



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)

SWOT thanks
its summer
volunteers!

SEE PAGE 11

Valley Talk

OCTOBER 2026

HARVEST FEST & PIE CONTEST



PIE TIME!

Any way you slice it, SWOT's pie contest is a delicious event

The Seniors West of the Tetons' annual Harvest Fest Pie Contest & Auction is planned for Friday, Oct. 9. It's a great time to enjoy a meal, see whose pies come out on top and bid on a pastry.

Proceeds will allow the organization to offer programs for free or at a discount so all seniors can enjoy unique opportunities together!



Kate Hull Heidenreich won Best of Show last year for this cranberry gingersnap pie. Read more about her, Page 10.

5:30-8 P.M. FRIDAY, OCT. 9 AT THE SENIOR CENTER
ADMISSION: \$15 | REGISTER AT TETONSENIORS.ORG

the contest

Pies will be judged on Oct. 9, and winners will be announced and prizes will be given at the evening event. Enter by Oct. 5 at tinyurl.com/PIEntry

the auction

The highest-rated pies will be auctioned to the highest bidder at the event. Other pies and specialty pies will be raffled or sold. Get a taste of the action. Sweet!

the event

Join us for loaded baked potatoes, awarding of the pie prizes and the auction. Register at tetonseniors.org. Admission price is \$15.



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Stacey Nail

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Peter Troy

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& OPERATIONS ASSISTANT

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MEALS DELIVERED



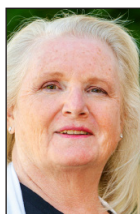
Home-delivered meals are
available by contacting:

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Partnership,
(208) 522-5391

theSWOTteam

CHAIR CHAT

Join the fun with a slice of generosity



**LYNNE
BROWNING**
board chair

THERE IS SOMETHING special about autumn in Teton Valley – the crisp mornings, golden leaves, gathering with friends and, of course, the smell of a freshly baked pie.

That spirit of friendship and generosity is what makes our Harvest Festival Pie Contest & Auction such a wonderful SWOT tradition.

Last year, our bakers brought their best, and our bidders responded with laughter, friendly competition and remarkable generosity. Who knew a pie could inspire such spirited bidding?

But at SWOT, it's never really just about the pie. Every bid supports the meals, programs, activities and connections that strengthen our senior community.

Last year, the money raised went toward home-delivered meals. This year, let's make it even

sweeter! Proceeds will help social engagement with discounted or free programs for seniors.

Bake a treasured family recipe, create an autumn masterpiece or come ready to bid generously on your favorite.

Philanthropy doesn't always have to be formal. Sometimes it's friends gathered around a table, sharing a laugh and making one more bid because they know it supports something that matters.

Join us for good food, great camaraderie, a little friendly competition and plenty of pie.

Together, let's make this year's Harvest Festival Pie Contest & Auction our best one yet!

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.

SWOT PHOTO CLUB TO HOLD OPEN HOUSE AND WORKSHOP

Come check out a display of photographs by SWOT Photography Club members and meet the photographers behind the images at an open house at 3 p.m. on Oct. 14.

Photos like the one here taken by Jackie Riley will be on display.

Whether you're a seasoned photographer or just getting started, all are welcome. Bring a camera or smartphone. Get tips and answers to questions. Practice taking photos. Learn more about the club and its monthly meetings. The club meets the second Wednesday of each month at 5:30 p.m.



Photo by Jackie Riley

Tours with Earthfire, Driggs mayor are set

Coming this month:

• **The Earthfire Institute**, a nonprofit wildlife sanctuary, is offering a tour for Seniors West of the Tetons at 10 a.m. on Oct. 7 and 14. Registration is limited and opens Oct. 2 at Tetonseniors.org. Access will be via the SWOT van only and the property is not handicap accessible.

• **Driggs Mayor August Christensen** will lead a tour of construction sites at 1:15 p.m. on Oct. 20. If needed, a second tour could occur at the same time on Oct. 21. This is also a van-only event. Sign up at Tetonseniors.org.

Medicare open enrollment begins

Medicare open enrollment – Oct. 15 to Dec. 7 – is the time to make changes for coverage for next year.

A workshop at 1:15 on Oct. 1 will discuss what changes can be made and demonstrate how to use the Medicare Plan Finder.

Focus will be on the Medicare Part D prescription drug plans because significant changes are expected.

For an appointment with a senior insurance benefits volunteer, 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. It also helps cognitive function through concentration and coordination.

Tai Chi

9 a.m. Wednesdays at the Senior Center. 10 a.m. Fridays at the 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 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.



● ● ● ● ● ● ● ● ●

FRIDAY

- Yoga, 9 a.m.
- Tai Chi, 10 a.m. at the Teton Valley Welcome Center.
- Drumming, 10:30 a.m.
- **HALLOWEEN COSTUME CONTEST**, noon
- **PIZZA & A MOVIE**, 4:30 p.m. \$8 fee. "The Adams Family." Sign up at TetonSeniors.org.



OCTOBER

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

HALLOWEEN COSTUME CONTEST

SWOT's annual Halloween Costume Contest will be at lunch at noon on Oct. 30. Come dine in your best Halloween attire. Prizes will be awarded after those at lunch vote on their favorite costume. Lunch will feature a few scary menu items.

Nachos: seasoned ground beef on housemade tortilla chips with cheese sauce
Salsa bar
Red chile stew

5

REUBEN TUESDAY
Reuben sandwich
Housemade potato chips
Garden salad

6

Mediterranean cod
Israeli couscous with zucchini, eggplant and red pepper
Mediterranean chickpea soup
Baklava

7

Bangers and Mash with onion gravy
Buttered peas and carrots
Beef mushroom soup
BIRTHDAY CAKE

1

Spaghetti and meatballs with shaved Parmesan cheese
Sautéed zucchini
Garden salad
Grapes

2

COLUMBUS DAY
The Senior Center is closed.

12

Roast pork
Mashed potatoes
Gravy
Braised red cabbage
Cream of mushroom soup
Cinnamon apples

13

Grilled tuna melt on wheatberry bread with cheddar cheese
Parmesan French fries
Chicken noodle soup
Mixed fruit

14

Teriyaki pineapple chicken stir-fry
Brown rice
Egg roll
Asian noodle soup
Oranges
Fortune cookie

15

Mushroom Swiss burger on a pretzel bun
Tater tots
Garden salad
Cookie

16

Tuna Nicoise Salad with roasted potatoes, green beans, tomatoes, eggs and Kalamata olives
Cream of potato soup
Grapes

19

Beef tamales
Fire-roasted corn
Black beans
Salsa bar
Green enchilada soup
Cinnamon tortilla chips

20

Potato gnocchi with Alfredo sauce, mozzarella, tomatoes and fresh basil
Garden salad
Focaccia bread

21

Chicken pot pie with puff pastry
Side salad
Garden vegetable stew
Mixed fruit
Cookie

22

Barbecue pulled pork sandwich on a ciabatta bun
Potato salad
Coleslaw
Frank and bean soup
Watermelon

23

Cornflake chicken
Mashed potatoes
Chicken gravy
Buttered corn
Garden salad
Sliced melon

26

Baked beef rigatoni
Yellow squash
Cheesy garlic bread
Cream of artichoke spinach soup
Balsamic-glazed strawberries

27

Southwest salmon
Caesar salad with Parmesan cheese and chipotle Caesar dressing in a flour tortilla bowl
Southwest corn chowder
Brownie

28

Roasted red pepper hummus platter with warmed pita, cucumbers, tomatoes, Kalamata olives and feta cheese
Cream of tomato soup
Grapes

29

HALLOWEEN
Red Devil cocktail meatballs
Halloween eye of newt
Hot dog mummies
Guacamole dip
Pumpkin stew
Graveyard cake
Witches brew

30



by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2026 AND AUGUST

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

11,963

AT THE CENTER: 8,545
HOME-DELIVERED: 3,418

MEALS SERVED IN AUGUST

1,566

AT THE CENTER: 1,164
HOME-DELIVERED: 402

FITNESS/HEALTH PROGRAMS IN AUGUST

764

GAMES: BRIDGE & MAHJONG IN AUGUST

65

ENRICHMENT PROGRAMS IN AUGUST

130

GONE BUT NOT FORGOTTEN ...

These residents passed
away recently:

Kristine Berry
Murrel Cooke
John Cormier
John Nielson
Stuart Wride



VALLEY TALK 7

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PICTURE perfect

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



PHOTOS BY JACKIE RILEY



living the high life

Seniors West of the Tetons and Grand Targhee Resort gave seniors a chance to ride the chairlift to the top of Fred's Mountain in September. It's part of a great partnership with the resort helping keep seniors engaged, active and supported.



PHOTO BY JOHN NORTON

boomers on bikes

August's Boomer Bike Ride took seniors on a loop near Teton Reserve Golf Course, with another ride in September taking place near Rainey Bridge. The rides have occurred each month this summer and fall as weather allows. Thanks to Glen Hayes for helping plan and develop the routes, Pierre's Pedal Project for sending volunteers to help with any bike mishaps and take photos, and support vehicle operator Ken Kirkpatrick, who was there with water, refreshments and any other needs. The rides are another way to get seniors out, active and in a social setting.

walks & shakes

Another SWOT Walk, this time at Tributary, ended with shakes at Corner Drug in Driggs. Join the weekly fun and get out.



Pie word search

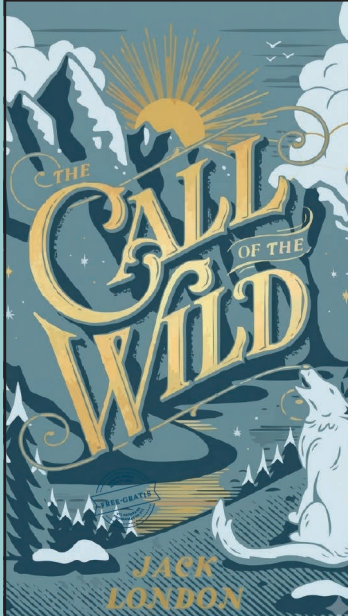
APPLE	Y	R	R	E	B	E	U	L	B	S	C
APRICOT	B	B	R	A	B	U	H	R	Z	Y	H
BANANA	Y	E	P	R	P	O	T	A	T	O	E
BEEF	C	R	E	O	E	R	Y	R	A	E	P
BLACKBERRY	H	C	R	F	H	B	I	Y	Y	R	H
BLUEBERRY	P	C	H	E	S	S	K	C	T	N	E
CHERRY	H	E	H	O	H	K	M	C	O	G	R
CHOCOLATE	U	Y	A	I	C	C	K	P	A	T	D
COCONUT	C	B	N	C	C	O	A	E	G	L	S
CREAM	K	N	Y	O	H	K	L	C	G	Y	B
HAND	L	E	I	T	M	B	E	A	V	C	V
HUCKLE-	E	M	A	K	U	E	A	N	T	C	R
BERRY	B	I	P	B	P	N	L	N	P	E	F
KEY LIME	E	L	P	O	M	M	O	D	A	O	D
LEMON	R	Y	L	L	R	U	U	C	N	N	T
MINCE MEAT	R	E	E	S	B	K	L	P	O	A	A
PEACH	Y	K	T	U	N	A	E	P	G	C	H
PEANUT											
PEAR											
PECAN											
PLUM											
PORK											
POTATO											
PUMPKIN											
RHUBARB											
SHEPHERDS											

SWOT sudoku

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

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

VALLEY TALK 9



BIG READ!

A YEAR-LONG LITERARY JOURNEY

Answer the Call: Join the National Endowment for the Arts "Big Read" Journey

Pick up your book, join the conversation, and discover what it means to be part of the Big Read community.

To learn more, visit valleyofthetetonlibrary.org





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in the SPOTLIGHT

MEET KATE HULL HEIDENREICH, a former board member of Seniors West of the Tetons and co-publisher and editor of Teton Valley Magazine. There's no bigger smile to greet you and no better pie to buy than hers. She won Best of Show at last year's Harvest Fest Pie Contest & Auction for her cranberry ginger snap pie and placed first in the savory category in 2024 for her tomato pie. We caught up with her between deadlines and pies to find out more about her.

Tell us about your background.

I moved to Teton Valley in 2012 and am the co-publisher and editor-in-chief at Powder Mountain Press, the publisher of Teton Valley Magazine. I am originally from Wichita Falls, Texas, and am a proud University of Texas at Austin graduate. While I have a deep love of Texas, the mountains did what they do and pulled me here. I love biking, hiking, baking (bonus if rhubarb from my garden is an ingredient) and sharing the wonderful world of mountain-town living with my husband, Kenny, son Nate, and baby girl, Annie.

How did you get to Teton Valley?

I was living in Austin and working at a newspaper job I didn't quite love. My childhood best friend invited me to come visit Victor on a family trip. I will never forget getting back on the plane to come home - I felt this big ache not to leave. We ended up spending the summer out here in 2012. I got a job at Habitat, learned to snowboard, fell in love with the area, and then fell in



KATE ENJOYS HERSELF AT LAST YEAR'S PIE AUCTION WITH SON, NATE, AND DAUGHTER, ANNIE

KATE HULL
HEIDENREICH

SHE'S A SWOT
VOLUNTEER,
FORMER BOARD
MEMBER,
WINNING PIE
BAKER AND
MAGAZINE
EDITOR

PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

love with Kenny. Now, here we are!

What got you interested and how did you learn to bake?

I have always loved to bake. In another life, or maybe in my retirement years, I daydream about having a little pie stand! I think a big part of my baking love comes from my Southern roots. My dad, originally from North Carolina, is an incredible cook. He always let me be part of the process. I have fond memories of helping him make bourbon pecan pie at Thanksgivings. My grandmother, who I called Gregy, was also a great baker! I have a collection of

her old recipes that I cherish. Baking always helps me remember a time or feeling, in some ways. As soon as the first leaves change colors, all I want to do is bake and bake and bake.

One favorite baking memory: In 2015, I entered Gregy's blueberry cream pie in the Teton County Fair. The day I learned my pie won Grand Champion, my now-husband also proposed. He still jokes about not being entirely sure which big moment was my favorite of the day!

Why did you decide to bake for SWOT's Harvest Fest?

I was a board member for Seniors

West of the Tetons in 2020 right before my son, Nate, was born. I truly love this nonprofit and what they do for the community. Their mission, passion, and energy are inspiring; I want to join in all the fun they have! It is just a bonus that baking is one of my favorite hobbies.

When not working on the magazine or related projects, or baking, what do you like to do?

Right now, I am deep in the joyous, busy, wonderful years

» CONTINUED ON NEXT PAGE

» FROM PREVIOUS PAGE

of being a mama to two young kiddos. I am always out and about with my kids, usually joined by an incredible group of other parents and their fabulous children. It's such a treat to watch our kids grow up in this community. And when I do have a little extra time, I am an avid reader. I am always looking for my next great read. If you see me, don't hesitate to pass a recommendation along.

What do you think is the best part of living in Teton Valley?

Without a doubt, the best part of Teton Valley is the people. I remember when my son was born, friends Jim [Haag] and Carol [Lichti] brought us a meal with custom-designed labels atop gourmet food they cooked up. We have friends that we consider family (Looking at you, Aunt Lina and Aunt Linda!) and couldn't imagine being adjacent to a more wonderful crop of humans who also love this valley.

THANK YOU TO OUR AMAZING VOLUNTEERS!

SWOT appreciates all the volunteers who stuck with us and did so much to help out during a busy and fun summer. They included:

BURRITO WRAPPERS

Laura and Randy Curtis, Amy Fradley, Jim Haag, Carol Lichti, Jackie Riley, Cliff Stockdill, Brad Woods

BURRITO SALES

Lynne Browning, Anna Kirkpatrick, Carol Lichti, Jackie Riley, Julie Stockdill

LUNCH-TIME DESK VOLUNTEERS

Lynn Grams, Karen Scheid, Barb Whissel

KITCHEN PREP

Mary Bleffert, Lynne Browning, Lois Cannon, Roger Gardner, Lea Hardee, Doug Johnson, Cheri McRoyan, Lynn Sandmann, Christy Schroeder

DINING-ROOM CLEANERS

Kathy and Wayne Berman, Tom Fieger

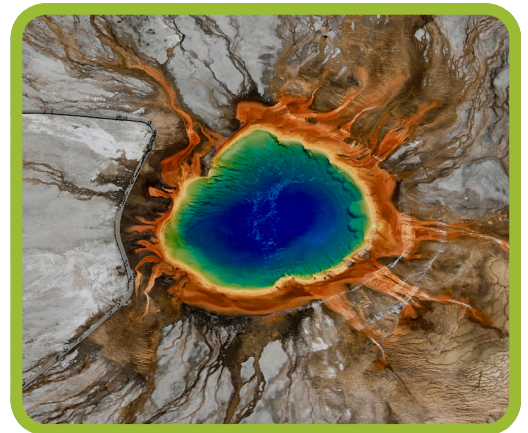
MEAL-DELIVERY DRIVERS

Katie Ballanco, Alice Finley, Tim Foreman, Fred Johnson, Debbie Razzolini, Gary and Jan Schroeder, Julie Stockdill, Vancie Turner

SWOTVIEW

PHOTO OF THE MONTH
DAVE WICKMANN

Dave Wickmann took this photo from an airplane over the Grand Prismatic Spring in Yellowstone National Park. The photo club is open to all and meets on the second Wednesday of the month at 5:30 p.m. A special open house and workshop will be at 3 p.m. on Oct. 14. Come see photos, learn tips and have fun.



Thank you, Wydaho!

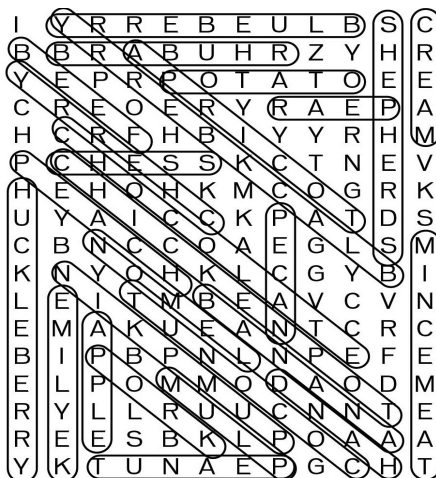
Seniors 60 and over with a SWOT scan card receive a discount at Wydaho Roasters Coffee House on Tuesdays. Thank you, Wydaho, for this and all the other ways you support Seniors West of the Tetons.



PUZZLEanswers

» PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



MORE at the center

CRANE TOUR

Let's look for sandhill cranes

The annual SWOT tour to see great sandhill cranes as they prepare to migrate south is scheduled for 7:15 a.m. on Oct. 5. Refreshments at the Senior Center after the trip. Sign up at Tetonseniors.org.



PIZZA & A MOVIE

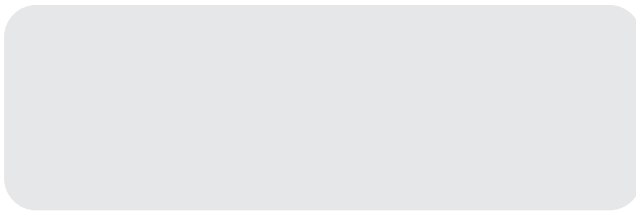
Come see the creepy, kooky family

Pizza & A Movie returns to the Senior Center at 4:30 p.m. on Oct. 30 in time for a fun Halloween flick, "The Addams Family," starring Raul Julia and Angelica Huston. \$8 fee to help cover costs. There's fresh popcorn too! Sign up at Tetonseniors.org.



12 VALLEY TALK

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



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