Valley Talk
NOVEMBER 2026

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

Get to know volunteer Melisa Streubel

SEE PAGE 10



GIVING THANKS

SWOT, THE FOOD PANTRY AND WYDAHO ROASTERS TEAM UP FOR FREE COMMUNITY THANKSGIVING MEAL

Seniors West of the Tetons and the Teton Valley Food Pantry are teaming up with Wydaho Roasters to sponsor a free community-wide Thanksgiving dinner on Nov 23. The meal will be served at the SWOT Community Center in Driggs.

An additional seating is being added this year to allow more residents to enjoy the meal.

Seatings are scheduled for 11:30 a.m., 1 p.m. and 2:30 p.m. – with a maximum attendance of 200 at each. Reservations are being taken on a first-come, first-served basis.

Turkey and all the trimmings are on the menu and, of course, pumpkin pie.

To donate toward the meal, visit Tetonseniors.org and designate your donation to the Community Thanksgiving Meal. You can also volunteer at Tetonseniors.org.

RESERVATIONS FOR THE THANKSGIVING MEAL CAN BE MADE AT HTTPS://TINYURL.COM/TETON-THANKSGIVING OR THE CODE HERE.

SENIORS WEST OF THE TETONS

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Allie Mollenkof
VOLUNTEER AND EVENTS COORDINATOR
Stacey Nail
KITCHEN MANAGER
Peter Troy
COMMUNITY ENGAGEMENT & OPERATIONS ASSISTANT
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MEALS DELIVERED

Home-delivered meals are available by contacting:

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

the SWOT team

ALLIE'S NOTE

Be grateful for the people at our table



ALLIE MOLLENKOF
executive director

THIS PAST YEAR, we've said goodbye to a number of incredible members of our senior center community. Loss is a part of aging, but that doesn't make it any easier.

This past month, we lost Alice McIntosh, one of the longest-standing members of our home-delivered meal program. Alice was always a joy to deliver to – quick with a smile, a kind word, and genuine gratitude for every meal and every visit. October also brought the loss of LouAnne Marshall, another beloved member of our valley. Both of these women shared an incredible kindness and compassion and will be deeply missed.

As we head toward Thanksgiving and spend time thinking a little more intentionally about gratitude, I find myself especially thankful for all of the lives that pass through our doors – and for those we have the privilege of serving in their homes. I don't think most people ever fully know the impact they have on the people around them. The conversations, the laughter, the stories, the kindness, and simply their presence become part of the fabric of this place.

Thanksgiving is a good reminder to notice those things while we can – to be grateful for the people sitting around our tables, walking through our doors and making our days a little richer by being part of them.

Our senior center is not just programs and meals. It is people. And I'm incredibly grateful for every person who has helped make this community what it is.

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.

MAKE SURE YOUR CODERED READY FOR PUBLIC SAFETY

Teton County Idaho and the cities in Teton Valley encourage all residents to sign up for CodeRED emergency notifications.

Greg Adams, the emergency response coordinator for Teton County, will be at the Senior Center at 1 p.m. on Nov. 17 to talk about the system. Assistance will be available to help seniors sign up for the alerts sent by text, email, automated phone calls to specific neighborhoods and the county.

The alerts are sent in cases of natural disasters, infrastructure problems with roads or bridges and public safety notifications about active shooter threats or toxic leaks.

Remember SWOT on Giving Tuesday

The holiday season is coming, and so is the time to remember your favorite charities.

Thanksgiving is on Nov. 26, followed by Black Friday sales, Cyber Monday and on Dec. 1, Giving Tuesday.

Giving Tuesday is a way to remember to give back to your community after those heavy holiday purchase days.

The end of the year is another major giving time for tax purposes as well.

The SWOT Board will match up to $600 of donations given on that day. Visit Tetonseniors.org.

Physical therapy available at home

Older adults needing help recovering can get physical therapy services at home.

Home health agencies can provide physical therapy for homebound seniors through Medicare. Outpatient physical therapy also can be provided in the home for those not homebound, and the service can be covered by Medicare.

Learn more at 1:15 p.m. on Nov. 16 from Momentum Home Health and Valley In Motion Physical Therapy.



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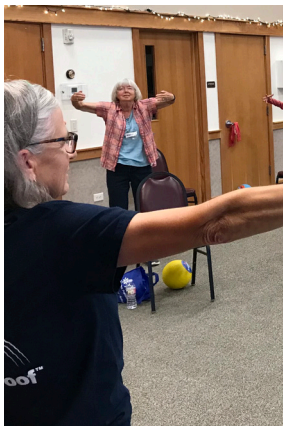
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PROGRAMS & activities

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.

NOVEMBER 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
• Fit and Fall Proof, 9 and 10 a.m. 2	• Yoga, 9 a.m. • Drumming, 10:30 a.m. • Bridge, 1 p.m. 3	• Tai Chi, 9 a.m. . • Coffee, 10:30 a.m. • Mahjong, 1 p.m. 4	• Fit and Fall Proof, 9 and 10 a.m. 5	• Yoga, 9 a.m. • Knitting Circle, 9 a.m. at Wydaho Roasters • Tai Chi , 10 a.m. at the Teton Valley Welcome Center • Drumming, 10:30 a.m. 6
• Fit and Fall Proof, 9 and 10 a.m. • **GET "SEW" CONNECTED,** 3 p.m. Quilting ideas, handwork. • **SENIOR ART**, 1 p.m. Creative card creations. Sign up at tinyurl.com/seniorarts. 9	• Yoga, 9 a.m. • Drumming, 10:30 a.m. • **VETERANS DAY CELEBRATION**, noon. • **TECH TIME**, noon. • Bridge, 1 p.m. 10	**VETERANS DAY** The Senior Center is closed. 11	• Fit and Fall Proof, 9 and 10 a.m. • Death Café, 1:30 p.m. 12	• Yoga, 9 a.m. • Tai Chi, 10 a.m. at the Teton Valley Welcome Center. • Drumming, 10:30 a.m. 13
• Fit and Fall Proof, 9 and 10 a.m. • **AGING WELL: HOME-BASED PHYSICAL THERAPY**, 1:15 p.m. Learn about access to physical therapy at home and what Medicare covers. 16	• Yoga, 9 a.m. • Drumming, 10:30 a.m. • Bridge, 1 p.m. • **CODERED**, 1 p.m. Learn about CodeRED, the local emergency notification system and sign up for the service. See Page 3. 17	• Tai Chi, 9 a.m. . • Coffee, 10:30 a.m. • Mahjong, 1 p.m. • **MAKERSPACE**, 1:15 p.m. Make pumpkin spice chocolate truffles. Sign up at Tetonseniors.org. • **PHOTO CLUB**, 5:30 p.m. 18	• Fit and Fall Proof, 9 and 10 a.m. • Library at lunch. • **MEDICARE CHAT**, noon • **HEALTH HABITS FOR THE BRAIN**, 1:15 p.m. See Page 11 and 12 19	• Yoga, 9 a.m. • Knitting, 9 a.m. (Wydaho). • Tai Chi, 10 a.m. at the Teton Valley Welcome Center. • Drumming, 10:30 a.m. • **PIZZA & A MOVIE**, 4:30 p.m. $8 fee. "MayDay." Sign up at Tetonseniors.org. 20
THANKSGIVING COMMUNITY MEAL, 11:30 a.m., 1 p.m. and 2:30 p.m. Sign up at https://tinyurl.com/teton-thanksgiving. 23	• Yoga, 9 a.m. • Drumming, 10:30 a.m. • Bridge, 1 p.m. 24	• Tai Chi, 9 a.m. • Coffee, 10:30 a.m. • Mahjong, 1 p.m. 25	**THANKSGIVING** The Senior Center is closed. 26	**THANKSGIVING BREAK** The Senior Center is closed. 27
• Fit and Fall Proof, 9 and 10 a.m. • **CARE PARTNER SUPPORT GROUP**, 4 p.m. 30				



FREE LUNCH FOR VETERANS

Seniors West of the Tetons will salute veterans for their service with a free lunch on Nov. 10 in advance of Veterans Day. Any veteran, regardless of age, is welcome.

SHIFT IN PROGRAMMING

Because SWOT is closed Nov. 11 to observe Veterans Day some events are shifting this month. SWOT Photo Club will meet at 5:30 on Nov. 18 and there won't be a Blood Pressure Check this month.

NOVEMBER 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
BREAKFAST BRUNCH BUFFET Eggs Home fries Bacon and sausage French toast Fruit Mini Danish 2	**REUBEN TUESDAY** Reuben sandwich Housemade potato chips Garden salad 3	Falafel with warmed pita Tzatziki sauce Couscous salad Garden vegetable soup 4	Salmon Caesar salad Crab corn chowder Focaccia bread **BIRTHDAY CAKE** 5	Bronco burger with barbecue sauce, onion ring and cheddar cheese French fries Garden salad Cookie 6
Pesto chicken salad sandwich on a ciabatta bun with provolone Pasta salad Garden salad Grapes 9	Beef stroganoff on buttered egg noodles Roasted mixed vegetables Garden salad Apple pie 10	**VETERANS DAY** The Senior Center is closed. 11	Breaded cauliflower Lemon garlic aioli Side salad Cream of asparagus soup Lemon cookie 12	Asian pork tacos with hoisin pulled pork Asian slaw Red chile aioli Pork fried rice Asian mushroom soup Oranges Fortune cookie 13
Beef pot roast Mashed potatoes Gravy Roasted green beans Garden salad Diced peaches 16	Cheese manicotti with Alfredo sauce and fresh basil Side salad Cream of tomato soup Cookie 17	Fish and chips with roasted potato wedges Housemade tartar sauce Coleslaw Clam chowder 18	Roasted pork tenderloin Mashed potatoes Bing cherry sauce Roasted beets Cream of sweet potato soup Dinner roll 19	Grilled patty melt on rye with Swiss cheese, caramelized onions and horseradish aioli French fries Garden salad Brownie 20
THANKSGIVING FEAST Roast turkey Mashed potatoes Turkey gravy Stuffing Green bean casserole Cranberry sauce Dinner roll Pumpkin pie 23	Taco salad: seasoned ground beef, black beans, corn, tomato, cheese, Chipotle ranch dressing in a tortilla bowl Chorizo white bean soup Mixed fruit 24	Zucchini sun-dried tomato quiche Side salad Potato leek soup Grapes Vanilla pudding 25	**THANKSGIVING** The Senior Center is closed. 26	**THANKSGIVING BREAK** The Senior Center is closed. 27
Breaded calamari in a pita with garlic aioli and vegetable slaw Garden salad Mixed fruit 30				

AGING WELL NUTRITION TIP: VITAMIN B12

As we age, the ability to absorb vitamin B12 can diminish and medications might inhibit the ability to absorb it. Consider eating food with B12 such as liver, clams, salmon and eggs, and talk to your doctor to see if you should take a B12 supplement.

by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2026 AND SEPTEMBER

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

13,458

AT THE CENTER: 9,626
HOME-DELIVERED: 3,832

MEALS SERVED IN SEPTEMBER

1,432

AT THE CENTER: 1,018
HOME-DELIVERED: 414

FITNESS/HEALTH PROGRAMS IN SEPTEMBER

617

GAMES: BRIDGE & MAHJONG IN SEPTEMBER

90

ENRICHMENT PROGRAMS IN SEPTEMBER

288

GONE BUT NOT FORGOTTEN ...

These residents passed away recently:

Thomas Davis
Michael Hurwitz
Shelly Jillson
LouAnne Marshall
Alice McIntosh



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PICTURE perfect

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



auctioning pie for dough

The Harvest Fest Pie Contest raised over $12,000 for SWOT programs. Kate Hull, left, won Best of Show with a lemon blueberry frangipane pie. Jim Hardee, center, leads the auction. Volunteer Connie Tyler, right, shows a huckleberry custard pie.

motor boatin'

SWOT was once again able to treat seniors to a boat ride on Jenny Lake in Grand Teton National Park. Jenny Lake Boating provided an educational scenic tour.



at the sanctuary

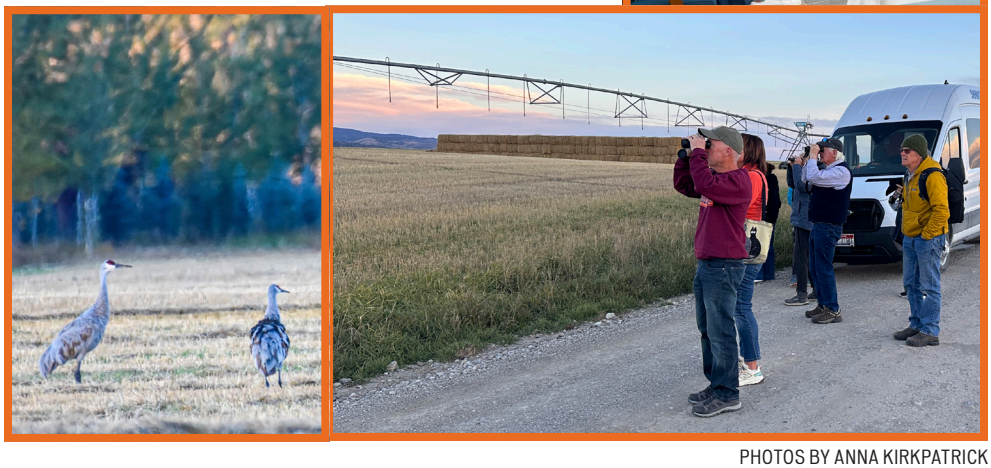
SWOT was fortunate to be able to take the van to Earthfire Institute, a nonprofit wildlife sanctuary, twice for tours. The sanctuary is not open for public tours. At the institute, Heather Holcomb, associate director, and Susan Eirich, co-founder, talked about the institute's work with wildlife and efforts to find a way for all life to co-exist.



spotting sandhill cranes

Ken and Anna Kirkpatrick led the annual Great Sandhill Crane tour in early October. The SWOT van and several cars made the journey, and the group spotted 100 or more cranes that had not yet started migrating south. Those on the tour were treated to zucchini-banana bread and hot cider back at Seniors West of the Tetons.





PHOTOS BY ANNA KIRKPATRICK

November at SWOT word search

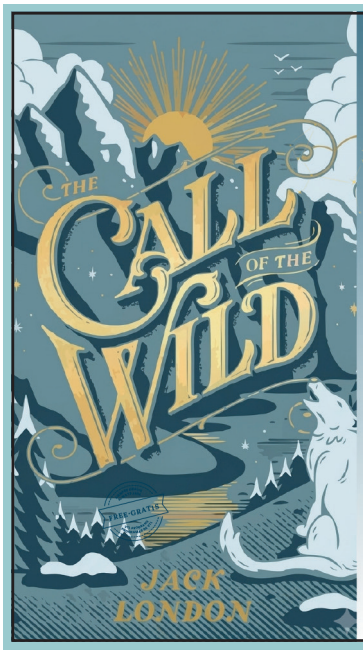
BLACK FRIDAY
BREAD
CODE RED
COMMUNITY MEAL
CPR TRAINING
CRANBERRIES
DRESSING
ELECTIONS
FEAST
GATHER
GREEN BEANS
KALE
MOVIE
PEAS
PIE
POTATOES
PUMPKINS
RICE
ROLLS
SOUP
STUFFING
THANKSGIVING
TRUFFLES
TURKEY
VETERAN
VOTE

G	N	I	V	I	G	S	K	N	A	H	T
R	U	F	R	G	N	I	F	F	U	T	S
C	P	R	T	R	A	I	N	I	N	G	A
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SWOT sudoku

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

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



BIG READ!
A YEAR-LONG LITERARY JOURNEY

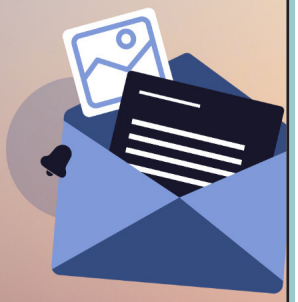
Answer the Call: Join the National Endowment for the Arts "Big Read" Journey

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

To learn more, visit valleyofthetetonslibrary.org

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in the SPOTLIGHT

IT'S HARD NOT TO HAVE FUN at SWOT when Melisa Streubel is volunteering. She's a hoot in the kitchen, helping chop, prep and getting food onto plates. She's served at some of Seniors West of the Tetons' largest holiday luncheons, keeping it real, getting the job done and doing it with a laugh and a smile. We caught up with her recently to find out more about her and why she helps out.



MELISA STREUBEL HELPED SERVE LAST YEAR'S HOLIDAY LUNCH. SERVING AT MAJOR HOLIDAY MEALS CAN BE A CHALLENGE, BUT IT'S ALSO FUN, AS MELISA SHOWS IN THE INSET PHOTO.

MELISA STREUBEL

SHE VOLUNTEERS IN THE KITCHEN AND SERVES AT HOLIDAY LUNCHES, LIKE THE THANKSGIVING COMMUNITY MEAL.
TO VOLUNTEER: EMAIL SWOT@TETONSENIORS.COM

PHOTOS BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

Tell us about your background.

My parents were born and raised in Pocatello; therefore, I was born in Poky and then quickly turned Navy brat! We moved around a lot but settled back in Pocatello when I was 15. My husband, Dan, and I are high school sweethearts and have been together for almost 40 years. We have one son, Nate, who is 19 years old and a sophomore at the University of New Hampshire.

What brought you to Teton Valley?

My husband's job brought us here. While in college, Dan did his first internship in Driggs in 1993 while staying in his childhood cabin in Victor. Seven years later, he was offered a job in the valley. We have lived here 26 years.

Why did you volunteer to help with Thanksgiving and holiday meals at SWOT?

I volunteered to serve at holiday meals to give back and do something meaningful for my community. Thanksgiving seemed like the perfect time to do just that. It was a wonderful experience. I got to spend time with others and help to make the day special.

How long have you been volunteering at the Senior Center?

It's been about two years. After selling our business, I wanted to volunteer in my community, and a dear friend who works at SWOT recruited me.

What does helping out mean to you?

Volunteering is a reminder for me of how important community and companionship are to others. I enjoy making connections and supporting the Senior Center. I like knowing that, in a small way, maybe I've made someone's day a little better.

What else keeps you busy?

Some of my favorite pastimes are being outdoors – biking, hiking, and cross-country skiing with my family and friends – and four-legged friends!

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

I think the best part of living here is that there are so many ways to get involved and connect with others. Being able to enjoy the outdoors, the small town atmosphere, and being involved in such a neat community is what makes Teton Valley feel special and like home.

HARVEST FEST & PIE AUCTION

THE PIE CONTEST'S UPPER CRUST

The Oct. 9 Harvest Fest Pie Contest and Auction featured 16 pies that were judged on taste, appearance and creativity. (See Page 8 for photos.) Here are the winners:

BEST OF SHOW
Kate Hull Heidenreich

SWEET PIES
First: Kate Hull Heidenreich
Second: Marshall Stuart
Third: Lynne Browning

SAVORY PIES
First: Jim Haag
Second: Jim Haag
Third: Stacy Snyder

HONORABLE MENTIONS
Sharon Barilec, Stuart Cook, Jakob Holmes, Amelia Lorenz, Gini von Essen

SWOTVIEW

PHOTO OF THE MONTH
DAN ORR

Dan Orr took this photo for the assignment of fall scenes in Teton Valley. The photo club is open to all and usually meets on the second Wednesday of the month at 5:30 p.m. This month it meets on Nov. 18.



AGING WELL IN TETON VALLEY

TIPofTHE MONTH

IDEAS TO HELP YOU AGE WELL IN TETON VALLEY

MAINTAIN A HEALTHY BRAIN

- **COGNITIVE EXERCISE** Complete a computer-based brain training program three times a week for 30 minutes, plus regular engagement in other intellectually challenging and social activities.
- **PHYSICAL EXERCISE** Engage in 30 to 35 minutes of moderate-to-intense aerobic activity four times a week, plus strength and flexibility exercises twice a week.
- **HEALTH MONITORING** Plan regular check-ins on blood pressure, weight and lab results.
- **NUTRITION** Eat the "MIND diet," which emphasizes dark leafy greens, berries, nuts, whole grains, olive oil and fish, and limits sugar and unhealthy fats.

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.

WYDAHO ROASTERS
COFFEE HOUSE

PUZZLEanswers

›› PUZZLES ARE ON PAGE 9

Word search

G	N	I	V	I	G	S	K	N	A	H	T	
R	U	F	R	G	N	I	F	F	U	T	S	
C	P	R	T	R	A	I	N	I	N	G	A	
O	L	F	H	D	A	E	R	B	R	W	F	
M	S	E	I	R	R	E	B	N	A	R	C	
M	B	L	A	C	K	F	R	I	D	A	Y	
U	G	O	G	S	E	L	F	F	U	R	T	
N	P	R	S	N	O	I	T	C	E	L	E	
I	O	N	E	L	I	E	P	B	A	F	E	I
T	T	A	N	E	L	S	T	E	T	E	A	C
Y	A	R	G	S	N	O	S	O	A	A	V	O
M	T	F	A	O	E	B	R	E	V	S	O	D
E	O	T	T	U	O	I	E	H	R	T	D	E
A	E	E	H	P	C	L	V	A	C	D	E	R
L	S	V	E	E	A	H	O	O	N	T	R	E
S	T	U	R	K	E	Y	T	J	M	S	D	D
B	O	P	U	M	P	K	I	N	S	T		

SWOT sudoku

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

MORE at the center

BRAIN HEALTH

Learn healthy brain habits

Jody Cornilsen, outreach manager for the Idaho Alzheimer's Association, will share information about healthy brain habits and warning signs of dementia at 1:15 p.m. on Nov. 19 at the Senior Center.





PIZZA & A MOVIE

Come see this spy comedy

Pizza & A Movie at 4:30 p.m. on Nov. 20 will feature "Mayday" an action-comedy starring Ryan Reynolds and Kenneth Branagh. $8 fee to help cover costs. There's fresh popcorn, too! Sign up at Tetonseniors.org.

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