AGING SERVICES
151 N MAIN ST.
(435) 277-2420

TOOELE SENIOR CENTER
59 E VINE
(435) 843-4110

GRANTSVILLE SENIOR CENTER
120 S CENTER ST
(435) 884-3446

MEALS ON WHEELS
435-843-4110

AGING DIRECTOR
Amy Hoftiezer

SENIOR CENTERS SUPERVISOR
Bella Colovich

ACTIVITY SPECIALISTS
Kristen Bolinder
Shirlene Jensen
Amy Larsen
Karin Shields

KITCHEN/MOW STAFF
Kim Hale
Rebecca Provencio
Alicia Bysecker
Griffin Gerhardt
Darrin Lowe
Val Wiseman
Melanie Spackman
Dave Murrell

BUSINESS MANAGER
Tracy Beckett

FINANCIAL COORDINATOR
Belinda Cardenas

SOCIAL WORKERS
Desirae Taylor
Jennifer Romero
Lisa Fowler

GERONTOLOGIST
Sarah Jane Obray

TOOELE COUNTY HEALTH DEPARTMENT

Tooele County ACTIVE AGING

November 2026

Thanksgiving

Veteran Appreciation Luncheon

Live Entertainment by the Gleeful Choir!

Thursday, November 12, 2026
Starts at 11:30 AM

Tooele Senior Center
59 E Vine St



Transportation provided from Grantsville Senior Center.

Parking is limited, please consider carpooling to special events.

A Season of Gratitude, Kindness, and Connection

Dear friends,

November is a wonderful time to reflect on all we have to be thankful for. As Thanksgiving approaches, I am especially grateful for the incredible older adults we have the privilege of serving and our dedicated staff and volunteers who make a difference every day. I am truly thankful to be part of such a wonderful community.

Gratitude is more than simply saying thank you. Research suggests that practicing gratitude can improve emotional well-being, reduce stress, and strengthen relationships. Gratitude and kindness go hand in hand. When we appreciate the good in our lives, we are inspired to share it with others, and even small acts of kindness can make a meaningful difference.

Another wonderful way to support emotional well-being and connection is through creativity! I am excited to introduce our new Art with Heart program. Beginning November 5 at the Grantsville Senior Center and November 6 at the Tooele Senior Center, this free weekly program combines creativity, self-expression, and meaningful connections. Led by our Master of Social Work intern, Hollie Soltes, the classes use a therapeutic approach to help participants explore and process feelings and emotions, reflect on life experiences, and build friendships through art. No artistic experience is needed, and all supplies are provided free of charge. Sign up at your senior center's front desk, as space is limited!

I also hope you will join us for our Thanksgiving Luncheon on Thursday, November 12, at 11:30 a.m. at the Tooele Senior Center. We look forward to sharing a delicious meal, enjoying a performance by the Gleeful Choir of Utah, and celebrating together!

This Thanksgiving, I encourage you to appreciate what brings meaning to your life and find ways to turn gratitude into kindness.

Wishing you a wonderful Thanksgiving filled with gratitude, kindness, and connection!

Amy Hoftiezer
amy.hoftiezer@tooeleco.gov









November Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Mac & Cheese with Sliced Ham Peas & Carrots Sugar Free Pudding	**Spaghetti & Meatballs** Mixed Vegetables Diced Pears	**Chicken Fajitas** Fajita Vegetables Black Beans Pineapple	**Pulled Pork Sandwich** Peas & Carrots Mandarin Oranges	**Chicken Salad Croissant** Sliced Bell Peppers Pickled Beets Diced Peaches
9	10	11	12	13
Beef Stroganoff Green Beans Mixed Fruit	**Sweet & Sour Chicken** Brown Rice Green Beans Broccoli Pineapple	**Senior Centers Are Closed** VETERANS DAY November 11th **No Home Delivered Meals**	**Turkey Dinner** Turkey Mashed Potatoes & Gravy Stuffing Green Beans Pumpkin Cookie	**Chicken Caesar Salad** Cucumbers Pickled Beets Diced Peaches
16	17	18	19	20
Chicken Fettuccini Alfredo Broccoli Carrots Diced Pears	**Salisbury Steak** Mashed Potatoes & Gravy Corn Mandarin Oranges	**Teriyaki Chicken** Brown Rice Stir-Fry Veggies Fortune Cookie Diced Peaches	**Sloppy Joes** Peas & Carrots Apple	**Ham & Cheese Sandwich** Pickled Beets Pineapple
23	24	25	26	27
Shepherd's Pie Mashed Potatoes & Gravy Mixed Vegetables Diced Peaches	**Chicken Parmesan** Italian Vegetables Diced Pears	**Beef Pot Roast & Gravy** Diced Potatoes Sliced Carrots Roll Pineapple	**Senior Centers Are Closed** Happy Thanksgiving **No Home Delivered Meals**	**Senior Centers Are Closed** **No Home Delivered Meals**
30				
Swedish Meatballs Brown Rice & Gravy Mixed Vegetables Mandarin Oranges	Give Thanks With A Grateful Heart			

Meals are subject to change. For special diets or dietary requests, please call Bella Colovich at 435-843-4110.
Meals are served Monday through Thursday 11:30am-12:30pm. Friday 10:30am-11:30am.
Suggested contribution $6.00 per meal, under 60 must pay $14.15. Please join us for dine-in.

Grantsville Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
· 9:00am Exercise · 10:00am Cardio Drumming · 12:30pm Bingo	·9:00am Pinochle ·10:00am Practice Tai Chi · 12:30pm Flint Knapping	· 9:00am Exercise · 9:00am Fly-Tying · 12:30pm Bunko	·10:00am Art with Heart Crafts Class ·11:30am Wood Carving (starts earlier today) · 12:30pm Computers ·2:30pm Centers close early for all staff training	· 9:00am Exercise
9	10	11	 12	13
· 9:00am Exercise · 10:00am Cardio Drumming · 11:00am Virtual AARP · 12:30pm Bingo	·9:00am Pinochle ·10:00am Practice Tai Chi · 12:30pm Flint Knapping	Senior Centers are Closed 	· All activities canceled. Join us at 11:30am for the Thanksgiving Luncheon & Veterans Recoginition! Transportation provided from Grantsville Senior Center.	· 9:00am Exercise
16	17	18	19	20
· 9:00am Exercise · 10:00am Cardio Drumming · 12:30pm Bingo	·9:00am Pinochle ·10:00am Practice Tai Chi · 12:30pm Flint Knapping	· 9:00am Exercise · 9:00am Fly-Tying · 12:30pm Bunko	·10:00am Art with Heart Crafts Class ·12:30pm Computers · 1:00pm Wood Carving	· 9:00am Exercise
23	24	25	26	27
· 9:00am Exercise · 10:00am Cardio Drumming · 12:30pm Bingo	·9:00am Pinochle ·10:00am Practice Tai Chi · 12:30pm Flint Knapping	· 9:00am Exercise · 11:00am Fly-Tying · 12:30pm Bunko	Senior Centers are Closed 	Senior Centers are Closed 
30				
· 9:00am Exercise · 10:00am Cardio Drumming · 12:30pm Bingo				

Puzzles, Library, and Exercise Room Daily
120 S Center St, Grantsville, UT 84029 Phone (435) 884-3446,
Center Hours: Monday-Thursday 8 am - 4 pm, Friday 8 am - 12 pm

Tooele Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
· 9am Fly-Tying · 10am Meet the Mayor! · 10am Exercise · 10am Beginning Computers · 10:30am DIY Craft · 11am Advanced Computers · 1pm Watercolors	· 9am-12pm Social Security · 9:30am Mexican Train · 12:30pm Bunko · 12:30pm Beginning Line Dancing(New) 1pm Line Dancing	· 10am Exercise · 10am Bridge · 1pm Kaleidoscope Wood Carving Showcase Event (Public welcome)	· 10am DIY Painting · 10am Practice Tai Chi · 12:30pm Bingo · 12:30pm Beginning Line Dancing (New) · 1pm Line Dancing · 3pm Centers close early for all staff training	· 9:30am Cardio Drumming · 10:00am Art with Heart Crafts Class
9	10	11	12	13
· 9am Fly-Tying · 10am Exercise · 10am Beginning Computers · 10:30am DIY Craft · 11am Advanced Computers · 11:00am Virtual AARP · 1pm Watercolors	· 9:30am Mexican Train · 12:30pm Bunko · No Line Dancing today to set up for Thanksgiving Luncheon.	Senior Centers are Closed 	· All activities canceled. Join us at 11:30am for the Thanksgiving Luncheon & Veterans Recognition! Parking is limited, please consider carpooling.	· 9:30am Cardio Drumming · 10:00am Art with Heart Crafts Class
16	17	18	19	20
· 9am Fly-Tying · 10am Exercise · 10am Beginning Computers · 10:30am DIY Craft · 11am Advanced Computers · 1pm Watercolors	· 9:30am Mexican Train · 12:30pm Bunko · 12:30pm Beginning Line Dancing (New) · 1pm Line Dancing	· 10am Exercise · 10am Bridge · 1pm Wood Carving	· 10am DIY Painting · 10am Practice Tai Chi · 12:30pm Bingo · 12:30pm Beginning Line Dancing (New) · 1pm Line Dancing	· 9:30am Cardio Drumming · 10:00am Art with Heart Crafts Class
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30				
· 9am Fly-Tying · 10am Exercise · 10am Beginning Computers · 10:30am DIY Craft · 11am Advanced Computers · 1pm Watercolors				

Puzzles, Library, and Exercise Room Daily
59 E Vine St, Tooele, UT 84074 Phone (435) 843-4110,
Center Hours: Monday-Thursday 8 am - 4 pm, Friday 8 am - 12 pm



https://health.tooeleco.gov/aging-services



Tech Basics for Caregiving

Where: Online at both Tooele & Grantsville Senior Centers.

When: Monday, November 9, at 11AM

Description: Caregiving is challenging in different ways for both the caregivers and the recipients. Thankfully, there are a variety of tech tools that can make caregiving easier for both and allow people to do more on their own. In this webinar, we'll explore ways to integrate technology into your daily routine.

Social Security 101: Maximize Your Benefits

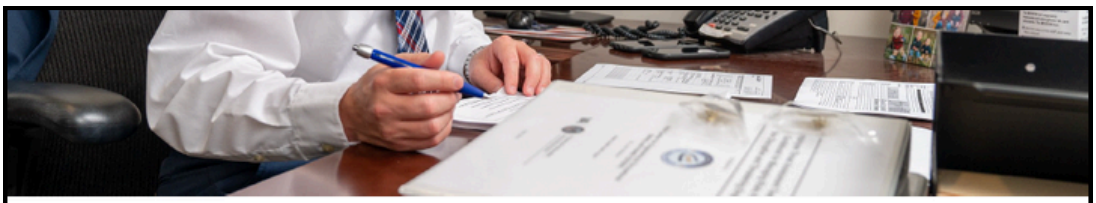


Where: Online. Registration is required.

When: Tuesday, November 10, at 7PM

Description: Join Nathan Cole, Public Affairs Specialist with Social Security, for a clear, engaging breakdown of one of the most important financial decisions you'll make. In this informative session, you'll learn how Social Security works, including retirement, disability, survivor, and spouse benefits, and how your choices today can impact your income for years to come.

https://states.aarp.org/utah/aarp-utah-university-webinars



VA Compensation & Pension Claims Clinic

Date: Friday, November 13, 2026
Time: 3 p.m. to 4 p.m.

Location: Tooele County Health Dept.
Address: 151 N Main St Room 180
Tooele, UT 84074

Get assistance with **questions and applications** for benefits, to include:

- Service-Connected Disability
- Non-Service Connected Pension
- Survivor & Burial Benefits
- PACT Act Questions
- VA Home Loan & Specially Adapted Home/Vehicle Grants
- Other VA Benefits

Can't make it?

Use the QR code to schedule an in-person or virtual (telephone) appointment with our Salt Lake City Veterans Benefits Administration Regional Office team.

Workforce Services
Community Services Division

Get help with monthly power and gas bills!



If your income is limited, you may qualify for home energy assistance through the HEAT program.

HOME ENERGY ASSISTANCE

You may also call 211 about HEAT and other programs that may be available.

The Home Energy Assistance Target (HEAT) Program is designed to help low-income households with energy costs. For eligibility requirements, visit:

jobs.utah.gov/heat

Art with HEART

A CREATIVE AND SUPPORTIVE SPACE FOR OLDER ADULTS

Led by **Hollie Soltes**, MSW student intern and therapist in practice.

CREATE ♥ REFLECT ♥ LEARN ♥ CONNECT



- ENJOY ARTS AND CRAFTS
- PROCESS FEELINGS AND EMOTIONS
- LEARN NEW SKILLS
- MAKE CONNECTIONS

NOVEMBER PROJECTS

- Seasons of Change
- Family Traditions
- Gratitude

Grantsville Senior Center

STARTS THURSDAY, NOVEMBER 5TH

and every Thursday after at 10:00 AM

120 S Center Street
Grantsville, UT

Tooele Senior Center

STARTS FRIDAY, NOVEMBER 6TH

and every Friday after at 10:00 AM

59 East Vine Street
Tooele, UT

REGISTRATION IS REQUIRED

Sign up at the front desk of the Grantsville or Tooele Senior Center.

ALL ARTS AND CRAFT SUPPLIES WILL BE PROVIDED FREE OF CHARGE!

Happy THANKSGIVING

MONDAYS, NOV 2nd & 16th

Dementia Caregiver Support Group Meeting
2-3:30 pm
Tooele Senior Center
59 E Vine St, Tooele

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

TOOELE COUNTY HEALTH DEPARTMENT
(435) 277-2420

ALZHEIMER'S ASSOCIATION
24/7 HELPLINE:
(800) 272-3900

Are you feeling lonely, stressed, or just need a friendly ear?

You do not have to carry your worries alone.

I am here to listen, completely free of charge.



Life brings many changes. Whether you want to talk about your day, share old memories, or get support for challenging feelings, I am here to listen and offer a caring, supportive space for you.

- **100% Free:** No hidden costs, fees, or insurance required.
- **Completely Private:** Everything you say stays between us.
- **No Judgement:** Talk about whatever is on your mind.

I specialize in listening to and supporting older adults and caregivers.

We can talk about:

- Managing big life transitions or updates in your health.
- Coping with the loss of friends, family, or partners.
- Staying connected when you feel isolated or lonely.
- Simply having a warm, meaningful conversation.

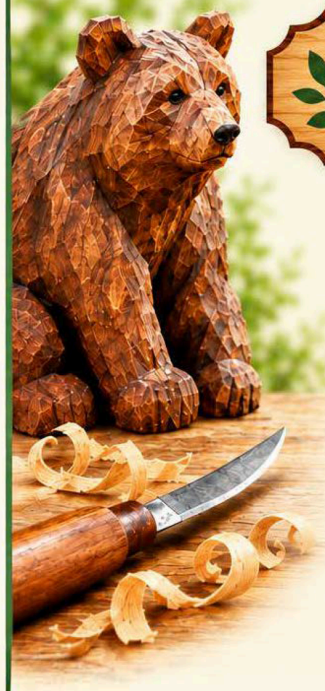
Sometimes all it takes is someone who listens.

Contact Me:
Hollie Soltes, MSW Intern
hollie.soltes@tooeleco.gov
435-277-2415

Office Hours
10am - 4pm
on Thursdays and Fridays

You're Invited

Woodcarving Showcase





Wednesday, November 4th

1:00 PM

Tooele Senior Center

59 E Vine St.

Community Art Showcase featuring older adult's woodcarving projects completed during the 2026 Kaleidoscope program.

TOOELE COUNTY HEALTH DEPARTMENT

KALEIDOSCOPE
Aging with the Creative Spirit

NASAA NATIONAL ASSEMBLY of STATE ARTS AGENCIES
Knowledge ▲ Representation ▲ Community

e.a. michelson PHILANTHROPY

Utah Division of Arts & Museums

MEDICARE OPEN ENROLLMENT

OCT 15 - DEC 7

435-277-2420

TOOELE COUNTY HEALTH DEPARTMENT

Do you have the best Medicare coverage for the coming year?

THANK YOU for the support!

A heartfelt thank-you to

Morton Salt

for their generous donation to the Tooele County Meals on Wheels program. Your kindness helps provide nutritious meals and meaningful support to members of our community. We truly appreciate your generosity and commitment to helping others!

PARKINSON'S SUPPORT GROUP

Held the 4th Monday of every month

Monday, November 23rd
12:30 - 2:00 pm
at the Tooele Senior Center
59 E Vine Street

CONTACT HAL MEYER
(435)840-3683

Anyone affected by Parkinson's is welcome to attend.
Come learn, connect, and find support.



TURNING 65 AND NEED TO LEARN ABOUT MEDICARE?

Tooele County Aging Services offers free Medicare 101 classes covering: eligibility, enrollment, Medicare parts, coverage, costs, and how it works with employer health plans.

MEDICARE 101 CLASSES

- Wed Feb 11th
- Wed May 13th
- Wed Aug 12th
- Wed Nov 18th

Classes will be held at TCHD
151 N Main St Tooele
Room 180 6-7 pm

register online at
www.tooeleaging.org
or call
435-277-2420

TOOELE COUNTY HEALTH DEPARTMENT





Monthly Tips For Family Caregivers

As a family caregiver, your health and well-being are important!

November is National Family Caregivers Month! Behind every person receiving care is often a family caregiver quietly making a difference. From daily tasks to emotional support, your dedication helps loved ones live with dignity, comfort, and connection.

This month we recognize the patience, compassion, and countless hours caregivers give.

Your hard work matters. Your dedication makes a difference. And YOU deserve to be celebrated!

Tip: Your Care Matters!

TOOELE COUNTY HEALTH DEPARTMENT



SOME REASONS TO

CALL, TEXT, AND CHAT 988

Trauma

Thoughts of suicide

Feeling depressed or anxious

Drinking too much or drug use

988 SUICIDE & CRISIS LIFELINE

Hope
FOR THE HOLIDAYS

Thursday, November 5, 2026
6:30 - 7:45 pm
Tooele Senior Center
59 East Vine Street, Tooele

Pies, turkey, and peppermint sticks are often enjoyed with family during the holidays. But when a loved one dies, mealtimes and many other aspects of daily life change. Join us for an evening of connection and hope, featuring a reading of *Tear Soup: A Recipe for Healing After Loss* by Schwiebert and DeKlyen. We will then have the pleasure of hearing from Shelby Straley, Registered Dietitian with Pagnani Physical Therapy. She will discuss the impact grief can have on our well-being and will share simple, sanity-saving tips for nourishing ourselves during difficult seasons. Please RSVP by leaving a message at 435-843-4119.

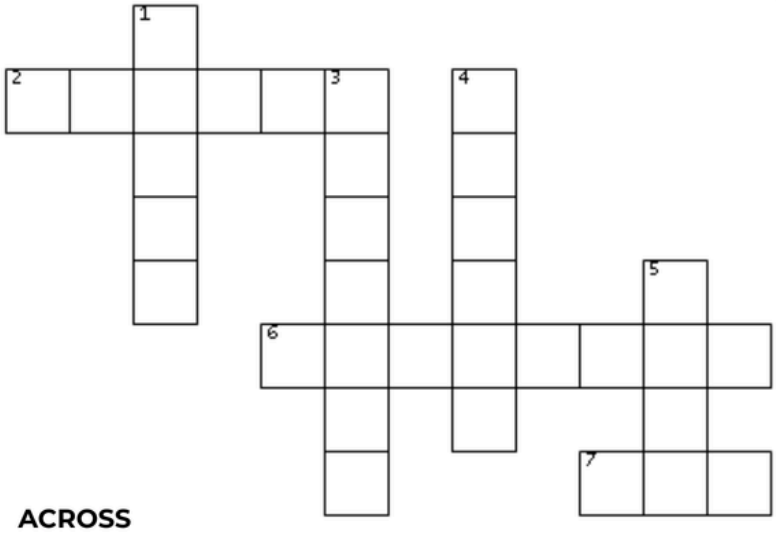
TOOELE COUNTY HEALTH DEPARTMENT

Refreshments served *Take-home item given*

PAGNANI PHYSICAL THERAPY

It's National Family Caregivers Month

Complete this puzzle for ideas of ways you can celebrate



ACROSS

2. A simple word that acknowledges a caregiver's often uncelebrated work and dedication. Use your words to celebrate a care partner today.

6. Month we recognize people who give care to someone who needs help taking care of themselves.

7. I see _____. Look for people who are helping others. Let them know you see them and tell them they're amazing.

DOWN

1. Celebrations are a time to feel joy. Making a friend laugh or feel _____ would be a great way to celebrate.

3. Tooele County Aging Services offers caregivers _____ through a variety of programing. Look for ways you can also lend family and friends support as they provide care.

4. Something you can do with your ears to support a friend who is providing care. When someone is struggling, sometimes the best thing you can do is just show up.

5. A _____ doesn't always wear a cape - they may be driving a loved to a doctor's appointment or preparing a meal. Think of ways you can recognize them.

CELEBRATE

National Family Caregivers Month

WITH US

Caregivers are Scent-Sational!

Warm, homemade bread is a favorite aroma and tastes so good. What is something you enjoy? Come learn about how our senses and emotions are connected, which influences how we experience the world around us. Dr. Susan Nate, a Licensed Professional Counselor, will share some simple strategies utilizing our senses to help caregivers take a break from the demands of their responsibilities. By grounding ourselves in the present, we can nurture calm and resilience in the face of life's challenges. Join us in celebrating YOU during National Family Caregiver Month!

MONDAY
NOVEMBER 16, 2026

2:00-3:00 PM

TOOELE COUNTY HEALTH DEPT
151 N MAIN ST, TOOELE



PRESENTATION BY:

Dr. Susan R. Nate,

National Board Certified Psychotherapist
with a successful, local practice
Choices for Change Counseling

TOOELE COUNTY HEALTH DEPARTMENT

Choices for Change Counseling

CALL

Tooele County Aging Services

TO REGISTER

(435)277-2420

TOOELE COUNTY AGING SERVICES
59 E Vine Street
Tooele, UT 84074

NON-PROFIT ORG.
U.S. POSTAGE
PAID
TOOELE, UTAH
PERMIT NO. 36

TOOELE COUNTY TRANSPORTATION ~ 47 S MAIN STREET, ROOM 222 * TOOELE, UTAH * 435-843-4114 *

	SENIOR'S MEDICAL SHUTTLE	UTA 451 EARLY MORNING COMMUTERS & REVERSE	UTA F453 MID-DAY SERVICE TOOELE – SLC FLEX	UTA ON-DEMAND MICROTRANSIT
Scheduling phone number	(435) 843-4114	(801) 743-3882	(801) 743-3882	(435) 843-4114
Who can use these services?	Seniors 60 & older	The public	The public	The public
Wheelchair accessible?	YES	YES	YES	YES
What can I use these services for?	Medical appointments in Salt Lake County, within boundaries.	Following a bus route that serves Tooele to Salt Lake. Stops at designated bus stops.	Following a bus route that serves Tooele to Salt Lake. Stops at designated bus stops.	Services transport people within Grantsville, Stansbury, and Tooele cities.
Door-to-door service?	YES	NO	NO Deviated pick-up can be scheduled for an additional $1.25 each way.	Curb to Curb Service
Price	Suggested donation of $5.00 each way	$2.50 for an adult. Ask about what reduced fares are available.	$2.50 for an adult. Ask about what reduced fares are available.	$2.50 each way for adults and children six and older. Ask about what reduced fares are available. Accepts UTA passes
Hours of operation	Mon-Fri 7:00am - 4:00pm Last appt time at 2:00		Mon-Fri 7:30am - 5:00pm	Mon-Fri 7:00am - 7:00pm