



The Next Chapter

The Next Chapter is a social support and educational program, helping widows and widowers adjust to the loss of their spouse. Through this program, Tooele County Aging Services hopes to reinforce a sense of belonging in our community in those who are grieving. Each month, join others who are on the same page as you and begin a new chapter in your life story. For details or to ask questions, please call 435-277-2420.

WED
11
JAN

Kick Off a Fit New Year

10:45 am - 11:30 am

Dow James Building at 438 W 400 N, Tooele

Do you want to start off the year with a fitness goal? How about walking? Terri Gerrard, the Walk with Ease Instructor at the Tooele Senior Center, will remind us of the benefits of walking, lead us in a simple warm-up routine, and take a walk with us. Attendees will get a water bottle, fanny pack, reflective band, and pedometer to take home to help maintain their exercise routine. Thanks to Tooele City for co-sponsoring this event in their facility that is open for walkers.

You DONUT Want to Miss This

10:45 am - 11:45 am

**Macey's - meet at the tables by the bakery
972 N Main Street, Tooele**

Join us for a "behind the scenes" tour of Macey's grocery store. We'll have an opportunity to learn more about the receiving, storing, stocking, and store services like the deli and pharmacy. Our walking tour will end back at the bakery with a delicious donut.

WED
8
FEB

TUES
14
MAR

Safety & Service

1:00 pm - 2:15 pm

Tooele City Police Department at 50 North Garden Street

Come checkout the new Tooele City Police Station. Sargent Potter will show us around, then share some tips with us about personal safety. We'll stay a little longer in their community center to do our annual Easter service project. Lend a hand helping fill plastic eggs with treats. Those in need will find a surprise hidden in their April food bank order. All supplies will be provided.