

Aging Services

Tooele Center

59 E Vine
(435) 843-4110

Grantsville Center

120 S Center St
(435) 884-3446

Amy Hoftiezer

Aging Director

Bella Colovich

Senior Centers Supervisor

Kristen Bolinder

Shirlene Jensen

Karin Shields

Amy Larsen

Activity Specialists

Meals on Wheels

435-843-4110

Kim Hale

Rebecca Provencio

Alicia Bysecker

McKaylah Clausen

Ariel Estrada

Kyle Kortie

Val Wiseman

Jack Lindblad

Kitchen/MOW Staff

Tracy Beckett

Business Manager

Belinda Cardenas

Financial Coordinator

Desirae Taylor

Jennifer Romero

Lisa Fowler

Social Workers

Sarah Jane Obray

Gerontologist

TOOELE
COUNTY
HEALTH DEPARTMENT

Tooele County **Active Aging** September 2025

Put On Your Walking Shoes!

Join us for the

GOLDEN MILE!



Thursday, September 18th 1:30–3:00 PM

Cherry Street Park in Grantsville

115 E Cherry St. Grantsville

Transportation provided from Tooele Senior Center

Thank You!

MORTON SALT

Thank you, Morton Salt, for your generous donation of \$1,320 to support our Meals on Wheels program. Your kindness helps us provide nutritious meals and care to older adults in our community—we are truly grateful!

Dear Friends,

September is National Senior Center Month!

Every September, communities across the country celebrate National Senior Center Month—a time to recognize the vibrant, welcoming spaces that bring older adults together while offering opportunities to improve health, build financial security, and stay engaged in the community.

Today's senior centers are more than gathering spots—they're hubs of learning, wellness, and connection. Tooele County Aging Services proudly operates both the Grantsville and Tooele Senior Centers, where you'll find an action-packed mix of activities: exercise, Tai Chi, line and folk dancing, Bingo, arts and crafts, puzzles, games, and a library, just to name a few.

We've also embraced modern programs like computer classes, virtual vacations, fall prevention, and Stronger Memory, so there's truly something for everyone. From support groups to tax preparation, dances to technology training, our Centers are places where older adults find friendship, meaning, and purpose.

Every day, our participants show us that growing older is truly a growth opportunity—a time to keep connecting, exploring, and expressing individuality. We are honored to serve you with programs that are both fun and practical, while also providing tools and resources to help you stay healthy and independent.

National Senior Center Month is the perfect reminder of the tremendous value our Centers bring—offering programs that strengthen mind, body, and spirit, and empowering older adults to age well in every way.

Here's to good friends, good health, and great times at the Centers!

Amy Hoftiezer



FRAUD PREVENTION EVENT

Join us for a free community talk with Patrick Fitzgibbon from the Utah Division of Consumer Protection.

Learn practical ways to prevent, detect, and report fraud, and discover current scams impacting our community.



10 am

September 19th
Tooele Senior Center

59 E Vine St. Tooele
435-277-2420

EMPLOYEE SPOTLIGHT

KYLE KORTIE

- Meet Kyle Kortie, one of our dedicated Meals on Wheels drivers, who's been delivering meals (and smiles) since 2021!
- Kyle has been married to his wife, Cherise, since July 4, 2020, and they share three children—Tyler, Madison, and Alexandra.
- A proud U.S. Coast Guard veteran, Kyle served six years from 1990 to 1996—two years aboard the USCGC Boutwell and four years with the Training Center Petaluma Fire Department. After his military service, he continued a life of dedication and service as a civilian firefighter from 1996 to 2021, working as a Firefighter/Engineer until 2001, and then as a Fire Captain until his retirement.
- Fun Fact: Kyle's years of service mean he's seen it all—on land and at sea—but he says the best part of his day now is seeing the people on his delivery route.



SEPTEMBER MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Senior Centers closed for Labor Day! No Home Delivered Meals	Herb Roasted Chicken Mashed Potatoes w/ Gravy Brussels Sprouts Mandarin Oranges	Pulled Pork Sandwich Green Beans Roasted Cabbage Applesauce	Swedish Meatballs Mashed Potatoes w/ Gravy Broccoli Orange	Chicken Caesar Salad Sugar Cookie
8	9	10	11	12
Chili Cheese Dog Mixed Vegetable Blend Orange	Chicken Fettuccine Alfredo Italian Vegetable Blend Diced Peaches	Meatloaf Mashed Potatoes w/ Gravy Mixed Vegetables Pineapple Tidbits	Biscuits & Gravy Sausage Patty Roasted Potatoes w/ Bell Peppers & Onions Apple	Egg Salad Croissant Side Salad Sugar Free Pudding
15	16	17	18	19
Cold Ham Cottage Cheese Pickled Beets Peaches Cookie	Chicken Fajitas Pinto Beans Onions & Bell Peppers Diced Mixed Fruit	Sloppy Joe Carrots Zucchini Pineapple Tidbits	Teriyaki Chicken Quinoa Stir-Fry Veggies Apple Fortune Cookie	Turkey Club Sandwich Coleslaw Banana
22	23	24	25	26
Salisbury Steak Mashed Potatoes & Gravy Zucchini Diced Peaches	Chicken Salad Sandwich Cucumber Onion Salad Three Bean Salad Orange	Senior Centers are closed for Health Dept all staff training. No Home Delivered Meals	Orange Chicken Brown Rice Stir-Fry Veggies Diced Pears Fortune Cookie	Roast Beef Sandwich Pickled Beets Banana
29	30			
Chicken Parmesan Mixed Vegetable Blend Apple	Chef Salad Chocolate Chip Cookie	 <p>Join us for a healthy meal during National Senior Center Month!</p>		

Meals are subject to change. For special diets or dietary requests, please call Bella Colovich at 435-843-4110. Meals are served Monday thru Thursday 11:30am-12:30pm. Friday 10:30am-11:30am. Suggested contribution \$4.00 per meal, under 60 must pay \$6.00. Please bring your own take-out containers or join us for dine-in.

GRANTSVILLE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Senior Centers closed for Labor Day! No Home Delivered Meals	<ul style="list-style-type: none"> 9:00am Pinochle 10:00am Practice Tai Chi 12:30pm Flint Knapping 	<ul style="list-style-type: none"> 9:00am Exercise 9:00am Fly Tying 10:00am Computers 12:30pm Bunko 	<ul style="list-style-type: none"> 12:30pm Wood Carving 	<ul style="list-style-type: none"> 9:00am Exercise
8	9	10	11	12
<ul style="list-style-type: none"> 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	<ul style="list-style-type: none"> 9:00am Pinochle 10:00am Practice Tai Chi 12:30pm Flint Knapping 	<ul style="list-style-type: none"> 9:00am Exercise 9:00am Fly Tying 10:00am Computers 11:00am <u>How to Prevent Fire & Water Damage Presentation</u> 12:30pm Bunko 	<ul style="list-style-type: none"> 12:30pm Wood Carving 	<ul style="list-style-type: none"> 9:00am Exercise
15	16	17	18	19
<ul style="list-style-type: none"> 9:00am Exercise 10:00am Cardio Drumming 12:30pm BINGO 	<ul style="list-style-type: none"> 9:00am Pinochle 10:00am Practice Tai Chi 	<ul style="list-style-type: none"> 9:00am Exercise 9:00am Fly Tying 10:00am Computers 12:30pm Bunko 	<ul style="list-style-type: none"> 1:30pm Golden Mile at Cherry Park in Grantsville. Center closes at 12:45pm for Golden Mile. 	<ul style="list-style-type: none"> 9:00am Exercise
22	23	24	25	26
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29	30			
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Puzzles, Library and Exercise Room Daily

120 S Center St Grantsville, Front Desk (435) 884-3446, Center Hours Mon-Thurs 8am-4pm Friday 8am-Noon

TOOELE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Senior Centers closed for Labor Day! No Home Delivered Meals	<ul style="list-style-type: none"> 9:00am-12:00pm Social Security 10:00am Mexican Train 10:am Tai Chi for Arthritis begins 1pm Line Dancing 	<ul style="list-style-type: none"> 10:00am Exercise 10:00am Bridge 11:00am Stronger Memory 1pm Wood Carving 1pm Folk Dancing 	<ul style="list-style-type: none"> 9:30 Beg Computers 10:00 Tai Chi for Arthritis 10:00 DIY Painting 10:30 Adv Computers 12:30pm BINGO 1pm Line Dancing 2:00pm Bunko 	<ul style="list-style-type: none"> 9:30am Cardio Drumming
8	9	10	11	12
<ul style="list-style-type: none"> 9:00am Fly-Tying 10:00am Exercise 10:00am Meet the Mayor 10:30am DIY Craft 12:45pm Movies 1pm Folk Dancing 1pm Watercolors 	<ul style="list-style-type: none"> 10:00am Mexican Train 10:00am Tai Chi for Arthritis 1pm Line Dancing 	<ul style="list-style-type: none"> 10:00am Exercise 10:00am Bridge 11:00am Stronger Memory 1pm Wood Carving 1pm Folk Dancing 	<ul style="list-style-type: none"> 9:30 Beg Computers 10:00 Tai Chi for Arthritis 10:00 DIY Painting 10:30 Adv Computers 12:30pm BINGO 1pm Line Dancing 2:00pm Bunko 	<ul style="list-style-type: none"> 8:30-10:30am Mailing Memories painting class 9:30am Cardio Drumming
15	16	17	18	19
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22	23	24	25	26
<ul style="list-style-type: none"> 9:00am Fly-Tying 10:00am Exercise 10:30am DIY Craft 12:45pm Movies 1pm Folk Dancing 1pm Watercolors 	<ul style="list-style-type: none"> 10:00am Mexican Train 10:00am Tai Chi for Arthritis 1pm Line Dancing 	Senior Centers are closed for Health Dept all staff training. No Home Delivered Meals	<ul style="list-style-type: none"> 9:30 Beg Computers 10:00 Tai Chi for Arthritis 10:00 DIY Painting 10:30 Adv Computers 12:30pm BINGO 1pm Line Dancing 2:00pm Bunko 	<ul style="list-style-type: none"> 9:30am Cardio Drumming
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Puzzles, Library and Exercise Room Daily

59 E Vine, Tooele, Front Desk (435) 843-4110, Center Hours Mon-Thurs 8am-4pm Friday 8am-Noon

THE VIRTUAL CORNER!

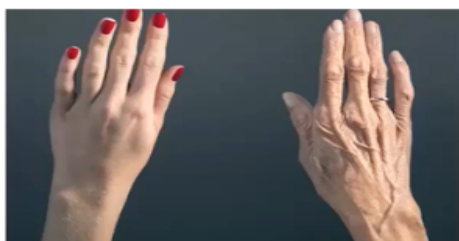
To access our newsletter online visit our website at:

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

Healthy Aging for Our Brains

Our bodies age and so do our brains. There are things we can do to help maintain a healthy body, such as exercising and eating well, and there are things we can do to promote a healthy mind as well. Also, as we age, it's normal for us to experience some changes in our memory and thinking, but it's not normal to experience dementia. Come learn about strategies to promote a healthy mind, learn the difference between normal aging brains versus dementia, and learn what to do if you have concerns about dementia.

Click here to start now: <https://www.youtube.com/watch?v=p5tAMyXC2WA>



AGING



Monthly Tips For Family Caregivers

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



New technologies can significantly ease the caregiving process. Explore new technologies and assistive technologies that offer practical solutions for monitoring health, managing medication, or enhancing communication with healthcare providers.

TOOELE
COUNTY
HEALTH DEPARTMENT

TIP: Be Open to New Technologies

MONDAY, SEPTEMBER 15
Not meeting on Sept 1st holiday

*Dementia Caregiver
Support Group Meeting*

2-3:30 pm

*Tooele Senior Center
59 E Vine St, Tooele*

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	X	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	31			

TOOELE
COUNTY
HEALTH DEPARTMENT
(435) 277-2420

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

REGISTER
TODAY

SPACE IS
LIMITED



Fridays • 12:00 - 1:15 pm

Tooele County Health Department • 151 N Main Street, Tooele

September
5

LEGAL-EASE MADE EASY

Power of attorney, guardianship, living will, advance directive, trusts . . . Join us to review the meaning of these terms, hear the procedures to obtain them, and learn where you can access additional information on legal issues you may encounter as a caregiver. Attorney Bryan Cowley, with Integrity Law, will be presenting.

September
12

GIFTING A LIVING LEGACY

Everyone wants to be remembered. Organ and body donation are ways to leave a lasting legacy—one of hope, healing, and learning. Want to know more about how donation works? Join Heath Holverson from the Body Donor Program at the University of Utah School of Medicine and a representative from Donor Connect as they answer your questions and share how donation can make a meaningful impact.

September
19

HOSPICE - LET'S TALK ABOUT IT

Talking about end-of-life care isn't easy—but being informed can bring peace of mind when it matters most. Join us for an important presentation on the basics of hospice care with Marie Dinger, Nurse Educator for Canyon Home Care and Hospice of Salt Lake City. She will cover what hospice is, who qualifies, when to consider it, and the benefits it offers. Hospice isn't about giving up hope—it's about reframing hope to make the most of the time that remains.

September
26

WHEN THE TIME COMES

Dying is a natural part of life, yet many of us feel unprepared to care for someone in their final days. It's normal to experience a range of emotions and to feel uncertain about what to do or say. Nurses from Canyon Home Health & Hospice will share insights into the changes that often occur near the end of life. They'll also offer practical guidance on how we can provide comfort and support during this important time.

**CALL TOOELE COUNTY AGING SERVICES
TO RESERVE A SEAT AND A LITE LUNCH**
435 • 277 • 2420

TOOELE
COUNTY
HEALTH DEPARTMENT

The Next Chapter

A social support and educational program for widows and widowers



Picnic in the Park
11:30 am - 12:30 pm

Wigwam Park - 4 Canyon Rd, Tooele

Bring your lunch and enjoy the great outdoors with us. If we time it right, we might see beautiful leaves changing color and perhaps spot deer. If you're familiar with this park; but haven't visited it in a while, you'll be impressed by the improvements that have been made. Please contact Sarah, if you'd like a map to the park.

Wednesday
SEPTEMBER

17

TOOELE
C O U N T Y
HEALTH DEPARTMENT
AGING SERVICES
435-277-2420
health.tooeleco.gov

PARKINSON'S SUPPORT GROUP

3rd Thursday of each month
12:30 - 2:00 pm
at the Tooele Senior Center

CONTACT HAL MEYER
(435)840-3683

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



THANK YOU!



**WE WANT TO THANK THE MINI SQUEEZES
LEMONADE STAND FOR DONATING THEIR
PROFITS TO THE TOOELE COUNTY MEALS
ON WHEELS PROGRAM!**



YOU KIDS ARE AWESOME!!

FOR YOUR SUPPORT



Original Medicare

Government-run

Part A (inpatient coverage) & **Part B** (outpatient coverage)

Red, white, & blue insurance card to show your providers

Taken by **most doctors** in the country

Limits on how much doctors can charge if they accept Original Medicare

Covers hospital & medical

Eligibility
Must be 65+ or disability, ESRD, or ALS.

Annual Enrollment Periods

Also called **MA plans**, **Medicare private health plans**, or **Part C**

Insurance card from the specific plan's company to show providers

Must provide same benefits as Original Medicare, but can have different rules (like provider networks), costs, and restrictions

Can cover **extra benefits** (dental, vision)

Medicare Advantage

Private insurers



You may choose one option and later decide to try the other. Be aware that there are limitations on when you can make these changes. Call your **State Health Insurance Assistance Program (SHIP)** to compare your Medicare coverage options.

Tooele County Aging Services | **435.277.2420**

Supported by a \$1,480,903 award from ACL/HHS. Contents do not necessarily represent the official views of the U.S. Government.

*** HAPPY *** LABOR DAY

SENIOR CENTERS
ARE CLOSED

MONDAY, SEPTEMBER 1ST



No Home Delivered Meals

Tai Chi for Arthritis

Starts September 2, 2025
Tuesdays & Thursdays
10:00am-11:00 am

Tooele Senior Center
59 E Vine St. Tooele

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.





"Mailing Memories"

FREE
Watercolor Workshop

Friday, September 12th

8:30-10:30am

Tooele Senior Center

59 E Vine St, Tooele

Only 15 Spots!

Call to Register- 435-843-4110

FREE SHRED DAY

October 3, 2025
12-2 PM

Tooele Senior Center
59 E Vine St
Tooele, UT

PROTECT DETECT REPORT

Shred & Protect

Tooele County Aging Services invites you to safely dispose of sensitive papers:

- Anything with your **SSN** or account numbers
- Medical bills/records**
- Credit card/bank** statements
- Pre-approved credit offers** (junk mail)

TOOELE COUNTY HEALTH DEPARTMENT **SHIP** **SMP** **LIMIT 5 BOXES PER VEHICLE** **435-277-2420**

one kind act a day.

Take the pledge at ThePowerOfKind.org

Tooele County Aging Services
Wendover Dinner & Bingo

DINNER & BINGO

CENA & BINGO

• **Call 435-843-4110** •

RSVP

By Friday, September 12th
To reserve a meal!
Llame para reservar su cena!

WEDNESDAY, SEPTEMBER 17TH
DOORS OPEN AT 3:30PM

MÍRCOLES, 17 DE SEPTIEMBRE
LAS PUERTAS ABREN @ 3:30PM

Wendover Community Center
112 Moriah Ave, Wendover, UT

TOOELE COUNTY HEALTH DEPARTMENT

ADULTS 60+

National Senior Center Month

Powering Possibilities: Flip the Script



***Discover your possibilities at the
Tooele & Grantsville Senior Centers!***

Tooele Senior Center
59 E Vine St., Tooele
Grantsville Senior Center
120 S Center St., Grantsville



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