

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

Val Wiseman

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

☘ MARCH 2026 ☘

St. Patrick's Day

LUNCHEON

Thursday, March 19th at 11:30 AM

Tooele Senior Center

59 E Vine St. Tooele

Bagpipers • Prizes • Fun!

Transportation provided from Grantsville Senior Center

Parking is limited; please consider carpooling to special events!



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. ONE FORM PER PERSON. IF YOU HAVE ALREADY FILLED OUT THE FORM FOR 2026, NO FURTHER ACTION IS NEEDED.



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

Hello Friends,

March is National Senior Nutrition Month, a great reminder that enjoying healthy meals together supports strength, independence, and overall well-being. Good nutrition helps keep our bodies fueled, our minds sharp, and our communities connected. Whether you join us for meals at the Senior Centers or receive Meals on Wheels, we celebrate the role that nutritious food plays in helping older adults stay active and engaged.

You may have heard that measles has recently been identified in Tooele County. Measles is a highly contagious viral illness, but many older adults are already protected. Individuals born before 1957 are generally considered immune because they were likely exposed earlier in life, and those who have received recommended MMR vaccinations are very well protected. Symptoms can appear up to 21 days after exposure and may include fever, cough, runny nose, red watery eyes, and a spreading rash. If you believe you were exposed or have symptoms, please stay home and call your healthcare provider before seeking care. If you have questions about your vaccination status, contact your provider or the Tooele County Health Department at 435-277-2310.

As always, we encourage small acts of kindness toward yourself and others. Sometimes a shared meal, a friendly hello, or checking in on a neighbor can make all the difference.

Thank you for being part of our aging services community.

Warmly,
Amy Hoftiezer



One Kind
Act a Day

KINDNESS CORNER

Meet Volunteer Nancy Dollmeyer

Nancy Dollmeyer is a wonderful example of how one kind act can grow into many.

Nancy first began volunteering by organizing our senior center library and partnering with Meals on Wheels to deliver books to individuals who enjoy reading.

Her kindness continued to grow as she took on overseeing Bunco, creating a fun and welcoming activity that has brought more people together.

Most recently, Nancy started the Kindness Chain now displayed around the building. Each link represents a kind act and reminds us that kindness truly connects us all.

Thank you, Nancy, for helping create connection, joy, and community through every act of kindness.



one kind
act a day.



Take the pledge at
ThePowerOfKind.org



Join us for our
**EAGLES
BINGO NIGHT!**

Saturday, March 7
50 South 1st Street, Tooele, UT

Dinner:
Chicken Rice Casserole
Dinner starts at 6:30 PM, Bingo to follow.

Adults: \$7 with 2 cards
Children: \$3.75 with 1 card
Under 5: Free
Extra cards: \$0.50 each

All proceeds will go to our Senior Citizens Centers.

Public Welcome!



MARCH MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Bacon Gnocchi Mixed Vegetables Apple	BBQ Pulled Pork Sandwich Green Beans Roasted Cabbage Banana	Meatball Sub Italian Vegetable Blend Mandarin Oranges	Biscuits & Gravy Sausage Patty Potatoes with Peppers and Spinach Orange	Chicken Salad Croissant Side Salad Diced Peaches
9	10	11	12	13
Grilled Chicken Breast Mashed Potatoes w/ Gravy Roasted Carrots Banana	Sloppy Joe Mixed Vegetables Apple	Teriyaki Chicken Lo Mein Noodles Stir-Fry Vegetable Blend Orange	Meatloaf Mashed Potatoes w/ Gravy Broccoli Diced Pears	Roast Beef Sandwich 3 Bean Salad Sugar Free Pudding
16	17	18	19	20
Chicken Noodle Soup Roll Pineapple Tidbits	Cheeseburger Baked Beans Orange	Chicken Parmesan Mixed Vegetables Apple	Corned Beef & Cabbage Key Lime Pie Bar Join us for our St. Patrick's Day Luncheon 🍀	Turkey Club Sandwich Coleslaw Banana
23	24	25	26	27
Spaghetti & Meatballs Broccoli Apple	Chicken Fajita Pinto Beans Fajita Vegetables Orange	Cajun Sausage Pasta Green Beans Broccoli Diced Pears	Orange Chicken Brown Rice Stir-Fry Vegetables Mandarin Orange	Ham & Swiss Sandwich Pickled Beets Banana
30	31			
Chicken Carbonara Sliced Carrots Orange	Swedish Meatballs Mashed Potatoes & Gravy Broccoli Diced Pears			

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 Computer Class 12:30pm Bunko 	<ul style="list-style-type: none"> 10:00am Tai Chi for Arthritis — Last day 11:30am Wood Carving 	<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 Practice Tai Chi 12:30pm Flint Knapping 	<ul style="list-style-type: none"> 9:00am Exercise 9:00am Fly-Tying 10:00am Computer Class 11:00am Nutrition Booth 12:30pm Bunko 	<ul style="list-style-type: none"> 10:00am One Kind Act A Day Rock Painting Activity 12:30pm Wood Carving 	<ul style="list-style-type: none"> 9:00am Exercise
16	17	18	19	20
<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 Computer Class 12:30pm Bunko 	<ul style="list-style-type: none"> 11:30am St. Patrick's Day Luncheon at Tooele Senior Center. Transportation provided to Tooele. 	<ul style="list-style-type: none"> 9:00am Exercise 
23	24	25	26	27
<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 Computer Class 12:30pm Bunko 	<ul style="list-style-type: none"> 12:30pm Wood Carving 1:30-3:30pm Weaving plastic mats service project 	<ul style="list-style-type: none"> 9:00am Exercise
30	31			
<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 			

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 Adv 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 	<ul style="list-style-type: none"> 9:30am Cardio Drumming 10:00am Stroke Presentation
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 Adv 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"> 9:30am Beginning Computers 10:00 One Kind Act A Day Rock Painting Activity 12:30pm BINGO 1pm Line Dancing 	<ul style="list-style-type: none"> 9:30am Cardio Drumming 
16	17	18	19	20
<ul style="list-style-type: none"> 9:00am Fly-Tying 10:00am Exercise 10:30am DIY Craft 11am Adv Computers 1pm Folk Dancing 1pm Watercolors 	<ul style="list-style-type: none"> 9:30am Mexican Train 10:00am Tai Chi for Arthritis 12:30pm Bunko 1pm Line Dancing 	<ul style="list-style-type: none"> 10:00am Exercise 10:00am Bridge 11:00am Nutrition Booth 1pm Wood Carving 1pm Folk Dancing 	<ul style="list-style-type: none"> 11:30am St. Patrick's Day Luncheon. Our program is growing and parking is limited. Please consider carpooling. 	<ul style="list-style-type: none"> 9:30am Cardio Drumming
23	24	25	26	27
<ul style="list-style-type: none"> 9:00am Fly-Tying 10:00am Exercise 10:30am DIY Craft 11am Adv Computers 1pm Folk Dancing 1pm Watercolors 	<ul style="list-style-type: none"> 9:30am Mexican Train 10:00am Tai Chi for Arthritis 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 10:00am Tai Chi for Arthritis 10:00 DIY Painting 12:30pm BINGO 1pm Line Dancing 	<ul style="list-style-type: none"> 9:30am Cardio Drumming 
30	31			
<ul style="list-style-type: none"> 9:00am Fly-Tying 10:00am Exercise 10:30am DIY Craft 11am Adv Computers 1pm Folk Dancing 1pm Watercolors 	<ul style="list-style-type: none"> 9:00am-12:00pm Social Security 9:30am Mexican Train 10:00am Tai Chi for Arthritis 12:30pm Bunko 1pm Line Dancing 			

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>



Wills & Estate Planning

Where: Online. Registration is required. See Link Below.

When: Tuesday, March 3, at 7PM

Description: This webinar is one of our most popular! It will be led by State Director Alan Ormsby, who will offer insights on ways to navigate probate, the right time to use a trust, and common mistakes people make when attempting to get their affairs in order.



Digital Tools for Brain Health

Where: Online at both Tooele & Grantsville Senior Centers.

When: Monday, March 9, at 11AM

Description: In this webinar, we'll explore digital tools to support habits that can help you stay sharp, including wearable devices, engaging websites, and informative podcasts. Discover practical resources to keep your mind active and enhance your cognitive well-being in today's digital world.

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

USAging

AAA Nutrition Services

March is National Senior Nutrition Month



EAT WELL. LIVE WELL. AGE WELL.

A Guide to Healthy Home-Delivered and Community-Based Meals for Older Adults



Meal Access

- Home-delivered meals
- Congregate meals
- Grocery delivery



Nutrition Support

- Counseling, education, and risk screening
- SNAP assistance



Community Programs

- Farmers market program
- Cooking programs
- Chronic disease programs



Caregiver & Other Support

- Caregiver training
- Food pantry guidance

Contact the Eldercare Locator

Voice, videophone or text:
1-800-677-1116

Chat:
eldercare.acl.gov

Email:
eldercarelocator@USAging.org

For a downloadable PDF and more information, visit
www.usaging.org/nutritionmonth.

Do you have questions about Medicare?



Supported by Grant #0054PC0061 and #004MP00003 from the ACL, OHHS, Washington, DC, 20093.



Certified Counselors are here to answer your **Medicare** questions!



Get free, unbiased, & confidential help.



435-277-2420

Tooele County Aging Services for questions or to schedule an appointment

eligibility . enrollment . fraud . financial assistance . preventive benefits



Monthly Tips For Family Caregivers

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



Effective time management is crucial for caregivers. Prioritize tasks, delegate effectively, and carve out personal time to maintain balance and efficiency throughout your caregiving journey.



- Make to-do lists for the week
- Prioritize tasks that are most important
- Set time limits for tasks
- It's ok to say no



Tip: Time management

35

Tooele County Aging Services
Wendover Dinner & Bingo

28

DINNER & BINGO CENA & BINGO

Call 435-843-4110

RSVP

By Friday, March 20th by 11am
To reserve a meal!
Llame para reservar su cena!

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

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

Wendover Community Center
112 Moriah Ave, Wendover, UT



ADULTS
60+

MONDAY, MARCH 2nd & 16th

MARCH

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



Join us at the Eagles!
50 South 1st St., Tooele, Ut

SAINT PATRICK'S Charity Dinner

RAFFLE 50/50 TICKETS \$1 EA DONATION

14th
MARCH

corn beef & cabbage
all the fixings and
dessert

DINNER STARTS
AT 4 PM.
\$15

We will serve till 6 pm or until we run out of food
Proceeds go to the Senior Citizen Centers

PLEASE RSVP 435-882-0286

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=at90000000D32t](https://taxappointment.aarp.org/s/registration?locationId=at90000000D32t).

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.

Tax time!

Call for an appointment 435-277-0812



One Kind Act a Day

ThePowerOfKind.org

Weaving Plastic Mats Service Project

Thursday, March 26th

1:30 to 3:30 pm

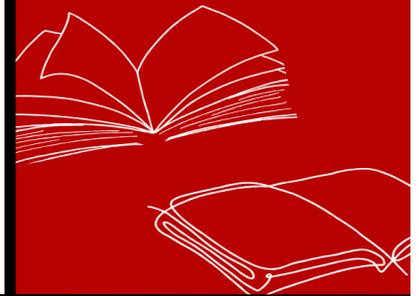
Grantsville Center
120 S Center Street

All are invited to lend a helping hand. It is cold outside and there are people sleeping on the ground. Come learn how to weave plastic bags into sleeping mats that will provide a cleaner, more insulated barrier. Service missionaries will bring looms, plarn (plastic bag yarn), and know-how. Completed sleeping rolls will be donated to Harris Community Village. If you have any clean grocery bags, you can bring them to donate to the cause.

one kind
act a day.

The Next Chapter

A social support and educational program for widows and widowers



Spring Into Action
10:30 - 11:15 am

Tooele Senior Center - 59 E Vine Street

Join us for our annual Easter service project. Lend a hand helping fill plastic eggs with treats that will be donated to the Community Resource Center. Those in need will find an unexpected surprise hidden in their food bank order. All supplies will be provided.

Thursday
MARCH

26

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

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



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

WHEN:

March 5 - April 30

WHAT:

Multi-component STRESS BUSTING program

Thursdays

Meets 90 minutes a week for 9 weeks

4:00 pm - 5:30 pm

Supplies provided at NO cost

WHERE:

Register early - spots are limited

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



Rock Art Activity

Unleash Your Creativity!

March 12, 2026 @ 10:00am

Tooele & Grantsville Senior Centers

As part of the One Kind Act A Day initiative, you can paint a rock and share it with someone to brighten up their day!

To sign up, visit the front desk at each center or call 435-843-4110 for Tooele and 435-884-3446 for Grantsville.

Rocks and painting supplies will be provided.



One Kind Act a Day
ThePowerOfKind.org

PARKINSON'S SUPPORT GROUP

NOW
held the
4th Monday
of every
month

Monday, March 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.



The Benefits of Eating With Others:

Connecting Nutrition and Socialization for Better Health

THE POSITIVE IMPACT OF EATING TOGETHER

Studies show that people who dine with others regularly eat healthier and report a better quality of life. It provides a sense of structure and belonging while offering greater opportunities for improved nutrition. Coming together over a meal can also provide meaningful ways to connect with others over shared beliefs and cultural interests. Benefits may include:

Physical Health

- Improved nutrition
- Reduced risk of chronic conditions
- Better mobility



Mental Health

- Increased self-care
- Sense of well-being
- Reduced anxiety and depression



Social Health

- Opportunities to connect
- Stronger relationships
- Reduced loneliness



REDUCED HUNGER IS MORE COMMON AS WE AGE

As a result, some older adults skip meals or eat in an unbalanced manner when eating alone. When we eat with others, our nutrition intake improves. Examples may include:

Eating better overall

or certain food groups like protein and vegetables.



Consuming more calories

to provide needed energy.



Taking in more nutrients

like iron, calcium, and folate.



Sources cited

- Gender differences in longevity in free-living older adults who eat-with-others: A prospective study in Taiwan. 2017.
- A systematic review and meta-analysis of the social facilitation of eating. 2019.
- Social influences and eating behavior in later life: a review. 2011.
- "You've got to be old to go there:" psychosocial barriers and facilitators to social eating in older adults. 2020.
- Living alone but eating together: exploring lunch clubs as a dining out experience. 2017.
- Eating alone or together among community-living older people - a scoping review. 2021.



Discover the Power of Nutrition

Words may be horizontal, vertical, diagonal, or backwards

Apples	N	S	L	I	T	N	E	L	O	T	B	A	D
Bok Choy	D	E	N	H	O	R	G	A	S	I	H	L	R
Carrot	M	H	O	R	N	E	D	M	E	L	O	N	Y
Cornmeal	O	U	D	O	L	S	Q	U	R	A	A	P	L
Horned Melon	T	R	Y	P	S	U	J	S	R	P	L	R	P
Jackfruit	L	E	T	H	O	F	R	H	Y	I	L	D	E
Lentils	T	D	R	K	I	R	A	R	C	A	I	C	A
Milk	O	C	U	T	L	C	K	O	P	C	T	A	H
Mushrooms	P	A	H	C	A	T	T	O	C	I	R	D	O
Pistachios	T	B	O	M	Q	E	A	M	L	S	O	E	J
Pork	T	B	C	N	U	O	O	S	A	P	T	N	A
Quinoa	C	A	R	R	O	T	P	I	B	B	H	O	C
Red Cabbage	M	G	C	Y	R	S	A	F	R	A	E	N	K
Ricotta	L	E	U	K	Q	O	M	E	U	T	M	L	F
Tilapia	G	L	R	O	N	B	K	R	N	O	I	C	R
Tortilla	R	E	F	I	J	A	C	A	G	M	L	Y	U
	L	E	U	L	A	P	P	L	E	S	T	O	I
	I	Q	N	F	I	E	I	M	L	F	R	H	T
	A	L	A	E	M	N	R	O	C	Y	O	C	Q
	B	M	I	S	A	O	G	I	R	A	C	K	A
	N	R	L	P	Y	S	E	T	L	L	B	O	T
	P	I	S	T	A	C	H	I	O	S	J	B	I
	S	F	L	E	W	U	G	M	Y	N	D	E	L



**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