



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)

Thank you Tin
Cup donors

We are humbled
by your generosity.

SEE PAGE 10

Valley Talk

SEPTEMBER 2026



WHERE DO WE GO FROM HERE?

WE'RE LOOKING AHEAD - AND WE NEED YOUR HELP

SWOT IS PLANNING FOR THE FUTURE - AND WE'RE TRYING TO BE STRATEGIC ABOUT IT

Seniors West of the Tetons is planning for the future and wants to hear from you. Community members are invited to share their experiences, perspectives and ideas about how SWOT can better serve older adults, their families and the Teton Valley community. We'll use the information to shape our strategic plan.

WHAT WE WANT TO KNOW

- What Seniors West of the Tetons does well
- What older adults in our community need
- How our programs and services could improve
- What our priorities should be for the future

HOW TO PARTICIPATE

ATTEND A TOWN HALL MEETING

Join our community town hall on Sept. 9 from 4 to 5:30 p.m. at Seniors West of the Tetons. To RSVP, email nonprofit expert Kari Anderson at kari@inciteconsultinggroup.com by Sept. 7.

COMPLETE AN ONLINE SURVEY

Fill out an online survey about how SWOT is doing and what we could improve. To receive the survey, email nonprofit expert Kari Anderson at kari@inciteconsultinggroup.com before Sept. 7.



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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

Thank you for your generous support



**ALLIE
MOLLENKOF**
executive
director

AS WE WRAP UP another incredible Tin Cup Challenge, I want to say a heartfelt thank you to everyone who chose to support Seniors West of the Tetons.

Your generosity means more to us than you know.

Lately, we've had several new faces walk through our doors. People are visiting family here who are considering making Teton Valley their home and part of that decision has been coming to check out the Senior Center.

I love that. They aren't just looking at houses or amenities; they're asking, Will I have a place here? Will I find community? Will I belong?

That is what SWOT is all about. It's a place to walk through the door and be known, to share a meal, try something new, make a friend and feel connected to this community.

Every day I have the privilege of

seeing those connections form and watching volunteers deliver meals that include not just food but also a smile and a wellness check. I watch our community remind older adults that they are seen, valued and needed. They matter.

Your Tin Cup donations help make that possible. It shows you support the idea that no one should have to age alone.

Thank you for believing in this place, in our seniors and in the importance of connection and belonging at every age.

Your thoughtful donations are an investment in the kind of Teton Valley we all want to grow old in.

We are so incredibly grateful.

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.

TIME TO CONTRA DANCE ONCE AGAIN AT THE SENIOR CENTER

The Yellow Dog String Band returns to the Senior Community Center at 6 p.m. on Sept. 18 for a Contra Dance.



The Downtown Driggs Association and Seniors West of the Tetons are partnering to bring this fun activity back for the community to enjoy. A caller will instruct and lead dancers to the live music. No partner is necessary. You'll find someone when you come to do-si-do.

SWOT's burritos will be available for purchase.

The Yellow Dog String Band includes local musicians Rick McCracken, Thomas Sneed and Salley Sublet and might have a few special guests.

Help first responders with your information

Teton County Fire and Rescue officers will be at the Senior Center at 1 p.m. Sept. 16 to provide "File of Life" forms and information.

The File of Life packets provide emergency personnel and family with updated medical and emergency contact information. They include magnetic pouches to put on refrigerators for fast access to medical details, history, medications and allergies.

A window sticker is included to let responders know the information will be available inside.

Learn tips for fall prevention, recovery

Because September includes Fall Prevention Week, a special session



between Fit and Fall Proof fitness and balance sessions will provide fall prevention information. The session will be at 9:45 a.m. on Sept. 24

Margaret Bennett, DPT, and Mel Cragun, OT, from Teton Valley Health will offer practical tips and demonstrations on how to avoid falls, staying safe in the case of a fall, and how to safely recover after a fall. Everyone is welcome.

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 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

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

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

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 and Thursdays. Free.

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.



SEPTEMBER

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
SEPTEMBER SHOPPING Ride the van to Costco in Idaho Falls at 1 p.m. on Sept. 10. Sign up at Tetonseniors.org.	• Yoga, 9 a.m. • Drumming, 10:30 a.m. • Bridge, 1 p.m.	• Tai Chi, CANCELED • Coffee, 10:30 a.m. • Mahjong, 1 p.m. • SWOT SWIM, 1:15 p.m. Sign up at Tetonseniors.org. • STAYING CALM WITH CAROL BARKES, 6:30 p.m. See box below.	• Fit and Fall Proof, 9 and 10 a.m. • SUMMER BRIDGE, 1 p.m. • SWOT WALK, 1 p.m. • VICTOR ICE CREAM SOCIAL, 2 p.m. Look for the SWOT van at Sherman Park, 180 Elm St.	FARMERS MARKET: SWOT BURRITOS • Yoga, 9 a.m. • Knitting Circle, 9 a.m. at Wydaho Roasters • Tai Chi, CANCELED • Drumming, 10:30 a.m.
LABOR DAY The Senior Center is closed.	• Yoga, 9 a.m. • RIDE TARGHEE CHAIRLIFT, 10 a.m. Meet at the Grand Targhee Resort Plaza for a free ticket. Limited tickets at Tetonseniors.org. • Drumming, 10:30 a.m. • Tech Time, noon	• Tai Chi, 9 a.m. • Coffee, 10:30 a.m. • Blood-pressure checks, 11:45 a.m. • Mahjong, 1 p.m. • SWOT ROUNDTABLE, 4 p.m. Help shape the future of SWOT. Sign up at kari@inciteconsultinggroup.com. See Page 1.	• Fit and Fall Proof, 9 and 10 a.m. • Death Café, 1:30 p.m. • Summer Bridge, 1 p.m. • SWOT WALK, 1 p.m. • SHOP AT COSTCO, 1 to 5:30 p.m. Ride the SWOT van to Idaho Falls. Sign up: Tetonseniors.org.	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. • SENIOR ART, 1 p.m. Sign up at tinyurl.com/seniorarts. • GET "SEW" CONNECTED, 3 p.m. Quilting ideas, handwork.	• Yoga, 9 a.m. • Drumming, 10:30 a.m. • Bridge, 1 p.m.	• Tai Chi, 9 a.m. • BOOMER BIKE RIDE, 9:30 a.m. 12-mile loop at Rainey Bridge. Sign up Tetonseniors.org. • Coffee, 10:30 a.m. • Mahjong, 1 p.m. • FILE OF LIFE, 1 p.m. Teton County Fire & Rescue: Vital forms for first responders. • Senior Improv, 3 p.m.	• Fit and Fall Proof, 9 and 10 a.m. • Summer Bridge, 1 p.m. • SWOT WALK, 1 p.m. talk with John Norton about how the iNaturalist app contributes info on local biodiversity. Then take a walk to use it.	• Yoga, 9 a.m. • Knitting, 9 a.m. (Wydaho). • Tai Chi, 10 a.m. at Driggs City Park. • Drumming, 10:30 a.m. • CONTRA DANCE, 6 p.m. SWOT and Downtown Driggs Association present Yellow Dog String Band. SWOT burritos for purchase.
• Fit and Fall Proof, 9 and 10 a.m.	• Yoga, 9 a.m. • JENNY LAKE BOAT RIDE, 9:45 a.m. departure. Bring a park pass, \$5 to tip and a sack lunch. If driving, arrive by 10:45 a.m. for parking. Meet at boat dock by 11:25. Sign up at Tetonseniors.org. • Drumming, 10:30 a.m. • Bridge, 1 p.m.	THE SENIOR CENTER IS CLOSED FOR STAFF TO ATTEND AN ANNUAL BOARD RETREAT.	• Fit and Fall Proof, 9 and 10 a.m. • Fall prevention, 9:45 a.m. (See Page 3) • MEDICARE CHAT, noon • SWOT WALK, 1 p.m. • Summer Bridge, 1 p.m.	• 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.	• Tai Chi, 9 a.m. • Coffee, 10:30 a.m. • Mahjong, 1 p.m. • SWOT BINGO, 1 p.m.	LEARN TO STAY CALM Valley of the Tetons Library presents Carol Barkes, a neuroscience educator and former firefighter-turned-professional mediator. She will discuss "Staying Calm When Everyone Else Isn't – Why Our Brains React and What We Can Do About It" at 6:30 p.m. on Sept. 2 at Seniors West of the Tetons.	





SEPTEMBER

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
	REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad 1	Marsha's crab cakes Side salad Roasted red pepper aioli Cream of tomato basil soup White chocolate chip cookie 2	Chicken Margherita with basil pesto Orzo pasta Minestrone soup Balsamic-glazed strawberries BIRTHDAY CAKE 3	Egg salad croissant sandwich with provolone Housemade potato chips Garden salad Vanilla pudding 4
LABOR DAY The Senior Center is closed. 7	Swedish meatballs Mashed potatoes Gravy Lingonberry jelly Roasted green beans Yellow split pea soup Rice pudding 8	White artichoke spinach lasagna Side salad Italian wedding soup Grapes 9	Salmon Caesar salad Tuscan bean soup Focaccia bread Mixed fruit 10	Tuna on wheat with cheddar cheese Housemade potato chips Garden salad Cookie 11
NATIONAL HOAGIE DAY Build-your-own hoagie with choice of meats, cheeses and toppings Potato chips Garden salad Cookie 14	Asian street tacos with teriyaki chicken, Asian slaw and red chile aioli Pork fried rice Asian broccoli beef soup Oranges Fortune cookie 15	Grilled pork chop Mashed potatoes Gravy Roasted mixed vegetables Garden salad Applesauce 16	Grilled three-cheese sandwich with white cheddar, provolone, Muenster on wheat Side salad Cream of potato soup Sliced melon 17	NATIONAL CHEESEBURGER DAY Beef patty with American cheese and choice of toppings French fries Garden salad Brownie 18
Layered pork carnitas enchiladas Refried beans Spanish rice Salsa bar Black bean blue tortilla soup Churros 21	Catfish fish cakes Side salad Lemon dill aioli Andouille sausage bean soup Diced peaches and cream 22	THE SENIOR CENTER IS CLOSED FOR STAFF TO ATTEND AN ANNUAL BOARD RETREAT. 23	Chicken pear walnut salad with romaine, dried cranberries and gorgonzola cheese Garden vegetable chowder Dinner roll 24	French dip roast beef hoagie with au jus Housemade potato chips Garden salad Brownie 25
Sloppy joes with cheddar cheese and green onions on wheat ciabatta Three-bean salad Cream of mushroom soup Sliced apples 28	Pedro's fish tacos with beer-battered cod and shredded cabbage Chipotle aioli Refried beans Spanish rice Green chile chicken soup 29	Lemon caper tilapia Wild rice Roasted asparagus Garden salad Vanilla pudding 30	VOTE FOR SWOT REUBENS The Best of Teton Valley voting with Teton Valley News usually starts in September. Remember SWOT, and vote as often as you can each day for best sandwich, favorite nonprofit, yoga and fitness instructors.	





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2026 AND JULY

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

10,397

AT THE CENTER: 7,381
HOME-DELIVERED: 3,016

MEALS SERVED IN JULY

1,579

AT THE CENTER: 1,082
HOME-DELIVERED: 497

FITNESS/HEALTH PROGRAMS IN JULY

736

GAMES: BRIDGE & MAHJONG IN JULY

76

ENRICHMENT PROGRAMS IN JULY

121

GONE BUT NOT FORGOTTEN ...

These residents passed
away recently:

Ronald Hunt

Pamela McCool



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PICTURE perfect

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



having a ball at the falls

SWOT traveled north to Mesa Falls in early August and enjoyed the rainbow. Later, participants stopped at the Frostop Drive In in Ashton for lunch. Operations Assistant Katie Mathews organized the excursion and drove the SWOT van.



seniors in a nest

Seniors traveled to the Teton Raptor Center in August and found a nest, a shop and four raptors they met up close.

social scoops

SWOT Board Chair Lynne Browning scoops ice cream with help from Anna Kirkpatrick at the ice cream social in Alta. Next up: Victor's in Sherman Park at 2 p.m. on Sept. 3.



SWOTVIEW

PHOTO OF THE MONTH
ERICA LINN

Erica Linn took the photo below at sunrise near Teton for an assignment on "Pictures from Teton Valley, Idaho." The photo club is open to all and meets on the second Wednesday of the month at 5:30 p.m.



swot swims

Lynn Grams and Dar Jacobsen enjoy the water at Teton Valley Resort. Thank you, Teton Valley Resort, for the use of the pool this summer. The last SWOT swim is Sept. 2.

September word search

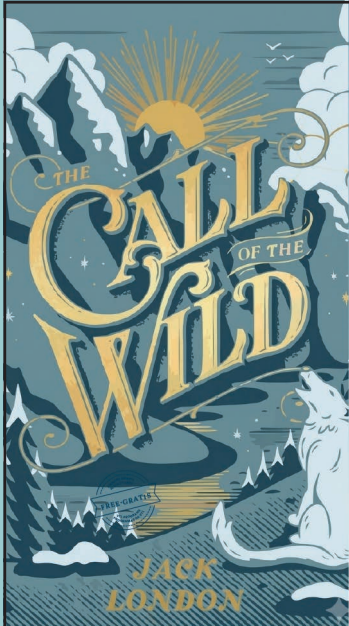
APPLES	S	E	L	L	A	B	Y	E	L	L	O	V
AUTUMN	A	N	R	O	N	L	I	C	M	B	D	Z
BONFIRE	U	P	I	I	O	E	Z	U	I	L	Y	M
CIDER	T	M	P	K	F	H	G	M	G	D	Y	G
CORN HOLE	U	T	S	L	P	N	C	N	R	O	E	C
CRANBERRIES	M	C	L	E	E	M	O	S	A	T	L	R
CRANES	N	C	R	E	O	S	U	B	T	R	L	O
CROSS COUNTRY	Y	C	R	A	L	T	G	P	I	I	O	S
DISC	R	A	G	A	N	O	A	I	O	V	W	S
FALL	F	E	D	L	N	E	H	T	N	I	S	C
FOOTBALL	C	L	C	R	L	B	S	N	O	A	O	O
FROST	O	S	O	C	O	A	E	R	R	P	U	U
GOLF	T	L	I	G	O	B	F	R	A	O	P	N
LABOR DAY	A	S	B	D	C	S	A	X	R	E	C	T
LEAVES	F	O	O	T	B	A	L	L	G	I	P	R
MIGRATION	B	N	F	R	G	D	N	U	T	S	E	Y
NUTS	S	E	Y	O	F	R	L	E	A	V	E	S
ORANGE												
PEARS												
POTATOES												
PUMPKINS												
SCHOOL												
SOCCER												
SOUP												
TRIVIA												
VOLLEYBALL												
YELLOW												

SWOT sudoku

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

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

VALLEY TALK 9



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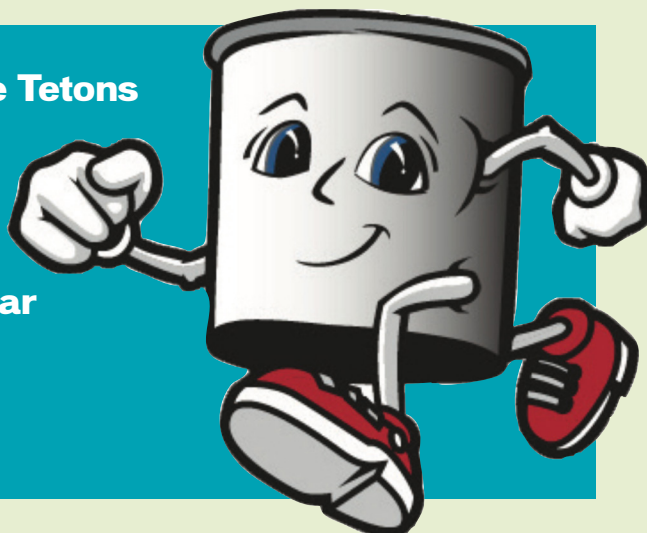
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**Seniors West of the Tetons
is grateful for the
outpouring
of community
contributions
we received this year
during the Tin Cup
Challenge. Here is
a list of our donors.**



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Trentadue
» CONTINUED ON NEXT PAGE

Tin Cup Challenge 2026

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Philbin deGot Schulz
The Schulz Family
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Rustin Shill
Sharon Shopper & Arnold Byrd
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Thank you, Wydaho!

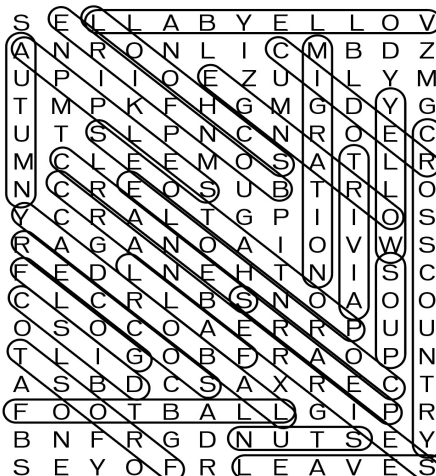
Seniors 60 and over with a SWOT scan card receive a discount at Wydaho Roasters Coffee House on Tuesdays. Thank you, Wydaho, for this and all the other ways you support Seniors West of the Tetons.



PUZZLEanswers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



MORE at the center

FIELD TRIP

Ride the lift at Grand Targhee

Grand Targhee Resort has donated 18 passes for the Dreamcatcher lift on Sept. 8. Meet at the resort's plaza at 10 a.m. for your tickets and spend as much time as you want on the mountain. Sign up at Tetonseniors.org.



FIELD TRIP

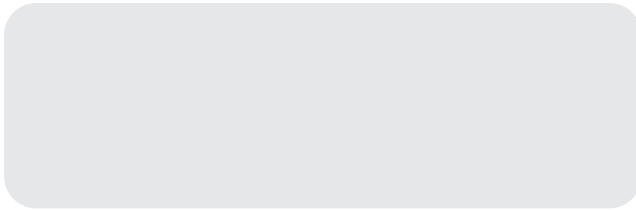
Ride the boat at scenic Jenny Lake

Visit Grand Teton National Park's Jenny Lake for a free boat ride on Sept. 22. Travel on the van at 9:45 a.m. or arrive allowing 45 minutes to find parking and be at the boat dock at 11:25 a.m. Bring money to tip the boat captain, a park pass and lunch. Sign up at Tetonseniors.org.



12 VALLEY TALK

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