

**Tooele County  
Aging Services  
Newsletter  
Tooele Center  
59 E Vine  
(435) 843-4110**

**Grantsville Center  
120 S Center St  
(435) 884-3446**

**Jamie Zwerin  
Aging Director**

**Bella Colovich  
Senior Centers Manager**

**Kristen Bolinder  
Terri Garrard  
Shirlene Jensen  
Amy Whitham  
Centers Activities  
Specialists**

**Kim Hale  
Lucinda Edwards  
Rebecca Provencio  
Nayelli Lomeli  
Kitchen Staff**

**Cissy Morton  
Mobility Manager**

**Tracy Beckett  
Financial Analyst**

**Evelyn Van Zanten  
Desirae Taylor  
Jennifer Romero  
Social Workers**

**Sarah Jane Obray  
Next Chapter & Support**



# ACTIVE AGING

## July 2021

### **TOOELE AND GRANTSVILLE SENIOR CENTERS GRAND RE-OPENING**

**Hours: Monday-Thursday 8am-4pm  
Friday 8am-12pm**



## Message to our seniors:

Welcome back! We are so excited to see all of the wonderful folks we have missed and look forward to seeing the rest of you very soon. If you are new to the senior centers and have only participated in our drive-thru lunches, let me encourage you to check out the many activities provided inside the center. Grab and Go meals will be offered for those who prefer to hold off on eating in the dining room.

The Grantsville senior center is undergoing landscape renovations, so we appreciate everyone's understanding and patience while completing this significant project. There are plans for a new sprinkler system, lawn in the front, and decorative rock along the sides of the senior center. We have several other projections in store to update both the Grantsville and Tooele senior centers. We are delighted to see some of these improvements occurring, but some of these projects are progressing slowly due to backorders and not enough staff at the companies. Please bear with us on the time frame because the results will be fantastic.

And a friendly reminder: if you have not yet had your vaccination, it is not too late. The Tooele Health Department offers Pfizer, Johnson and Johnson, and Moderna with appointments available throughout the week. Walk-In clinics for everyone 12 and older with no appointment necessary are available, and for faster service, register online at [tooelehealth.org](http://tooelehealth.org) or call 435-277-2300.

I wish you a happy and safe Fourth of July!

**Jamie Zwerin, SSW**  
Director of Aging Services  
Tooele County Health Department Aging Services



**Show Us Your USA Team Spirit!**

**WEAR YOUR RED WHITE & BLUE!**

**Celebrate our Country's Independence and Cheer on Team USA at the Olympic Games**

**At the Senior Centers**

**Wear your stars and stripes when you come to the senior centers in July!**

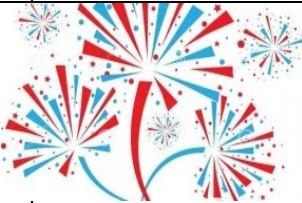


**OUR CENTERS WILL BE CLOSED MONDAY, JULY 5TH IN HONOR OF INDEPENDENCE DAY**

# JULY MEAL SCHEDULE


Centers are open for in-house dining.  
 Monday thru Thursday 11:30am - 12:30pm  
 Friday 10:30am - 11:30am



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Shepard's Pie Mashed Potatoes Salad	Biscuits & Gravy Scrambled Eggs Oven Potatoes
5	6	7	8	9
Senior Center Closed for 4th of July Holiday	Chicken Chow Mein Salad Roll	Chicken Fajita Spanish Rice	Lasagna Salad	Pancakes Scrambled Eggs Oven Potatoes
12	13	14	15	16
Spaghetti with Meat Sauce Salad	BBQ Pork Roast Baked Beans	Sausage Pork Link Tater Tots	Chef Salad w/ Ham Fruit Roll	Waffles Scrambled Eggs Oven Potatoes
19	20	21	22	23
Hamburger Tater Tots	Meat Loaf Mashed Potatoes	Enchilada Spanish Rice	Sweet & Sour Meatballs Salad	Senior Center Closed for Pioneer Day Holiday
26	27	28	29	30
Chef Salad Fruit Roll	Country Fried Steak Mashed Potatoes	Taco Salad Spanish Rice	Chicken Cordon Bleu Rice	French Toast Scrambled Egg Oven Potatoes

Lunches are served with a fruit, vegetable and milk. Meals are subject to change.  
 If you need a modified diet due to health, ethnic, or religious requirements please  
 contact us in advance. Call Bella Colovich at 435-843-4110

# TOOELE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			<ul style="list-style-type: none"> <li>• 9:00am Chess</li> <li>• 1pm Line Dancing</li> <li>• 1:30pm Watercolor or DIY</li> </ul>	<ul style="list-style-type: none"> <li>• 9:30am DIY Craft/Color</li> <li>• 10:30am - 11:30am Brunch</li> </ul>
5	6	7	8	9
<p><b>Senior Center Closed for 4th of July Holiday</b></p> 	<ul style="list-style-type: none"> <li>• 9:00am Chess</li> <li>• 9:00am Mexican Train (Dominos)</li> <li>• 1pm Line Dancing</li> </ul>	<ul style="list-style-type: none"> <li>• 10:00am Exercise</li> <li>• 10:00am Bridge</li> <li>• 1pm Wood Carving</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Chess</li> <li>• 1pm Line Dancing</li> <li>• 1:30pm Watercolor or DIY</li> </ul>	<ul style="list-style-type: none"> <li>• 9:30am DIY Craft/Color</li> <li>• 10:30am-11:30am Brunch</li> </ul>
12	13	14	15	16
<ul style="list-style-type: none"> <li>• 10:00am Mayor Winn</li> <li>• 10:00am Exercise</li> <li>• 1pm BINGO</li> <li>• 1pm Movie "Ford v Ferrari"</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Chess</li> <li>• 9:00am Mexican Train</li> <li>• 1pm Line Dancing</li> </ul>	<ul style="list-style-type: none"> <li>• 10:00am Exercise</li> <li>• 10:00am Bridge</li> <li>• 1pm Wood Carving</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00 Chess</li> <li>• 1pm Line Dancing</li> <li>• 1:30pm Watercolor or DIY</li> </ul>	<ul style="list-style-type: none"> <li>• 9:30am DIY Craft/Color</li> <li>• 10:30-11:30am Brunch</li> </ul>
19	20	21	22	23
<ul style="list-style-type: none"> <li>• 10:00am Exercise</li> <li>• 1pm BINGO</li> <li>• 1pm Movie "The War With Grandpa"</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00 Chess</li> <li>• 9:00 Mexican Train</li> <li>• 1pm Line Dancing</li> </ul>	<ul style="list-style-type: none"> <li>• 10:00am Exercise</li> <li>• 10:00am Bridge</li> <li>• 1pm Wood Carving</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00 Chess</li> <li>• 1pm Line Dancing</li> <li>• 1:00pm Watercolor or DIY</li> </ul>	<p><b>Senior Center Closed for Pioneer Day</b></p> 
26	27	28	29	30
<ul style="list-style-type: none"> <li>• 10:00am Exercise</li> <li>• 1pm BINGO</li> <li>• 1pm Movie "The Father"</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00 Chess</li> <li>• 9:00 Mexican Train</li> <li>• 1pm Line Dancing</li> </ul>	<ul style="list-style-type: none"> <li>• 10:00am Exercise</li> <li>• 10:00 Bridge</li> <li>• 1pm Wood Carving</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00 Chess</li> <li>• 1pm Line Dancing</li> <li>• 1:00pm Watercolor or DIY</li> </ul>	<ul style="list-style-type: none"> <li>• 9:03am DIY Craft/Color</li> <li>• 10:30am-11:30am Brunch</li> </ul>

## Pool, Puzzles, Library, Quilting and Exercise Room Daily

59 E Vine St, Tooele Front Desk (435) 843-4110 Center Hours Mon-Thurs 8am-4pm Friday 8am-Noon  
 Kristen Bolinder, Activity Specialist (435) 843-4103 Terri Garrard, Activity Specialist (435) 843-4113  
 Bella Colovich, Senior Center Manager (435) 843-4106

# GRANTSVILLE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
 <p><b>HAPPY 4TH OF JULY!</b></p>			<ul style="list-style-type: none"> <li>• 9:00am Exercise</li> <li>• 9:00am Pinochle</li> <li>• 1pm Wood Carving</li> <li>• 1 pm Melodicas</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Computer Help by appt</li> <li>• 9:00am DIY Crafts</li> </ul>
5	6	7	8	9
<p><b>Senior Center Closed for 4th of July Holiday</b></p> 	<ul style="list-style-type: none"> <li>• 9:00am Exercise</li> <li>• 1pm Flint Knapping</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Fly-tying</li> <li>• 10:15am Tai Chi</li> <li>• 12:30pm Bunko</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Exercise</li> <li>• 9:00am Pinochle</li> <li>• 1pm Wood Carving</li> <li>• 1 pm Melodicas</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Computer Help by appt.</li> <li>• 9:00am DIY Crafts</li> </ul>
12	13	14	15	16
<ul style="list-style-type: none"> <li>• 9:00am DIY Craft/Color (bring your own craft)</li> <li>• 1pm BINGO</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Exercise</li> <li>• 1pm Flint Knapping</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Fly-Tying</li> <li>• 10:15am Tai Chi</li> <li>• 12:30pm Bunko</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Exercise</li> <li>• 9:00am Pinochle</li> <li>• 1pm Wood Carving</li> <li>• 1 pm Melodicas</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Computer Help by appt</li> <li>• 9:00am DIY Crafts</li> </ul>
19	20	21	22	23
<ul style="list-style-type: none"> <li>• 9:00am DIY Craft/Color (bring your own craft)</li> <li>• 1pm BINGO</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Exercise</li> <li>• 1pm Flint Knapping</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Fly-Tying</li> <li>• 10:15am Tai Chi</li> <li>• 12:30pm Bunko</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Exercise</li> <li>• 9:00am Pinochle</li> <li>• 1pm Wood Carving</li> <li>• 1 pm Melodicas</li> </ul>	<p><b>Senior Center Closed for Pioneer Day</b></p> 
26	27	28	29	30
<ul style="list-style-type: none"> <li>• 9:00am DIY Craft/Color (bring your own craft)</li> <li>• 1pm BINGO</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Exercise</li> <li>• 1pm Flint Knapping</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Fly-tying</li> <li>• 10:15am Tai Chi</li> <li>• 12:30pm Bunko</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Exercise</li> <li>• 9:00am Pinochle</li> <li>• 1pm Wood Carving</li> <li>• 1pm Melodicas</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00am Computer Help by appt.</li> <li>• 9:00am DIY Crafts</li> </ul>

## Puzzles, Library, Quilting and Exercise Room Daily

120 S Center, Grantsville Front Desk (435) 884-3446 Center Hours Mon-Thurs 8am-4pm Friday 8am-Noon  
 Shirlene Jensen, Activity Specialist (435) 843-4753 Amy Whitham, Activity Specialist (435) 843-4754  
 Bella Colovich, Senior Center Manager (435) 843-4106

An Annual Wellness Visit is a yearly appointment with your primary care provider to create or update a personalized health prevention plan. If you request or are billed for a physical, this is not covered by Medicare. If you have questions about what your Medicare plan covers, contact Tooele County Aging Services, our local State Health Insurance Program at (435) 277-2420.

## Was it an Annual Wellness Visit or a Physical?

*The difference could cost you!*

	Annual Wellness Visit	Physical
Covered by Medicare	✓	✗
Checked height, weight, and blood pressure	✓	✓
Mini-mental cognition assessment	✓	✗
Personalized prevention plan for future medical issues	✓	✗
Full head-to-toe hands-on exam	✗	✓
Bloodwork	✗	✓

**SMP** RESOURCE.ORG

SUPPORTED BY GRANT # 90MPC0002 FROM ACL  
<https://khn.org/news/medicare-covers-wellness-visit-not-annual-physical/>



**We need your help!**

The Utah Commission on Aging is requesting your assistance with an **important survey** on the use of technology among older Utahans that will help us improve the delivery of services across the state.

Please go to the following website: <https://bit.ly/3u0bdm5> and complete it by **June 30th**.

For questions or help call the hotline at 888-985-6866.

**Thank You!**



# Alzheimer's Caregiver Support Group

Monday, July 19th  
2:00 to 3:00 pm  
online through Zoom

To register  
call 435-843-4119



alzheimer's  association®



Tooele County Aging Services Presents  
**Dinner for Wendover Seniors**  
Thursday, July 15th @ 5pm

**The Wendover Community Building located at  
112 E Moriah Ave, Wendover, UT (across from the  
"Kids Are People Too Daycare"). Contact Lucia  
Benitez for more information (435) 277-2327**

El condado de Tooele invita a los mayores de edad 60+ a una cena en  
el Centro Comunitario de Wendover, Utah (frente a la guardería)

Seniors 60 years and older \$3.00 contribution,

Under 60 must pay \$5.00

60+ contribución voluntaria \$3

Menores de 60 deben pagar \$5



# 4<sup>th</sup> of july

## Word Search



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



AMERICA  
HOLIDAY  
FLAG  
SUMMER  
FIREWORKS

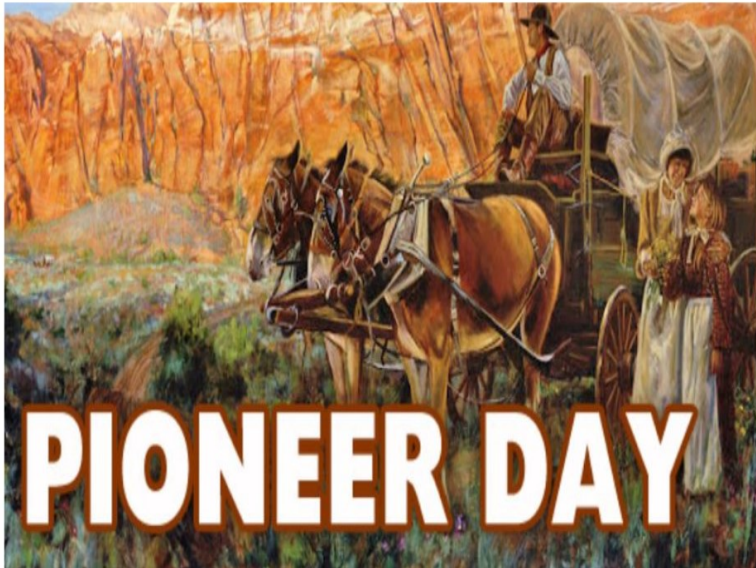
CONSTITUTION  
LIBERTY  
FAMILY  
WHITE  
FREEDOM

PARADE  
INDEPENDENCE  
JULY  
CELEBRATION  
PICNIC

PATRIOTIC  
BLUE  
RED  
STRIPES  
FOURTH



# Senior Centers are Closed Friday, July 23, 2021



**JOIN US FOR BINGO  
EVERY MONDAY IN JULY AT  
1:00 PM**



**TOOELE: 59 E Vine St, Tooele, UT 84074  
(435) 843-4110  
GRANTSVILLE: 120 S Center St,  
Grantsville, UT 84029 (435) 884-3446**

## Message to our seniors:

To all my friends at the senior center, I was so excited when I heard that the senior centers were re-opening! I am so thrilled that we are finally seeing the end of this terrible virus that has disrupted all of our lives. It is time to get back to the way things were before.

I am looking forward to meeting with you again one Monday out of each month. I am scheduled to speak to you at 10am on Monday, July 12<sup>th</sup>. I can hardly wait to see each one of you and get back to our lively discussions on what is going on in Tooele City.

Fridays on Vine Concerts have begun and I invite each of you out on Friday nights at 7pm to enjoy some music and great company.

The drought throughout the state continues and I ask that each of you do all you can to conserve water. Sometimes it's as easy as taking a 2-3 minute shower instead of a 5 minute shower. Watering your lawn twice a week will keep it going, although you will probably have some brown spots. Remember to stay inside when the heat is at its worst and drink plenty of water.

I appreciate the opportunity to communicate with each one of you through the newsletter. Take care and I'll see you all real soon!  
Much love,

*Mayor Debbie Winn*

**435-843-2104  
dwinn@tooelecitey.org**





**Certified Shred  
Friday,  
September 17, 2021**

Tooele Senior Center  
12 pm- 2 pm

Call Evelyn Van Zanten  
Tooele County Aging Services  
435-277-2457

**LEND A HAND!  
Volunteers wanted  
at the Senior  
Centers**



Come discover the benefits of volunteering:

- Connects you with those in the community
- Makes you feel good (reduces stress)
- Helps your mind and body
- Gives you purpose

**CALL NOW! TOOELE SENIOR CENTER 59 E  
VINE ST, TOOELE (435) 884-4110  
GRANTSVILLE SENIOR CENTER 120 S  
CENTER ST, GRANTSVILLE (435) 843-3446**

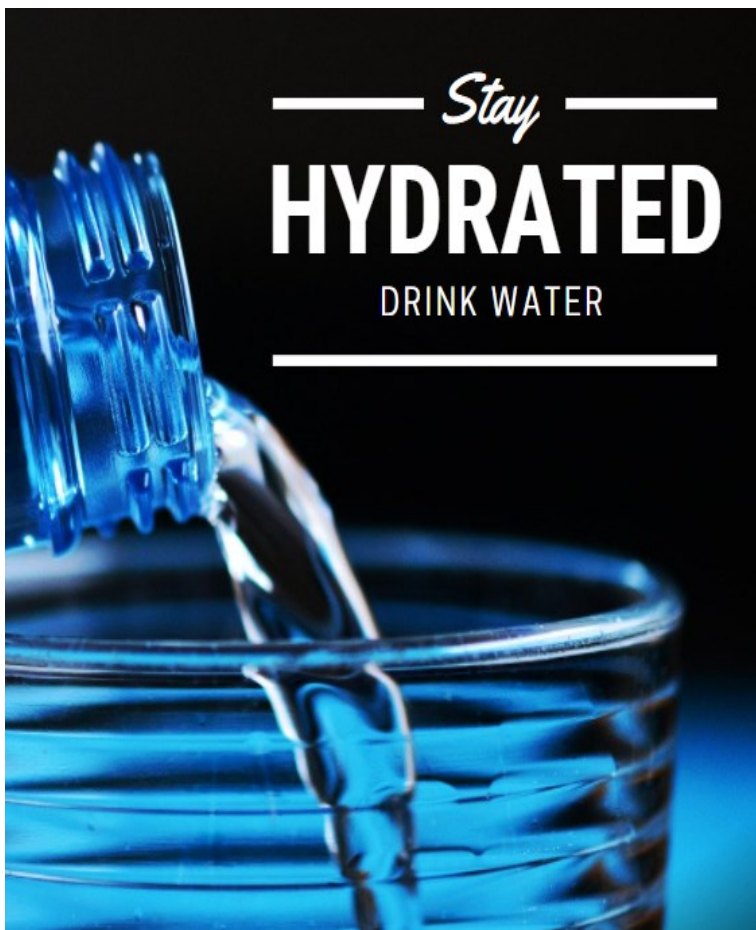
*Come volunteer at the Tooele and Grantsville Senior Centers!*

**GRANTSVILLE  
SENIOR CENTER  
PINOCHLE**

Looking for players  
Thursdays 9:00 am  
Call to Sign up (435) 884-3446

**Grantsville Senior Center  
BUNKO!**

**Wednesday at 12:30**



Stay  
**HYDRATED**  
DRINK WATER

## Power and Gas Bill Assistance



**HEAT is a FREE program for income-eligible residents of Salt Lake and Tooele Counties.**

- **Utility assistance** up to \$700 per season
- **Crisis assistance** for qualifying crisis with 48-hour shut-off notice

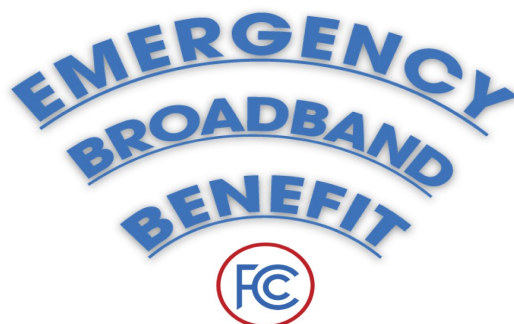
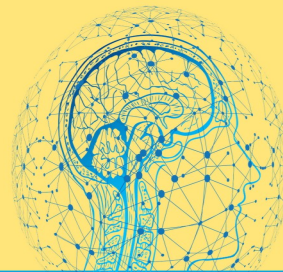
**APPLY TODAY**  
www.utahca.org • (801) 359-2444

Family, Caregivers, and Friends are encouraged to join us

## PARKINSON'S SUPPORT GROUP

Meetings are the 3rd Friday of each month at 1 pm

CONTACT HAL MEYER (435) 840-3683



The Emergency Broadband Benefit is a temporary FCC program to help households struggling to afford internet service during the pandemic.

The benefit provides:

- Up to \$50/month discount for broadband service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

**See if You Qualify and Apply**

Call: 833-511-0311

Visit: [GetEmergencyBroadband.org](https://www.getemergencybroadband.org)



Helping Households Connect  
During the Pandemic

**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  
AGING SERVICES**

47 S MAIN STREET, ROOM 222 \* TOOELE, UTAH \* 435-843-4114

	<b>SENIOR TRANSPORTATION</b>	<b>MEDICAL SHUTTLE</b>	<b>UTA F-400 &amp; F-402</b>	<b>ON-DEMAND CITY TO CITY</b>
<b>TO MAKE APPOINTMENT CALL</b>	(435) 843-4114	(435) 843-4114	(888) RIDE UTA (888) 743-3882	(435) 843-4114
<b>WHO CAN USE THESE SERVICES?</b>	Seniors 60 & older	Seniors 65 & older, persons with disability	The public	The public
<b>WHEELCHAIR ACCESSIBLE?</b>	YES	YES	YES	YES
<b>WHAT CAN I USE THESE SERVICES FOR?</b>	Shopping, hair appointments, bank, post office, etc.	Medical appointments in Tooele County.	<b>Following a bus route that serves Tooele. Stops at designated bus stops.</b>	Will pick up at designated stops in Stansbury or Grantsville to transport riders to and from Tooele City.
<b>DOOR-TO-DOOR SERVICE?</b>	YES	YES	NO Deviated pick-up can be scheduled for an additional \$1.25 each way. (877) 882-7272	NO Deviated pick-up can be scheduled for an additional \$1.25 each way.
<b>PRICE?</b>	Suggested donation of \$4.00 each way	Suggested donation of \$4.00 each way	\$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
<b>HOURS OF OPERATION</b>	Mon-Fri 7:00am-4:00pm Last Run at 3:30	Mon-Fri 7:00am-4:00pm Last Run at 3:30	Mon-Fri 5:30am-7:00pm	Mon- Fri 7:00am-7:00pm

**TOOELE COUNTY TRANSPORTATION SERVICE OUR GOAL IS TO “MOVE PEOPLE”**