

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

Darrin Lowe

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
ACTIVE AGING
April 2026

PRESENTING 2026

SENIORS GOT TALENT!

It's your time to shine!
Showcase your talents!
Register now at the front desk.

THURSDAY, APRIL 9TH at 11:30am

Tooele Senior Center
59 E Vine St., Tooele

Our program is growing and parking is limited.
Please consider carpooling to special events.

TRANSPORTATION PROVIDED FROM GRANTSVILLE SENIOR CENTER

Hello Friends,

With spring arriving, many of us are enjoying the warmer days and the signs of the season around us. This winter was milder than usual, which has been nice in many ways, but I know it has also led to conversations and concerns about our water supply and what the coming months may bring.

Like many of you, I have noticed that the news lately can sometimes feel heavy. There are many conversations about events in our country and around the world, and it is natural to feel concerned or uncertain at times. When things feel that way, it can help to remember that while we cannot control everything happening around us, we can focus on the things within our own circle of control.

Taking care of our mental and emotional well-being is important at every stage of life. Spending time with others, staying active, enjoying meaningful activities, and maintaining connections with friends and neighbors all help support our health. Research continues to show that strong social connections and a sense of purpose improve both physical and mental well-being as we age.

As we move into the spring season, I encourage you to take time for the things that bring you joy and connection. Even small moments of kindness help strengthen the sense of community we value so much in Tooele County.

Thank you for being part of our aging services community. We are grateful to share this community with you.

Warmly,
Amy Hoftiezer

EMPLOYEE SPOTLIGHT

DARRIN LOWE



- Please help us welcome Darrin Lowe to Aging Services as one of our new Meals on Wheels drivers. We're excited to have him on the team supporting older adults in our community.
- Darrin has family in San Diego and New York and a love of airplanes and travel that makes him right at home navigating new routes and meeting the people we serve.
- Outside of work, Darrin enjoys hiking, skiing, camping, and spending time with family.

one kind
act a day.



Take the pledge at
ThePowerOfKind.org





THANK YOU
THANK YOU
THANK YOU

TOOELE EAGLES
#164 F.O.E.

Thank you for your
contributions to the Tooele
County Senior Centers!
We appreciate all you do!

APRIL MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>April is Volunteer Appreciation Month</p> 		<p>Meatball Sub Brussels Sprouts Banana</p>	<p>Teriyaki Chicken with Roasted Broccoli Brown Rice Mandarin Orange</p>	<p>Egg Salad Croissant Pickled Beets 3 Bean Salad Apple</p>
6	7	8	★ 9	10
<p>Chicken Tortellini Soup Side Salad Diced Pears</p>	<p>Pulled Pork Burrito Bowl Brown Rice Pinto Beans Orange</p>	<p>Sloppy Joe Carrots Diced Peaches</p>	<p>Seniors Got Talent! Grilled Chicken Breast Mashed Potatoes with Herb Gravy Mixed Vegetables Sheet Cake</p>	<p>Roast Beef Sandwich Celery Sticks Banana</p>
13	14	15	16	17
<p>Chicken Parmesan Italian Vegetable Blend Orange</p>	<p>Beef Taco Brown Rice Black Beans Apple</p>	<p>Chicken Bacon Gnocchi Mixed Vegetables Pineapple Tidbits</p>	<p>Biscuits & Gravy Sausage Patty Potatoes with Peppers and Spinach Mixed Fruit Cup</p>	<p>Chicken Caesar Salad Chocolate Chip Cookie</p>
20	21	22	23	24
<p>Orange Chicken Tempura Brown Rice Green Beans Diced Pears</p>	<p>Cheeseburger Baked Beans Banana</p>	<p>Cajun Sausage Alfredo Pasta Mixed Vegetables Apple</p>	<p>Beef Goulash Broccoli Orange</p>	<p>Chicken Salad Croissant Pickled Beets Banana</p>
27	28	29	30	
<p>Cheesy Chicken and Broccoli Casserole Orange</p>	<p>BBQ Pulled Pork Sandwich Italian Vegetable Blend Apple</p>	<p>Spaghetti & Meatballs Carrots Diced Pears</p>	<p>Chicken Fajitas Pinto Beans Bell Peppers and Onions Mandarin Orange</p>	<p>THANK YOU</p> 

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
		1	2	3
<p><i>We love our volunteers!</i></p> 		<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 DIY Crafts • 11:30am Wood Carving • 2:30pm Centers close early for staff training 	<ul style="list-style-type: none"> • 9:00am Exercise
6	7	8	★ 9	10
<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 Seniors Got Talent Show! Transportation provided from Grantsville Senior Center 	<ul style="list-style-type: none"> • 9:00am Exercise
13	14	15	16	17
<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 • 12:30pm Bunko 	<ul style="list-style-type: none"> • 10:00am DIY Crafts • 12:30pm Wood Carving 	<ul style="list-style-type: none"> • 9:00am Exercise
20	21	22	23	24
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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
		<ul style="list-style-type: none"> 10:00am Exercise 10:00am Bridge 1pm Wood Carving 1pm Folk Dancing 	<ul style="list-style-type: none"> 9:30 Beg Computers 10:00am Tai Chi for Arthritis 10:00am DIY Painting 12:30pm BINGO 1pm Line Dancing 3pm Centers close early for staff training 	<ul style="list-style-type: none"> 9:30am Cardio Drumming
		6	7	8
<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 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"> 11:30am Seniors Got Talent Show! Our program is growing and parking is limited. Please consider carpooling. 	<ul style="list-style-type: none"> 9:30am Cardio Drumming
13	14	15	16	17
<ul style="list-style-type: none"> 9:00am Fly-Tying 10:00am Exercise 10:30am DIY Craft 11:00am AARP Virtual Class 11am-3pm Legal Aid by appointment only 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"> 9:30 Beg Computers 10:00am Tai Chi for Arthritis 10:00am DIY Painting 12:30pm BINGO 1pm Line Dancing 	<ul style="list-style-type: none"> 9:30am Cardio Drumming
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<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 11:00am Stronger Memory Class Starts 12:30pm Bunko 1pm Line Dancing 	<ul style="list-style-type: none"> 10:00am Exercise 10:00am Bridge 1:00pm Centers close early for Volunteer Appreciation 	<ul style="list-style-type: none"> 9:30 Beg Computers 10:00am Tai Chi for Arthritis 10:00am DIY Painting 11:00am Stronger Memory 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>

Introducing



A breakthrough program for better brain health! Participants notice an improved ability to focus, find misplaced items, and remember conversations.

Strengthen your memory by spending just 20-30 minutes a day:



Reading aloud



Writing by hand



Doing simple math

**Tooele Senior Center (with online option)
Tuesday & Thursday, starting April 21, 2026**

11:00-11:30 AM

Call 435-843-4110 to sign up



Stop Scams Smartly

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

When: Tuesday, April 7, at 7PM

Description: Join us for a webinar on how to recognize common scams, protect your personal information, and keep your money safe. We'll share practical tips and resources so you can stay confident and secure—online, on the phone, and in person.

Passwords, Passkeys, & More

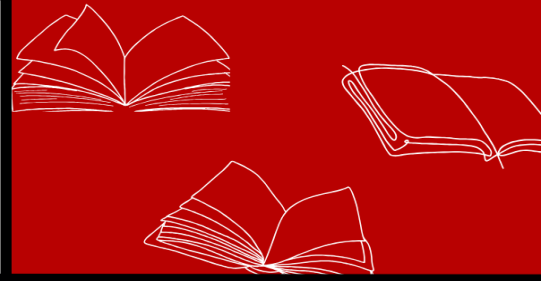
Where: Online at both Tooele & Grantsville Senior Centers.

When: Monday, April 13, at 11AM

Description: Protecting your online accounts starts with strong password practices. We'll review password basics before exploring options like single sign-on, passkeys, multi-factor authentication, and password managers. Learn why these password alternatives keep your personal information secure.

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

The Next Chapter



The Next Chapter is a program designed to provide social support and education for widows and widowers navigating the challenges of losing a spouse. Tooele County Aging Services aims to foster a sense of community and belonging for those who are grieving. Each month, join others who are facing similar experiences, as you embark on a new chapter in your life story.

For details go to health.tooeleco.gov
or call
435-277-2420



APRIL

MONDAYS, APR 6th & 20th

*Dementia Caregiver
Support Group Meeting*

2-3:30 pm

*Tooele Senior Center
59 E Vine St, Tooele*

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	



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



Happy
Birthday!



Monthly Tips For Family Caregivers

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



Routines are vital for caregivers because they reduce stress, anxiety, and decision fatigue for both the caregiver and the care receiver. A predictable daily structure fosters emotional security and independence, helps manage chronic conditions and memory issues, and improves sleep patterns, ultimately resulting in a safer, more stable environment.



Tip: Establish a routine

THANK YOU AGING SERVICES VOLUNTEERS!

WE APPRECIATE ALL YOU DO!



April is National Volunteer Appreciation Month, and we want to thank all our amazing Aging Services Volunteers for their time and dedication.

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

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:

Now accepting registrations
Class will be scheduled once
minimum enrollment is reached

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

Tooele County Aging Services
Wendover Dinner & Bingo

DINNER & BINGO

CENA & BINGO

Call 435-843-4110

RSVP

By Friday, April 24th by 11am
To reserve a meal!
Llame para reservar su cena!

WEDNESDAY, APRIL 29TH
DOORS OPEN AT 3:30PM

MIÉRCOLES, 29 DE ABRIL
LAS PUERTAS ABREN @ 3:30PM

Wendover Community Center
112 Moriah Ave, Wendover, UT

ADULTS 60+

PARKINSON'S SUPPORT GROUP

NOW held the 4th Monday of every month

Monday, April 27th
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.



Emergency and Urgently Needed Care

You never know when an emergency will arise, but you can be prepared.



Emergency medical condition: Symptoms severe enough that someone with an average knowledge of health and medicine could reasonably expect your health to be in danger if you don't get medical attention right away.



Urgently needed care: Medically necessary and immediately required because of an unforeseen illness, injury, or condition. Not reasonable for you to wait to get needed care.

These definitions are especially important if you have a Medicare Advantage plan! There are certain protections for you if you need emergency or urgent care outside of your plan's network.

Emergency Room Services

Original Medicare covers emergency room services anywhere in the U.S.

Medicare Advantage plans must also cover emergency room services anywhere in the country. Your plan cannot make you see an in-network provider or get a referral. It must also cover needed follow-up care related to the medical emergency if delaying it would endanger your health. You have the right to appeal if your plan does not cover your emergency care.



Emergency and Urgently Needed Care

Note: If your condition was not an emergency but appeared to be an emergency, your care must still be covered. For example, let's say you have chest pain and think you could be having a heart attack. If you go to the emergency room and doctors discover that your pain is heartburn, your care should still be covered because the situation appeared to be an emergency.

Ambulance coverage



Medicare covers emergency ambulance services. Medicare considers an emergency to be any situation when your health is in danger, and you cannot be transported safely by other means. The ambulance is covered only if it takes you to the nearest appropriate hospital when needed.

Emergency care outside the U.S.



Medicare usually doesn't cover medical care outside the U.S.

Contact your local State Health Insurance Assistance Program (SHIP) at Tooele County Aging Services to learn more about emergency and urgently needed care. **435-277-2420**



Look out for ambulance fraud, errors, or abuse!

Red flags: billing excess miles, using an unapproved vehicle (taxi, van), non-emergency, or not medically necessary, transported to a non-covered destination (doctor's office).



MAKING A DIFFERENCE!

THANK YOU VOLUNTEERS!



WE ♥ OUR COMMUNITY

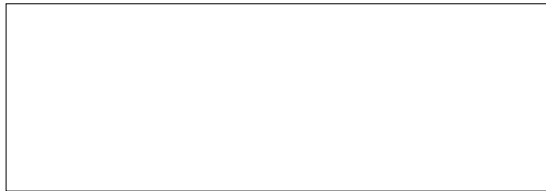


**TOOELE COUNTY
AGING SERVICES**


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