

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 O Bray

Gerontologist

TOOELE COUNTY ACTIVE AGING FEBRUARY 2026

Put on your Poodle Skirts & Saddle Shoes!

50'S SOCK HOP

Valentine's Party

Thursday, February 12th

starts at 11:30 am

Tooele Senior Center
59 E Vine Street

Prizes!
Dancing!
Fun!



ELVIS
LIVE!



Transportation provided from the Grantsville Senior Center

DON'T
FORGET

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.



PLEASE REVIEW & SIGN THE CODE OF CONDUCT
ON THE BACK OF THE FORM.

Dear Friends,

Love, Kindness, and What We Choose to Notice

February is often called the month of love. We see hearts everywhere on cards, decorations, and store windows. But love is not only something we celebrate on Valentine's Day. It is something we notice, choose, and practice every day.

Motivational speaker Mel Robbins shares a simple idea. When you decide to look for hearts, you start seeing them everywhere. Not because there are suddenly more hearts, but because your brain is paying attention.

Our brains have something called a reticular activating system. It acts like a filter and helps decide what gets our attention. When we focus on kindness, connection, and love, we become better at noticing small moments like a smile, a friendly conversation, or a thoughtful gesture.

This February, we invite you to try a simple practice. **Look for hearts. Look for kindness. Look for good.**

That is what our **One Kind Act A Day** initiative is all about. Small acts of kindness done daily make a big difference. A phone call to a friend, a sincere thank you, holding a door open, or sharing a kind word all count.

When we choose kindness, we train our minds to see more of it. And when we see more kindness, our days feel lighter, more connected, and more hopeful.

As hearts appear all around us this month, let them be a reminder. Love is not just something we receive. It is something we notice and share.

With love,
Amy Hoftiezer



One Kind
Act a Day

KINDNESS CORNER

Meet Chaplain Orin Howell

Chaplain Orin Howell is here for you.

Orin provides compassionate spiritual and emotional support to older adults, caregivers, and staff. Whether you're facing grief, stress, a difficult season, or just want someone to listen, he offers a calm, caring presence.



He supports individuals and families through conversation, counseling, crisis intervention, veteran assistance, community referrals, or simply sitting down to chat. All faith traditions and non-religious perspectives are welcome.

His work reflects the heart of our **One Kind Act A Day** initiative.

How to connect:
Say hello when you see him at the Centers, or call/text **801-897-0349**.

Just for fun:
Guess where Orin is originally from! Turn in your guess at the front desk for a chance to win a gift card.



TOOELE
COUNTY
HEALTH DEPARTMENT

one kind
act a day.



Take the pledge at
ThePowerOfKind.org



• HAPPY •
Presidents
DAY

**In honor of Presidents' Day,
the senior centers will be closed
on Monday, February 16th.
Regular hours will resume on
Tuesday, February 17th.**

No Home Delivered Meals

FEBRUARY MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Carbonara Brussels Sprouts Mandarin Orange	Meatball Sub Mixed Vegetables Apple	Sweet & Sour Chicken Brown Rice Broccoli Fortune Cookie Orange	Meatloaf Mashed Potatoes w/ Gravy Italian Vegetable Blend Diced Peaches	Turkey Club Sandwich 3 Bean Salad Banana
9	10	11	12	13
Teriyaki Chicken Lo Mein Noodles Stir-fry Vegetable Blend Diced Peaches	BBQ Pulled Pork Sandwich Green Beans Roasted Cabbage Banana	Chicken Breast w/ Herb Gravy Mashed Potatoes w/ Gravy Sliced Carrots Pineapple Tidbits	Beef Pot Roast w/ Gravy Diced Potatoes, Carrots & Onion Broccoli Roll Sheet Cake	Egg Salad Croissant Pickled Beets Side Salad Orange
16	17	18	19	20
Senior Centers CLOSED for Presidents' Day! No Home Delivered Meals 	Chicken Fettuccine Alfredo Broccoli Apple	Salisbury Steak Mashed Potatoes w/ Gravy Brussels Sprouts Orange	Chicken Fajitas Pinto Beans Fajita Vegetables Diced Pears	Roast Beef Sandwich Coleslaw Banana
23	24	25	26	27
Chicken Marinara Green Beans Orange	Swedish Meatballs Mashed Potatoes & Gravy Peas Pineapple Tidbits Roll	Orange Chicken Brown Rice Peppers & Onions Apple	Cajun Sausage Pasta Mixed Vegetables Diced Peaches	Ham & Swiss Sandwich 3 Bean Salad Mandarin Orange

Meals are subject to change. For special diets or dietary requests, please call Bella Colovich at 435-843-4110. Meals are served Monday through 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
2	3	4	5	6
<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 Tai Chi for Arthritis 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 11:30am Wood Carving 2:30pm Centers close early for all staff training. 	<ul style="list-style-type: none"> 9:00am Exercise
9	10	11	12	13
<ul style="list-style-type: none"> 9:00am Exercise 10:00am Cardio Drumming 11:00am AARP Virtual Class 12:30pm BINGO 	<ul style="list-style-type: none"> 9:00am Pinochle 10:00am Tai Chi for Arthritis 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 Valentine's Luncheon at Tooele Senior Center.  Transportation provided from the Grantsville Senior Center. 	<ul style="list-style-type: none"> 9:00am Exercise
16	17	18	19	20
<p>Senior Centers CLOSED for Presidents' Day!</p> 	<ul style="list-style-type: none"> 9:00am Pinochle 10:00am Tai Chi for Arthritis 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
23	24	25	26	27
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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
2	3	4	5	6
<ul style="list-style-type: none"> 9:00am Fly-Tying 10:00am Meet the Mayor! 10:00am Exercise 10:30am DIY Craft 11am Advanced Computers 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 Beginning Computers 10:00 DIY Painting 12:30pm BINGO 1pm Line Dancing 3pm Centers close early for all staff training. 	<ul style="list-style-type: none"> 9:30am Cardio Drumming
9	10	11	12	13
<ul style="list-style-type: none"> 9:00am Fly-Tying 10:00am Exercise 10:30am DIY Craft 11:00am AARP Virtual Class 11am Advanced Computers 1pm Folk Dancing 1pm Watercolors 	<ul style="list-style-type: none"> 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"> 11:30am Valentine's Luncheon.  Our program is growing and parking is limited. Please consider carpooling to special events. 	<ul style="list-style-type: none"> 9:30am Cardio Drumming
16	17	18	19	20
<p>Senior Centers CLOSED for Presidents' Day!</p> 	<ul style="list-style-type: none"> 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 Beginning Computers 10:00 DIY Painting 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>



AI & Disinformation
February 9 @ 11AM

AI & Disinformation

Where: Online at both Tooele & Grantsville Senior Centers.

When: Monday, February 9th, at 11AM

Description: Disinformation refers to false information created to mislead people, and it's nothing new. In this webinar, we'll explore how AI is used to create convincing deepfakes and clone voices, making it challenging to distinguish between real & fake content.

Call: 435-843-4110 to reserve your spot.

For More Information Visit :

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

Virtual Chocolate Tasting



FEBRUARY 26, 2026 | THURSDAY, AT 1:00PM

Call to Reserve Your Spot 435-843-4110

*MUST participate in Virtual part of activity to receive **chocolate**.

What's new in Medicare

WHAT'S NEW IN 2026?



Part A: Hospital Insurance

Part A Premium

Free if you've worked 10 years or more

Part A Hospital Deductible

\$1,736 each benefit period

Part A Hospital Coinsurance

\$0 for the first 60 days of inpatient care each benefit period

\$434 per day for days 61-90 each benefit period

\$868 per lifetime reserve day* after day 90 in a benefit period

*You have 60 lifetime reserve days that can only be used once. They're not renewable.

Skilled Nursing Facility Coinsurance

\$0 for the first 20 days of inpatient care each benefit period

\$217 per day for days 21-100 each benefit period



Part B: Medical Insurance

Part B Premium*

*For individuals with incomes below \$109,000 or couples with incomes below \$218,000

\$202.90 is the premium in 2026

Part B Deductible

\$283 per year

Part B Coinsurance

20% for most services Part B covers

MA plans may charge a premium in addition to the Part B premium and can have different cost-sharing than Original Medicare

Part D: Prescription Drug Coverage

Part D Premium*

*Premium varies by plan

\$38.99 is the national base premium

Part D Maximum Deductible

\$615 per year

*Catastrophic Coverage

*You will owe \$0 on covered drugs after reaching this cap.

\$2,100



SHIP
State Health Insurance
Assistance Program



Your SHIP is available for any Medicare-related questions or concerns. SHIP counselors

offer trusted, unbiased counseling at no cost to you. Call Tooele County Aging Services at **435-277-2420** for info.

This graphic is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$3,000,000 with 100% funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, ACL/HHS or the U.S. government.

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=airo000000D32t>.

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.

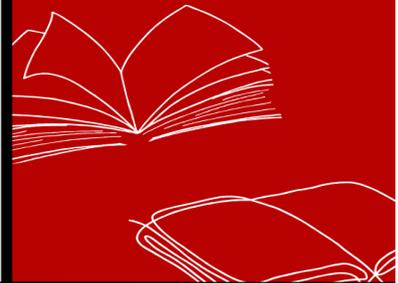
We're looking forward to meeting with you and helping prepare your tax returns.



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

The Next Chapter

A social support and educational program for widows and widowers



**Let's Show Love by Providing Warmth
1:30 - 3:30 pm**

Tooele Senior Center - 59 E Vine Street

Come learn how to weave plastic bags into sleeping mats that will provide an insulated barrier. Service missionaries will be bringing the looms, plarn, and know-how. Completed sleeping rolls will be donated to Harris Community Village. If you have any clean, regular grocery bags, you can bring them to donate to the cause.

**Friday
February
20**

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

one kind
act a day

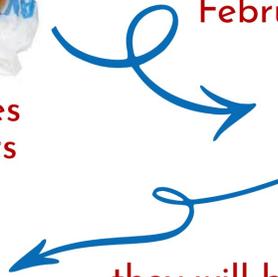
clean, plastic GROCERY BAGS NEEDED

please donate

today through
February 20th



collection boxes
at both centers



they will be used
to make sleeping mats

AARP Smart Driver Course

Location: Mt. West Medical Center

Date: Wednesday, February 4, 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.



MONDAY, FEBRUARY 2nd

No meeting on Feb 16th holiday

FEBRUARY

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					

Dementia Caregiver
Support Group Meeting
2–3:30 pm

Tooele Senior Center
59 E Vine St, Tooele

TOOELE
COUNTY
HEALTH DEPARTMENT
(435) 277-2420

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

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!



PARKINSON'S SUPPORT GROUP

NOW
held the
4th Monday
of every
month

Monday, February 23rd

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 Aging Services
Wendover Dinner & Bingo

DINNER & BINGO

CENA & BINGO

Call 435-843-4110

RSVP

By Friday, February 20th
To reserve a meal!

Llame para reservar su cena!

WEDNESDAY, FEBRUARY 25TH
DOORS OPEN AT 3:30PM

MIÉRCOLES, 25 DE FEBRERO
LAS PUERTAS ABREN @ 3:30PM

Wendover Community Center
112 Moriah Ave, Wendover, UT

TOOELE COUNTY HEALTH DEPARTMENT

ADULTS 60+

Monthly Tips For Family Caregivers

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



Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too. Take care of your own health by focusing on nutrition, exercise, and sufficient rest.



TIP: Take care of your own health

KINDNESS MATTERS



Are you a Caregiver? Do you provide care for a loved one with a chronic illness?

CAREGIVER STRESS-BUSTING CHRONIC ILLNESS PROGRAM

TOOELE COUNTY HEALTH DEPARTMENT

UT Health San Antonio

Caregiving can be stressful. This STRESS BUSTING program teaches:

- stress management techniques
- relaxation and coping strategies
- develop problem solving skills

WHO: Family Caregivers of a loved one

WHAT: Multi-component STRESS BUSTING program
Meets 90 minutes a week for 9 weeks
Supplies provided at NO cost
Register early - spots are limited

WHEN: March 5 - April 30
Thursdays
4:00 pm - 5:30 pm

WHERE: Tooele County Health Department
151 N Main St Tooele

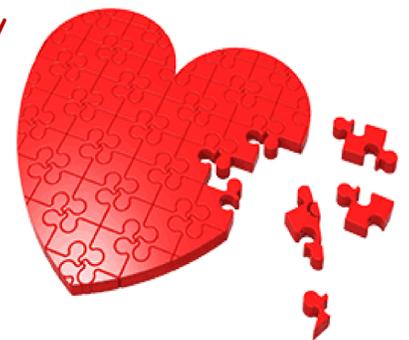
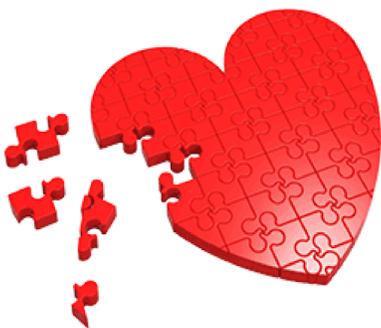


Please call for more information or to register:
health.tooeleco.gov
Caregiverstressbusters.org

435-277-2420

Valentines Day

j k w t y f t a p n
 h o s f d e r w p e s c h i
 a t d i j t r n r t r i m v r n z m o q
 g c c g h f s w m i m b d w n l b h i z s i f
 r o h f c j a t f a t c a r p t m m i w t e m a h x
 h e x o a j d e r y e e n a m o r d l w d t l n g n z g k z
 v e a c v k a f a i l g o e x j j r t s e g w e f l y n x i
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 q n r a j w a n m s p r i m i v v f q c s r n r y f e a f s
 p g w t n q r i j e b e d n o g b v k z u e j u i h f s p v
 p n t e c w i k y n z d a l a z a n b a m w o o g l k y o k
 r v d z t v n o a d m i r e r l i g r i j v y f o r i r p r
 o i x i w g a v n a r t s a p u y t x i p e w o d r a c
 e m g y s j d k i x n r d f b i n u t p p e h j r e a m
 n a o y w l d k t r d i d w e x x a a r e v b q f c
 l n z a e n u q r u p l s e v h r s o j w x e o
 h t a n e m o i e u d u z y t y a v x m u g
 r i r i t s x f c h i t y k h i g p c m
 d c r t h v n z c a n d y s n r p n
 o f r o e i b m t l g w s t k q
 t v a y a h c r s e j a y y
 y b m i r x m e x n n s
 f d m q t t p u o s
 t m k j r b n p
 f x a g l h
 d o w a
 v w



admirer
 chocolate
 february
 gift
 kindness
 pink
 roses
 sweetheart

candy
 cupid
 flowers
 greeting
 love
 red
 saint
 tradition

card
 day
 fourteenth
 happy
 mine
 roman
 sentimental
 valentine

caring
 feast
 friend
 heart
 party
 romantic
 sweet

**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