

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
Ariel Estrada
Kyle Kortie
Val Wiseman
Jack Lindblad
Griffin Gerhardt
Kitchen/MOW Staff

Tracy Beckett
Business Manager
Belinda Cardenas
Financial Coordinator
Desirae Taylor
Jennifer Romero
Lisa Fowler
Social Workers
Sarah Jane Obrey
Gerontologist

TOOELE
COUNTY
HEALTH DEPARTMENT

Tooele County Active Aging

January 2026

Coming up with resolutions for the year?

JOIN US AT THE SENIOR CENTERS!

WELLNESS

- Exercise Classes, Tai Chi
- Cardio Drumming, Line Dancing
- Health Promotion Presentations
- Support Groups, Exercise Room with treadmill, stepper, bike, and more

NUTRITION

Lunch served
Monday thru Thursday
11:30am - 12:30pm
Fridays
10:30am - 11:30am

TOOELE SENIOR CENTER

59 E Vine St
(435) 843-4110

GRANTSVILLE SENIOR CENTER

120 S Center St
(435) 884-3446

HOBBIES/CRAFTING

- Wood Carving, DIY Crafts
- Knitting, Water Color Painting, Fly-Tying, and more.

GAMES

- Bridge, Puzzles, Dominoes
- BINGO, Chess,
- Pinochle, Bunko

LIBRARY

- Books, Videos, DVDs, Computers

ACTIVITIES

- Virtual Activities for those who can't join in person
- Movies, Holiday Parties
- Walk Events,
- Computer Classes,
- Community Connections

ATTENTION!



NEW OAAPS FORMS ARE REQUIRED BY THE STATE TO BE UPDATED YEARLY FOR ACCURATE REPORTING INFORMATION. BY FILLING OUT THE FORM AND RETURNING IT BEFORE END OF MARCH 2026, YOU WILL CONTINUE TO STAY UPDATED ON OUR ACTIVITIES AND EVENTS BY RECEIVING THE MONTHLY NEWSLETTER.

IF YOU HAVEN'T FILLED OUT THE OAAPS FORM, PLEASE PICK ONE UP AND FILL IT OUT AT THE TOOELE OR GRANTSVILLE SENIOR CENTERS. PLEASE COMPLETE THE ENTIRE FORM AND SIGN THE CODE OF CONDUCT ON THE BACK. WE APPRECIATE YOUR COOPERATION. THANK YOU!

Hello January. A New Year. A Fresh Start.

Welcome to 2026. A brand-new year arrives with a sense of renewal, hope, and possibility. It feels like opening a fresh calendar filled with blank pages waiting to be filled with moments of joy, connection, learning, and laughter.

Before we look ahead, we want to pause and share our gratitude. Throughout the holiday season, our older adult community shone brightly through your kindness. Warm phone calls, thoughtful hand-made gifts, generous donations for our holiday party and Meals on Wheels clients, and the heartfelt senior center donation to the Children's Justice Center all reflected what our One Kind Act a Day initiative is truly about. Your kindness warmed hearts, lifted spirits, and reminded us that the most meaningful gifts are often simple acts of compassion.

As we step into January, we invite you to continue spreading kindness through everyday gestures that brighten someone's day and strengthen our community. Hold a door. Share a smile. Call a friend. Tell someone they matter. Small acts create big ripples of positivity throughout Tooele County.

This month is a chance to celebrate new beginnings:

New goals big or small
New friendships
New adventures at the Senior Center
New opportunities to grow, laugh, and enjoy life

Here's to a year filled with good health, warm connections, and everyday joy. We are grateful to begin another year with you. Your presence brings warmth to our programs and makes our centers welcoming places for all.

Cheers to kindness, community, and a bright year ahead. Let's make 2026 a beautiful one together.

Amy Hoftiezer

SENIOR CENTERS ARE CLOSED ON MARTIN LUTHER KING. JR. DAY

Monday, January 19, 2026



No Home Delivered Meals

one kind act a day.



Take the pledge at
ThePowerOfKind.org



One Kind
Act a Day

KINDNESS CORNER

Small acts create big impact.

In the past this space was used to spotlight individual employees. Moving forward, it will be dedicated to highlighting acts of kindness shown by the older adults who participate in Aging programs.

Stay tuned — in future months, we will feature participants whose thoughtful acts remind us that kindness is a gift we can all share.

TOOELE
COUNTY
HEALTH DEPARTMENT

JANUARY MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Senior Centers <u>CLOSED</u> for New Year's Day! No Home Delivered Meals	Lasagna Soup Cornbread Cottage Cheese Pears
5	6	7	8	9
Beef Stew Roll Orange	Chicken Carbonara Broccoli Banana	Meatball Sub Vegetables Peaches	Orange Chicken Brown Rice Broccoli Snap Peas Apple Fortune Cookie	Roast Beef Sandwich Three Bean Salad Banana
12	13	14	15	16
Chicken Parmesan Brussels Sprouts Orange	Pulled Pork Sandwich Green Beans Diced Peaches	Swedish Meatballs Mashed Potatoes & Gravy Peas & Carrots Roll	Biscuits & Gravy Sausage Patty Potatoes Spinach Orange	Egg Salad Croissant Pickled Beets Coleslaw Pears
19	20	21	22	23
Senior Centers <u>CLOSED</u> for Martin Luther King Jr Day! No Home Delivered Meals	Chicken Noodle Soup Side Salad Orange	Spaghetti & Meatballs Italian Vegetables Apple	Chicken Fettuccine Alfredo Broccoli Banana	Ham & Swiss Sandwich 3 Bean Salad Diced Pineapple
26	27	28	29	30
Pot Roast with Gravy Diced Potatoes with Carrots & Onions Roll Orange	Herb Chicken Breast Mashed Potatoes with Gravy Brussels Sprouts Banana	Salisbury Steak Mashed Potatoes with Gravy Carrots Apple	Chicken Teriyaki Lo Mein Noodles Stir-Fry Veggies Fortune Cookie Mandarin Oranges	Chicken Salad Croissant Sandwich Pickled Beets Coleslaw Banana

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 join us for dine-in.

GRANTSVILLE CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Senior Centers <u>CLOSED</u> for New Year's Day! 	• 9:00am Exercise
5	6	7	8	9
<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 • 12:30pm Bunko 	<ul style="list-style-type: none"> • 11:30am Wood Carving 	<ul style="list-style-type: none"> • 9:00am Exercise
12	13	14	15	16
<ul style="list-style-type: none"> • 9:00am Exercise • 10:00am Cardio Drumming • 10:00am AARP Virtual Class • 12:30pm BINGO 	<ul style="list-style-type: none"> • 9:00am Pinochle • 10:00am Tai Chi for Arthritis starts • 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"> • 10:00am Tai Chi for Arthritis • 12:30pm Wood Carving 	<ul style="list-style-type: none"> • 9:00am Exercise
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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
			Senior Centers <u>CLOSED</u> for New Year's Day! 	• 9:30am Cardio Drumming
5	6	7	8	9
<ul style="list-style-type: none"> • 9:00am Fly-Tying • 10:00am Meet Mayor Manzone! • 10:00am Exercise • 10:30am DIY Craft • 1pm Folk Dancing • 1pm Watercolors 	<ul style="list-style-type: none"> • 9:00am-12:00pm Social Security • 9:30am Mexican Train • 12:30pm Bunko • 1pm Line Dancing 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Wood Carving • 1pm Folk Dancing 	<ul style="list-style-type: none"> • 9:30am Practice Tai Chi • 9:30am Beginning Computers • 10:00 DIY Painting • 10:30am Advanced Computers • 12:30pm BINGO • 1pm Line Dancing 	<ul style="list-style-type: none"> • 9:30am Cardio Drumming
12	13	14	15	16
<ul style="list-style-type: none"> • 9:00am Fly-Tying • 10:00am Exercise • 10:00am AARP Virtual Class • 10:30am DIY Craft • 1pm Folk Dancing • 1pm Watercolors 	<ul style="list-style-type: none"> • 9:30am Mexican Train • 10:30am Focus on Wellness presentation • 12:30pm Bunko • 1pm Line Dancing 	<ul style="list-style-type: none"> • 10:00am Exercise • 10:00am Bridge • 1pm Wood Carving • 1pm Folk Dancing 	<ul style="list-style-type: none"> • 9:30am Practice Tai Chi • 9:30am Beginning Computers • 10:00 DIY Painting • 10:30am Advanced Computers • 12:30pm BINGO • 1pm Line Dancing 	<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>



Join the AARP Utah University webinar series to help you make the best decisions on topics that matter most as we age.

There will be 20 free classes throughout 2026. The classes will feature a presentation and a Q&A session with the audience at the end.

2026 Webinar List

January 12th Monday at 11AM - **Protecting Your Personal Information Online**

This webinar will cover tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it's OK — or not — to share your personal information online. We will have this class online at our Tooele Senior Center.

Call 435-843-4110 to Reserve Your Spot.

February 9th Monday at 11AM - **AI & Disinformation**

March 3rd Tuesday at 7PM - **Wills & Estate Planning**

March 9th Monday at 11AM - **Digital Tools for Brain Health**

April 7th Tuesday at 7PM - **Stop Scams Smartly**

April 13th Monday at 11AM - **Passwords, Passkeys, & More**

May 5th Tuesday at 7PM - **Managing Chronic Pain**

May 11th Monday at 11AM - **Technology for Aging in Place**

June 2nd Tuesday at 7PM - **Whiskers for Wellness & Pawsitive Partnerships**

June 8th Monday at 11AM - **Intro to AI**

July 13th Monday at 11AM - **Mindfulness Apps**

August 10th Monday at 11AM - **Online Tools for Contacting Your Lawmakers**

September 14th Monday at 11AM - **Tips for Being News Savvy Online**

October 12th Monday at 11AM - **Understanding Fraud & Scams**

November 9th Monday at 11AM - **Tech Basics for Caregiving**

December 14th Monday at 11AM - **Online Travel Sites**

For More Information Visit :

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

The Next Chapter

A social support and educational program for widows and widowers



Taking a Look Back to Begin the Year

1:30 - 2:15 pm

Grantsville Senior Center

Remember learning about the 1930s Dust Bowl Era and the devastation that occurred on the American prairies. But, were you aware that our valley was also ravaged by dust storms. An historic source noted that if restoration didn't occur, Grantsville may need to be abandoned. Come learn more about this fascinating time in our valley's history with researcher and writer, Patrick Hearty.

**Tuesday
January
20**

**TOOELE
COUNTY**
HEALTH DEPARTMENT
AGING SERVICES
435-277-2420
tooelehealth.org

MONDAY, JANUARY 5th

No meeting on Jan 19th holiday

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

JANUARY

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	31

PARKINSON'S SUPPORT GROUP

Thursday, January 15th

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.



**TOOELE
COUNTY**
HEALTH DEPARTMENT
(435) 277-2420

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

Medical Identity Theft

COMMON MEDICAL IDENTITY THEFT FRAUD SCHEMES

Certain types of care and equipment are popular for medical scammers and identity thieves. It's helpful to know some of the common scams, so you can recognize the red flags.

COVID-19 SCAMS

Do not share any information with someone who comes to your door or calls you unexpectedly to offer you "free" COVID-19 tests, treatment, or supplies.

Fraudsters can bill Medicare for sham tests or treatments you may never receive, to illegally obtain money or Medicare numbers.



GENETIC TESTING SCAMS

Avoid "free" testing without a doctor's order, and do not share your Medicare or driver's license number at health fairs, senior centers, or other public places.

Genetic testing may also be advertised as:

- Cancer screening
- Hereditary cancer screening
- Pharmacogenetics
- DNA test
- Dementia test
- Parkinson's screening



TELEHEALTH SCAMS

Do not agree to services from someone who asks about your pain or family history and then transfers you to another person for service "approval."

Medicare covers telehealth services, also known as teledoc services or telemedicine. But scammers may try to use telehealth services to fraudulently bill for unnecessary services like braces or genetic testing, aiming to steal from beneficiaries and the Medicare program.



DURABLE MEDICAL EQUIPMENT (DME) SCAMS

Don't accept "free" equipment or supplies in exchange for your Medicare number.

DME is essential for many people with Medicare, but some fraudulent companies charge for equipment without proving its medical necessity or delivering it.

- Review Medicare statements for unnecessary or unrequested charges.
- Be cautious of suppliers seeking your information during presentations, health fairs, sales pitches, or unsolicited calls.



MEDICARE CARD SCAMS

Do not share your Medicare number with anyone claiming they need it for card confirmation or a "new up-to-date" card.

The Medicare card was last updated in 2018, removing Social Security numbers in place of a random identifier. There are currently no plans for further updates.

There are no cards that are:

- Plastic or metal
- Contain a chip
- In black and white



Contact your local SMP if you believe your medical information has been compromised.



Contact your local SHIP if you have other questions about your Medicare health coverage.



Navigating Medicare

435-277-2420

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**

Happy
Birthday!



MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD

- You can switch to a different Medicare **Advantage** Plan with or without drug coverage.
- Return to Original Medicare and, if needed, join a Part D plan.

JANUARY 1 - MARCH 31

Contact Tooele County Aging Services
for assistance 435-277-2420

**TOOELE
COUNTY
HEALTH DEPARTMENT**
Navigating Medicare

FREE TAX ASSISTANCE!

**AARP FOUNDATION TAX-AIDE WILL PREPARE TAX RETURNS AT
THE TOOELE SENIOR CENTER, 59 EAST VINE IN TOOELE ON
TUESDAYS AND WEDNESDAYS, FEBRUARY 3RD THRU APRIL 8TH.**

Appointments will be available after January 25th.

You can either call Tooele Tax-Aide at 435-277-0812
or you can make your own appointment by clicking on
or going to:

[https://taxappointment.aarp.org/s/registration?
locationId=a1r00000000D32t](https://taxappointment.aarp.org/s/registration?locationId=a1r00000000D32t)

Tax Packets, which must be completed prior to your appointment, will be available for pick-up at the Tooele and Grantsville Senior Center reception areas after January 25th. Tax-Aide volunteers are trained and IRS-certified each year.

We're looking forward to meeting with you and helping prepare your tax returns.



Call for an appointment **435-277-0812**



START 2026 WITH A FOCUS ON WELLNESS!

Join us for a special presentation
Tuesday, January 13, 2026
from **10:30-11:15 am**
at the Tooele Senior Center
by Registered Dietitian Shelby Straley.

Shelby will:

- Review current nutrition guidelines
- Explain how our nutritional needs change as we age
- Share tips for healthy eating

Whether you're looking to make small changes or gain a better understanding of your health, this free session is a great way to get informed and inspired.

PAGNANI
Live. Perform. Elevate.

Call to reserve your seat today!
Tooele County Aging Services
435-277-2420

**TOOELE
COUNTY
HEALTH DEPARTMENT**



Monthly Tips For Family Caregivers

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



As the new year begins, take a moment to reconnect with what matters most. Resolutions don't have to be big; small intentions count.

- Focus on the good you do - not the imperfections.
- Recognize how caregiving has strengthened you.
- Seek joy in small, everyday moments.

**TOOELE
COUNTY
HEALTH DEPARTMENT**

TIP: 2026 Resolution making

**2026
AGING SERVICES
WENDOVER
DINNER
&
BINGO
FOR ADULTS 60+
FOOD - FRIENDSHIP - FUN**

Doors Open at 3:30 pm  Dinner Served at 4:00 pm

Wendover Community Center
112 300 South
Wendover, UT

You must make a reservation by calling:
435-843-4110



Last Wednesday of each month:

January 28
February 25
March 25
April 29
May 27
June 24
July 29
August 26
September 30
October 28

No dinner & BINGO November and December due to Holidays

**2026
SERVICIOS PARA ANCIANOS
CENA & BINGO
DE WENDOVER
PARA ADULTOS 60+
COMIDA - AMISTAD - DIVERSIÓN**

Se abren las puertas a las 3:30 pm  Cena a las 4:00 pm

Centro de Comunidad de Wendover
112 300 Sur
Wendover, UT

Debe hacer una reserva llamando al:
435-843-4110



Último Miércoles de cada mes:

Enero 28
Febrero 25
Marzo 25
Abril 29
Mayo 27
Junio 24
Julio 29
Agosto 26
Septiembre 30
Octubre 28

No hay cena ni BINGO en Noviembre ni Diciembre debido a los días feriados

Tai Chi for Arthritis

Starts January 13, 2026
Tuesdays & Thursdays
10:00am-11:00 am

Grantsville Senior Center
120 S Center St.

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.



**TOOELE
COUNTY
HEALTH DEPARTMENT**

AARP Smart Driver Course

**Location: Mt. West Medical Center
Date: Wednesday, February 12, 2026
Registration: 9:30-10:00 a.m. at Mt. West
Class Time: 10:00 a.m.-2:00 p.m.
Cost: \$20 for AARP members; \$25 for non-members**

Lunch is included. A certificate will be provided at the end of the class. Participants may qualify for an insurance discount-please check with your insurance provider for details.





THANK YOU!

for your acts of kindness at the
Tooele County Senior Centers!



One Kind
Act a Day



**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'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