Chi, 10 a.m. in Driggs City Park. - Drumming, 10:30 a.m.





JULY

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
HAWAIIAN SHIRT LUNCH Almost anything goes, of course, but on July 31 wear your Hawaiian shirt for a special themed lunch. You'll want to be there because there will be coconut pie.		Grilled three-cheese sandwich Cream of tomato basil soup Garden salad Grapes 	4TH OF JULY BBQ Barbecue pork ribs Baked beans Potato salad Coleslaw Cornbread Watermelon Birthday cake	FOURTH OF JULY HOLIDAY The Senior Center is closed.
Cajun tilapia fillet Cheesy grits Fried okra Collard greens Red bean and sausage soup Vanilla pudding 6	REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad 7	Oven-roast pork Mashed potatoes Gravy Roasted mixed vegetables Cream of cauliflower soup Cinnamon apples 8	Cheese-and-spinach ravioli with alfredo sauce, fresh basil and Parmesan Grilled yellow squash Garden salad  9	Tuna avocado salad sandwich on wheatberry bread Housemade potato chips Mixed fruit Lemon Jell-O parfait 10
Chicken cordon bleu with roasted garlic cream sauce Steamed broccoli Garden salad Sliced pears 13	Cheesy beef-and-tater tot casserole Roasted vegetable blend Garden salad Chocolate pudding 14	Fish and chips with beer-battered cod Roasted potato wedges Housemade tartar sauce Coleslaw Clam chowder 15	Beer-braised bratwurst German potato salad Sauerkraut Roasted green beans Beer cheese soup Brownie 16	Green goddess avocado sandwich with provolone, spinach, cucumber and sprouts Housemade potato chips Cream of vegetable soup Cookie  17
Baked bacon sausage cheese frittata Crispy potatoes Garden salad Mixed fruit 20	Grilled zucchini pancakes with lemon oregano aioli Side salad Cream of potato soup Lemon cookie  21	Beef and blue cheese salad with romaine, roasted beets, candied pecans and crispy onions Garden vegetable soup Dinner roll 22	Crispy chicken breast Mashed potatoes and gravy Peas and carrots Garden salad Applesauce 23	Italian sub with ham, pepperoni, salami and provolone cheese on a hoagie Housemade potato chips Minestrone 24
Bronco burger: beef patty with onion ring, barbecue sauce and cheddar on a potato bun French fries Garden salad Sliced apples 27	TACO TUESDAY Chicken fajitas with peppers and onions Refried beans Spanish rice Pork and green chile soup Cinnamon tortilla chips 28	Potato gnocchi with tomato basil sauce with fresh mozzarella Grilled zucchini Garlic sourdough bread Garden salad  29	Thai sweet chile shrimp stir-fry White rice Sweet potato curry soup Mandarin oranges Fortune cookie 30	HAWAIIAN SHIRT DAY Ham and pineapple sliders Hawaiian macaroni salad Polynesian coleslaw Portuguese bean soup Coconut pie 31





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2026 AND MAY

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

5,809

AT THE CENTER: 4,158
HOME-DELIVERED: 1,651

MEALS SERVED IN MAY

1,491

AT THE CENTER: 1,066
HOME-DELIVERED: 425

FITNESS/HEALTH PROGRAMS IN MAY

597

GAMES: BRIDGE & MAHJONG IN MAY

80

ENRICHMENT PROGRAMS IN MAY

331

GONE BUT NOT FORGOTTEN ...

These residents passed
away recently:

Barbara Aronowitz

Conrad Jensen

Selar Marcum

William Miller



VALLEY TALK 7

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PICTURE perfect

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



PHOTOS: LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

a worthy cause

SWOT's Black Tie Bingo on June 6 raised a new record for the organization's meal program through sponsorships and ticket sales. Top left: Glenn and Lynne Browning, SWOT board chair, enjoy the evening. Top right: Tim Gruber calls the bingo numbers. Left: Executive Director Allie Mollenkof welcomes the crowd, thanking them for their support. See the list of sponsors and donors on Pages 10 and 11.



bike demo

Valley Adaptive Sports Executive Director Nate Carey let seniors try a recumbent bike in May. Below, Ken Kirkpatrick gives it a try.



SWOTVIEW

PHOTO OF THE MONTH
BETTY ORR

SWOT Photo Club Member Betty Orr took this photo as an assignment to capture baby animals. The picture - taken in Yellowstone National Park of a "red dog" baby bison - was selected as the photo of the month.

another walk

SWOT Walks in Teton Canyon continued with two more in June. Seniors rode the van and others met at the trail heads. The walks have now moved to Thursdays.



PHOTO BY LINDA SWOPE | SWOPE MOUNTAIN PHOTOGRAPHY

lunch tunes

Local musicians often entertain at lunch. In May, Karen Lowenthal joined her husband, Harry, and performed with Jim Wilson and Henry Pepin. Above is Karen singing with Harry.

Tin Cup word search

ACTIVITIES	N	O	I	T	A	D	N	U	O	F	O	R
BOOTH	R	M	G	T	Y	T	I	R	A	H	C	A
BREAKFAST	S	T	I	N	C	U	P	M	E	R	A	C
CAMPAIGN	T	E	V	E	N	T	D	A	Y	R	M	E
CHALLENGE	I	N	I	C	Y	M	G	E	L	T	P	L
CHARITY	F	K	N	O	T	A	I	I	V	N	A	S
CONTRIBUTE	O	F	G	N	I	T	F	Y	M	I	I	E
DONATE	R	U	K	T	S	C	T	N	F	D	G	I
DONOR CARD	P	N	L	R	O	H	S	N	I	O	N	T
EVENT DAY	N	D	A	I	R	E	A	I	V	N	N	I
FIVE K	O	R	W	B	E	D	F	T	E	O	O	V
FLAT TINNY	N	A	N	U	N	F	K	T	K	R	J	I
FOUNDATION	A	I	U	T	E	U	A	A	Z	C	E	T
FUNDRAISING	J	S	R	E	G	N	E	L	L	A	H	C
FUN RUN/ WALK	P	I	N	N	O	D	R	F	F	R	C	A
GENEROSITY	P	N	U	D	P	S	B	Z	F	D	D	A
GIFTS	L	G	F	M	O	B	O	O	T	H	S	P
GIVE												
GIVING												
MATCHED												
FUNDS												
NONPROFITS												
RACE												
TEN K												
TIN CUP												

SWOT sudoku

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

>> **ANSWERS** TO THIS MONTH'S PUZZLES CAN BE FOUND ON PAGE 11

VALLEY TALK 9

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SWOT extends its gratitude to those who supported this fundraising event in June.

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Teton Aviation Center
Teton Creek Auto Glass
Teton Pines Country Club
Teton Reserve Golf Course
Teton River Supply
Teton Thai
Tractor Supply Co.
Peter Troy
Two Mountain Winery
Connie Tyler
Laura Vetsch
of Art in the Alpine
Whole Foods Market

THANK YOU TO ALL OUR DONORS

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

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



MORE TO DO at the center

GET CLASSY

SWOT visits Grand Teton Music Fest

On July 17 at Jackson High School, hear Conrad Jones perform Hayden's Trumpet Concerto. \$15 fee. The SWOT van leaves at 8:30 a.m. \$5 for gas. Additional tickets for those who drive themselves. Sign up at Tetonseniors.org.



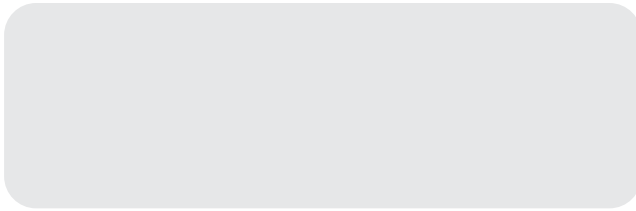
TIN CUP DAY

Show spirit, come walk with SWOT

On July 18, join SWOT at the 5K Fun Walk to help us vie for another Spirit Award at the Tin Cup Challenge Event Day. Dress like your grandparents did and come to the Driggs City Park at 8:50 a.m. and find the SWOT booth.

12 VALLEY TALK

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



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