

Aging Services

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

Activity Specialists

Kim Hale

Rebecca Provencio

Alicia Bysecker

Kari Winn

Steve Johnston

Nayelli Lomeli

Kyle Kortie

Kitchen/MOW Staff

Cissy Morton

Mobility Manager

Tracy Beckett

Financial Analyst

Evelyn Van Zanten

Desirae Taylor

Jennifer Romero

Social Workers

Sarah Jane Obray

Next Chapter & Support

Group Facilitator



Tooele County Active Aging

June 2022

Join Us!

Grand Re-Opening!

and

Dutch Oven Luncheon

Thursday, June 16, 2022
@ 11:30am

Combined Event at the Grantsville Senior Center
120 S Center St. Grantsville, UT

Transportation Provided from Tooele Senior Center

The bottom of the flyer features two illustrations: a brown turkey on the left and a yellow Dutch oven with a lid, surrounded by corn cobs and carrots on the right.

Message to our seniors:

Hello June! This month includes celebrations and new programming. We are excited to invite everyone to the Dutch Oven Lunch and open house for the Grantsville senior center on June 16 at 11:30 am. The Grantsville senior center is remodeled, and the landscaping is complete! Please help us celebrate and thank the Health Department for funding the projects.

Elder Justice Awareness Day is on June 15, a worldwide event. The state of Utah is acknowledging this event with a free virtual conference from 10:00 am to 12:00 pm. You can register by clicking a link (<https://bit.ly/UTEAAD22>). Please reach out to the Aging staff if you have any questions.

With the summer months approaching, please take advantage of the activities at the Senior Center, including a new program, "Cardio Drumming." A drumming class incorporates movement for the whole body while remaining fun and entertaining. This month's other activities are the "Walk with Ease Walking Club," "Stepping On" class, and the Next Chapter activity.

Thank you to all the volunteers who keep our Centers running. It is incredible how many people are so giving of their time and talents. We are truly blessed to have you as part of our Centers.

Thank you!

Jamie
Director of Aging Services

Senior Centers are closed Monday, June 20, 2022



Juneteenth Freedom Day

Juneteenth is a federal holiday in the United States commemorating the emancipation of enslaved people

Tai Chi for Arthritis

Tuesday's & Thursday's
@ 10:00 am
Tooele Senior Center
Begins May 10, 2022



Tuesday's & Thursday's
@ 10:00 am
Grantsville Senior Center
Begins May 3, 2022

Tai Chi

Tai Chi has been used for centuries to help improve balance of the mind and body. Use these Tai Chi techniques to help ease pain and increase flexibility.



JUNE MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Meatloaf Mashed Potatoes Vegetable	Chicken Parmesan w/ Spaghetti Vegetable	Pancakes Scrambled Eggs Potatoes O'Brien Bacon
6	7	8	9	10
Lasagna Salad Roll	Sausage Link Cabbage Salad	Mushroom Burger Salad	Chicken Fajita Spanish Rice	French Toast Western Scramble Sausage
13	14	15	16	17
BBQ Chicken Sandwich Baked Beans Vegetable	Spaghetti w/ Meat Sauce Salad Roll	Chicken Caesar Salad Roll	Beef Macaroni Casserole (MOW) Dutch Oven Dinner @ Grantsville Senior Center	Belgian Waffle Ham Boiled Egg Potatoes O'Brien
20	21	22	23	24
Juneteenth No Delivered Meals Center Closed	Ham Sandwich w/ Soup	Sloppy Joe Vegetable Salad	Sweet & Sour Meatballs Vegetable Rice	Biscuits & Gravy Scrambled Egg Oven Potatoes
27	28	29	30	
Chef's Salad Roll	Country Fried Steak Mashed Potatoes Vegetable	Taco Salad Beans Rice	Chicken Cordon Bleu Zucchini Salad	

Meals are subject to change. For any special diet or diet requests please call Bella Colovich at 435-843-4110. Monday thru Thursday 11:30am-12:30pm. Friday 10:30am-11:30am. *Unless noted, lunches are served with fruit, vegetable and milk. Suggested contribution \$3.00 per meal.


TOOELE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Wood Carving 	<ul style="list-style-type: none"> • 9:00am Chess • 10:00am Tai Chi • 12:30pm BINGO • 1pm Line Dancing 	<ul style="list-style-type: none"> • 9:00am Chess
6	7	8	9	10
<ul style="list-style-type: none"> • 10:00am Meet the Mayor • 10:00am Exercise • 12:45 Movie "The King's Daughter" 	<ul style="list-style-type: none"> • 9:00am Mexican Train • 10:00am Tai Chi • 10:30am DIY Craft • 1pm Line Dancing 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Wood Carving 	<ul style="list-style-type: none"> • 9:00am Chess • 10:00am Tai Chi • 12:30pm BINGO • 1pm Line Dancing 	<ul style="list-style-type: none"> • 9:00am Chess
13	14	15	16	17
<ul style="list-style-type: none"> • 10:00am Exercise • 12:24 Movie "Cyrano" 	<ul style="list-style-type: none"> • 9:00am Mexican Train • 10:00am Tai Chi • 10:00am Walk w/ Ease • 10:30 DIY Craft • 1pm Line Dancing 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Wood Carving 	<ul style="list-style-type: none"> • 9:00am Chess • 11:30am Grand Re-Opening & Dutch Oven Luncheon @ Grantsville 	<ul style="list-style-type: none"> • 9:00am Chess • 10:00am Walk w/ Ease
20	21	22	23	24
<p>Juneteenth Senior Center Closed</p>	<ul style="list-style-type: none"> • 9:00am Mexican Train • 10:00am Tai Chi • 10:00am Walk w/ Ease • 10:30am DIY Craft • 1pm Line Dancing 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Stepping On • 1pm Wood Carving 	<ul style="list-style-type: none"> • 9:00am Chess • 10:00am Tai Chi • 12:30pm BINGO • 1pm Line Dancing 	<ul style="list-style-type: none"> • 9:00am Chess • 10:00am Walk w/ Ease
27	28	29	30	
<ul style="list-style-type: none"> • 10:00am Exercise • 12:24 Movie "Midway" 	<ul style="list-style-type: none"> • 9:00am Mexican Train • 10:00am Tai Chi • 10:00am Walk w/ Ease • 10:30am DIY Craft • 1pm Line Dancing 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Stepping On • 1pm Wood Carving 	<ul style="list-style-type: none"> • 9:00am Chess • 10:00am Tai Chi • 12:30pm BINGO • 1pm Line Dancing 	

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	3
		<ul style="list-style-type: none"> 9:00am Fly-Tying 10:00am Computer Class 12:30pm Bunko 	<ul style="list-style-type: none"> 9:00am Pinochle 9:00am Exercise 10:00am Tai Chi 11:30am Wood Carving 1:00pm Melodicas 	<ul style="list-style-type: none"> 9:00am Karaoke
6	7	8	9	10
<ul style="list-style-type: none"> 9:00am DYI Craft/Coloring 10:00am Cardio Drumming 12:30pm BINGO 	<ul style="list-style-type: none"> 9:00am Exercise 10:00am Tai Chi 12:30pm Flint Knapping 	<ul style="list-style-type: none"> 9:00am Fly-Tying 10:00am Computer Class 12:30pm Bunko 	<ul style="list-style-type: none"> 9:00am Pinochle 9:00am Exercise 10:00am Tai Chi 11:30am Wood Carving 1:00pm Melodicas 	<ul style="list-style-type: none"> 9:00am Karaoke
13	14	15	16	17
<ul style="list-style-type: none"> 9:00am DYI Craft/Coloring 10:00am Cardio Drumming 12:30pm BINGO 	<ul style="list-style-type: none"> 9:00am Exercise 10:00am Tai Chi 1:30pm Flint Knapping 	<ul style="list-style-type: none"> 9:00am Fly-Tying 9:00am Walk w/ Ease 10:00am Computer Class 12:30pm Bunko 	<ul style="list-style-type: none"> No Activities 11:30am Grand Re-Opening & Dutch Oven Luncheon. Combined Event 	<ul style="list-style-type: none"> 9:00am Walk w/ Ease 10:00am Karaoke
20	21	22	23	24
<p>Juneteenth</p> <p>Senior Center Closed</p>	<ul style="list-style-type: none"> 9:00am Exercise 10:00am Tai Chi 12:30pm Flint Knapping 1:00pm Stepping On 	<ul style="list-style-type: none"> 9:00am Fly-Tying 9:00am Walk w/ Ease 10:00am Computer Class 10:30am Bunko 	<ul style="list-style-type: none"> 9:00am Pinochle 9:00am Exercise 10:00am Tai Chi 12:30pm Wood Carving 1:00pm Melodicas 	<ul style="list-style-type: none"> 9:00am Walk w/ Ease 10:00am Karaoke
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Puzzles, Library, Quilting and Exercise Room Daily

120 S Center St 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



2ND ANNUAL UTAH ELDER ABUSE AWARENESS DAY

Virtual Conference 2022

*Wednesday, June 15
10 AM -12 PM*

*REGISTER:
<https://bit.ly/UTEAAD22>*

2-1-1
Get Help. Give Help. United Ways of Utah

alzheimer's association
THE BRAINS BEHIND SAVING YOURS.
800.272.3900 | alz.org

utah department of
human services
AGING AND ADULT SERVICES

UtahAging.org
Utah Commission on Aging

Utah Association of Area Agencies on Aging

AARP
Utah

CARDIO DRUMMING

VIDEO INSTRUCTOR

Mondays @ 10:00 am

Grantsville Senior Center
120 S Center St
435-884-3446

*Lace-up your walking shoes
and join us!*

WWE

FREE WALK WITH EASE WALKING CLUB

Walk With Ease is a program that helps adults living with arthritis and/or other ongoing health conditions to increase their physical activity and better manage their symptoms. Small groups participate in a discussion, warm up and stretching, followed by a group walk. This one-hour class meets 2 times a week over a period of 6-weeks.

BENEFITS

- IMPROVED ABILITY TO WALK AND FUNCTION
- DECREASED DEPRESSION
- DECREASED PAIN
- GAIN CONFIDENCE
- PRIZES!

Begins June 15, 2022
Wednesday's and Friday's 10-11 am
Grantsville Senior Center
Call to register 435-884-3446

Lace-up your walking shoes and join us!



WWE

FREE

WALK WITH EASE

WALKING CLUB

Walk With Ease is a program that helps adults living with arthritis and/or other ongoing health conditions to increase their physical activity and better manage their symptoms. Small groups participate in a discussion, warm up and stretching, followed by a group walk. This one-hour class meets 2 times a week over a period of 6-weeks.

BENEFITS

- IMPROVED ABILITY TO WALK AND FUNCTION
- DECREASED DEPRESSION
- DECREASED PAIN
- GAIN CONFIDENCE
- PRIZES!

Begins June 14, 2022
 Tuesday's and Friday's 10-11 am
 Tooele Senior Center
 Call to register 435-843-4110






**Alzheimer's Association
 Caregiver Support Group**

Monday, June 20th
2:00 to 3:00 pm

**in the Tooele Senior Center
 Conference Room**

Questions? Call 435-277-2420
 See tooelehealth.org

Message to our seniors:

May was a great month as we saw many groups and individuals clean up our city during the Take Pride Tooele events. We should all be proud of our volunteers and the beautiful city we live in.

I had the opportunity the past month to visit some of our seniors at the "Our House" assisted living center. I was able to update them on city events and I even got to sing a few songs for them. It was fun to see some of our friends who have moved to that beautiful facility!

Fridays on Vine concert series will begin on June 10th at the park on Vine and 200 West. The concert will begin at 7pm and will feature Tooele's very own, Carver Louis. It will be great to see you all there!

We are looking forward to our traditional 4th of July celebration with a week full of activities including the parade, concert and fireworks.

I appreciate the opportunity that I have to serve as your Mayor and encourage you to contact my office if I can help in any way. 435-843-2104

Mayor Debbie Winn
435-843-2104
dwinn@tooelecity.org



SteppingOn

© Clarkson, Swain & Mahoney, 2022

FALL PREVENTION CLASSES



Avoid a dangerous and costly fall so you can keep doing the things you love to do
**BEGINNING WEDNESDAY FROM 1-3 PM
JUNE 22, 2022, AT THE
TOOELE SENIOR CENTER
59 E VINE ST
CALL TO REGISTER 435-843-4110**

In just seven weeks, you'll learn:

- To identify and remove or avoid fall hazards both inside and outside your home
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall



SteppingOn

© Clarkson, Swain & Mahoney, 2022

FALL PREVENTION CLASSES



Avoid a dangerous and costly fall so you can keep doing the things you love to do
**BEGINNING TUESDAY FROM 1-3 PM
JUNE 21, 2022, AT THE
GRANTSVILLE SENIOR CENTER
120 S CENTER ST
CALL TO REGISTER 435-884-3446**

In just seven weeks, you'll learn:

- To identify and remove or avoid fall hazards both inside and outside your home
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall



**Family, Caregivers, and Friends
are encouraged to join us**

PARKINSON'S SUPPORT GROUP

**3rd Thursday of each month
at 12:30 pm
Tooele Senior Center**

**CONTACT HAL MEYER
(435)840-3683**



THE NEXT CHAPTER

A social support and educational program
for widows and widowers

Monday, June 6th

11:00 - 11:30 am

at Speirs Farm - 394 West 200 South, Tooele

Adventure in Our Own Backyard

Where Tooele High School sits, was once part of the Speirs farm. Barbara Barlow has preserved and restored a portion of her family's land and home. She will give us a tour of the 1863 log cabin and beautiful grounds. Wear good shoes for our walk around the property.



Tooele County Aging Services Presents

Dinner & Bingo for the Wendover Older Adults

Tuesday, June 21st @ 5:00 pm

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



SHIP
State Health Insurance
Assistance Program

Enrolling in Medicare
for the first time?
Reviewing plan options?
Troubleshooting a problem?

SHIP can help.



Contact your local SHIP Counselors at Tooele County Aging Services.
(435) 277-2420
Counseling services are confidential and free of charge.



Prescription costs
hard to swallow?
Get Extra Help.

Medicare
.gov

Call Tooele County Aging Services to see if you qualify
for assistance with your medication costs (435) 277- 2420

DAYTIME ADULT CARE



Lighthouse Adult Care Services is opening at
30 W. 100 S. in Tooele

The daytime program will offer caregivers a safe place
to take their loved one ages 50 and older who need
supervised care while they attend to other needs.

- **Licensed Supervised Care**
- **Engaging Activities**
- **Meaningful Social Interactions**
- **Nutritious Meals and Snacks**



Visit us at: www.LighthouseAdultCareService.org

CALL TODAY 435-249-5632

Power, Gas & Water Bill Assistance



A Service of UCA

NOW YEAR-ROUND



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

- **Power & gas** assistance up to \$700 for heating (Oct-Mar)
- **Power & gas** assistance up to \$700 for cooling (Apr-Sep)
- **Water** assistance for those with participating water vendors
- **Crisis** assistance for qualifying crisis with a 48-hour notice

APPLY TODAY

www.utahca.org • (801) 359-2444



JUNE 14, 2022



**To access the newsletter online
please visit our website at:
<https://tooelehealth.org/active-aging>**



Are You In Need Of Tech Help?

Help is Here!
Computer Classes
for
Older Adults



Age
60+

Every Wednesday
@ 10:00 am
Grantsville Senior
Center
120 S Center St

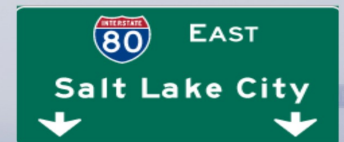
Classes taught courtesy of
Grantsville City Library
Register @ 435-884-3446



HAPPY
FATHER'S

– DAY –
June 19, 2022

Tooele County Transportation is going to Salt Lake again!



Seniors 60 and older can call
435-843-4114
to schedule rides to their Salt Lake
medical appointments.



VOLUNTEERS NEEDED

- Directing hospital patients and visitors
- Answering / placing phone calls for Our Healthy Circle Activities
- Escorting patients to various departments
- Other duties as assigned

Enjoy a complimentary meal for each shift, quarterly volunteer gatherings and other great benefits!

Contact Diane Johnson at 435-843-3691



AN
AFFILIATE
OF



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 *

 TOOELE COUNTY	SENIOR TRANSPORTATION	MEDICAL SHUTTLE	UTA F-400 & F-402	ON-DEMAND CITY TO CITY
Scheduling phone number	(435) 843-4114	(435) 843-4114	(435) 843-4114	(435) 843-4114
Who can use these services?	Seniors 60 & older	Seniors 60 & older	The public	The public
Wheelchair accessible?	YES	YES	YES	YES
What can I use these services for?	Shopping, hair appointments, bank, post office, etc.	Medical appointments in Tooele County and Salt Lake County, within boundaries.	Following a bus route that serves Tooele. Stops at designated bus stops.	Will pick up at designated stops in Stansbury or Grantsville to transport riders to and from Tooele City.
Door-to-door service?	YES	YES	NO Deviated pick-up can be scheduled for an additional \$1.25 each way.	NO Deviated pick-up can be scheduled for an additional \$1.25 each way.
Price	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
Hours of operation	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 GOAL IS TO "MOVE PEOPLE"