

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

Val Wiseman

Griffin Gerhardt

Darrin Lowe

Pam Ludwig

Carson Martinez

Kitchen/MOW Staff

Tracy Beckett

Business Manager

Belinda Cardenas

Financial Coordinator

Desirae Taylor

Jennifer Romero

Lisa Fowler

Social Workers

Sarah Jane O Bray

Gerontologist



CINCO DE MAYO FIESTA *Luncheon*

**THURSDAY, MAY 7TH
STARTS AT 11:30AM**

** Live Mariachi Band!*

Sponsored by: Tooele Elks Lodge #1673

Tooele Senior Center
59 E Vine St., Tooele

Transportation provided from
Grantsville Senior Center

**Parking is limited. Please consider
carpooling to special events.**

Hello Friends,

May is Older Americans Month, a time to celebrate the many contributions, experiences, and strengths of older adults in our community. This year's theme, "Champion Your Health," is a reminder that each of us plays an important role in supporting our own health and well-being.

Championing your health does not have to mean making big changes. It can be as simple as staying up to date with preventive care, moving your body in ways that feel good, and staying connected with friends, family, and your community. Taking time to ask questions, advocate for your needs, and use available programs and services are all important steps toward maintaining independence and quality of life.

As we move into the warmer months, there are more opportunities to get outside, participate in activities, and enjoy time with others. These everyday moments—sharing a meal, attending a class, or simply saying hello—can make a meaningful difference in both physical and emotional well-being.

At Aging Services, we are proud to support you through meals, programs, resources, and opportunities to stay connected. Whether you join us at the senior centers, participate in activities, or receive services at home, you are an important part of our community.

This month, we celebrate you—your resilience, your wisdom, and the role you play in making our community stronger every day. Let's continue to take steps together toward healthy aging.

Thank you for being part of our aging services community.

With appreciation,
Amy Hoftiezer

EMPLOYEE SPOTLIGHT

CARSON MARTINEZ

- Please help us give a big welcome to Carson Martinez, one of our newest Meals on Wheels drivers at Aging Services! We are so excited to have Carson on the team helping deliver meals and smiles to older adults in our community.
- Carson brings experience from working with DoorDash and Carvana, so he knows his way around deliveries and customer service. He enjoys technology and gaming and has always had a strong interest in learning and trying new things.
- When he's not on the road, Carson enjoys traveling, listening to music, and all things Pokémon.
- We're happy to have you here, Carson!



one kind
act a day.



Take the pledge at
[ThePowerOfKind.org](https://www.thepowerofkind.org)



Senior Centers Are Closed



— IN OBSERVANCE OF —



MEMORIAL DAY

We remember and honor!




Monday, May 25, 2026

MAY MEAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
				1
 I champion my health by...				Chef Salad Cookie
4	5	6	CINCO de Mayo 7	8
Teriyaki Chicken Lo Mein Stir-Fry Vegetable Blend Orange	Pulled Pork Burrito Bowl Brown Rice Pinto Beans Fajita Veggies Diced Peaches	Meatball Sub Roasted Carrots Apple	Chicken Fajitas Pinto Beans Bell Peppers and Onions Chips & Salsa Churro Cake	Ham & Swiss Sandwich Pickled Beets Banana
11	12	13	14	15
BBQ Pulled Pork Sandwich Mixed Vegetables Orange	Chicken Pesto Tortellini Broccoli Pineapple Tidbits	Sloppy Joe Mixed Vegetables Sugar Free Pudding	Grilled Chicken Breast with Herb Gravy Orzo Pasta Mixed Vegetables Apple	Turkey Club Sandwich Coleslaw Apple
18	19	20	21	22
Chicken Bacon Gnocchi Brussels Sprouts Applesauce	Swedish Meatballs Mashed Potatoes & Gravy Green Beans Cookie	Biscuits & Gravy Sausage Patty Potatoes with Peppers and Spinach Orange	Orange Chicken Tempura Brown Rice Japanese Vegetable Blend Diced Pears	Egg Salad Croissant Pickled 3 Bean Salad Banana
25	26	27	28	29
Senior Centers Closed for Memorial Day No Home Delivered Meals 	Pork Barbacoa Tacos Pinto Beans Banana	Spaghetti & Meatballs Italian Vegetable Blend Orange	Cajun Sausage Alfredo Pasta Mixed Vegetables Mandarin Oranges	Chicken Salad Croissant Side Salad Apple

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
 <p>OLDER AMERICANS MONTH MAY 2026</p> <p>CHAMPION YOUR HEALTH</p>				<ul style="list-style-type: none"> 9:00am Exercise
4	5	6	CINCO DE MAYO 7	8
<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 Cinco De Mayo Fiesta with live Mariachi band at the Tooele Senior Center. Transportation provided from Grantsville Senior Center! 	<ul style="list-style-type: none"> 9:00am Exercise
11	12	13	14	15
<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
18	19	20	21	22
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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
 <p>OLDER AMERICANS MONTH</p> <p>CHAMPION YOUR HEALTH: MAY 2026</p>				<ul style="list-style-type: none"> 9:30am Cardio Drumming
4	5	6	CINCO DE MAYO 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 11:00am Stronger Memory 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 Cinco De Mayo Fiesta with live Mariachi band @ the Tooele Senior Center. Our program is growing and parking is limited. Please consider carpooling. 	<ul style="list-style-type: none"> 9:30am Cardio Drumming
11	12	13	14	15
<ul style="list-style-type: none"> 9:00am Fly-Tying 10:00am Exercise 10:30am DIY Craft 11:00am AARP Virtual Class 1pm Folk Dancing 1pm Walk with Ease 1pm Watercolors 	<ul style="list-style-type: none"> 9:30am Mexican Train 10:00am Tai Chi for Arthritis 11:00am Stronger Memory 12:30pm Bunko 1pm Line Dancing 	<ul style="list-style-type: none"> 10:00am Exercise 10:00am Bridge 1pm Wood Carving 1pm Folk Dancing 1pm Walk with Ease 	<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
18	19	20	21	22
<ul style="list-style-type: none"> 9:00am Fly-Tying 10:00am Exercise 10:30am DIY Craft 11:00am Fraud Awareness Presentation 11am Adv Computers 1pm Folk Dancing 1pm Walk with Ease 1pm Watercolors 	<ul style="list-style-type: none"> 9:30am Mexican Train 11:00am Stronger Memory 12:30pm Bunko 1pm Line Dancing 	<ul style="list-style-type: none"> 10:00am Exercise 10:00am Bridge 1pm Wood Carving 1pm Folk Dancing 1pm Walk with Ease 	<ul style="list-style-type: none"> 9:30 Beg Computers 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>



Managing Chronic Pain

Where: Online. [Registration is required.](#) [See Link Below.](#)

When: Tuesday, May 5, at 7PM

Description: Chronic pain affects millions of people, impacting physical health, emotional well-being, and overall quality of life. This webinar is designed to provide practical, evidence-based strategies to help individuals manage pain more effectively and regain control of their daily lives.



Technology for Aging in Place

Where: Online at both Tooele & Grantsville Senior Centers.

When: Monday, May 11, at 11AM

Description: In this webinar, you'll learn how home assistants, smart appliances, and wearables can save you time and money, help you manage health conditions, and even give you greater peace of mind. We'll also discuss how to maintain your privacy and security when using this technology.

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



Mental Well-Being for Older Adults

Growing older brings many changes—and your mental health matters just as much as your physical health. You're not alone.

1 in 4 adults age 65+ experience a mental health condition, but many don't get the support they deserve.

Watch for signs:

- Ongoing worry or feeling on edge
- Persistent sadness or low mood
- Trouble thinking or concentrating
- Withdrawing from people or activities

Take the first step:

- Healthy Minds Utah (healthyminds.utah.gov) – Free, private self-check tools
- Contact your Local Mental Health Authority (sumh.utah.gov) for support near you
- Taking care of your mental health helps you stay connected, engaged, and well.



Be a Lifeline



Do you know someone in crisis?

You can be a lifeline & help support them!

Here are five steps you can take that are known to help:

1. ASK:

Are you thinking about suicide? How do you hurt? How can I help?

2. BE THERE:

In person or on the phone. Show support. Listen. Keep promises to connect.

3. HELP KEEP THEM SAFE:

If the person in crisis is suicidal, details matter: Do they have a plan, or ideas about timing or method? You can call 988 to support their crisis care.

4. HELP THEM CONNECT:

When someone is in crisis, connecting them with ongoing supports can help establish a safety net. Remind them they can call, text or chat 988 to connect with a trained crisis counselor 24/7.

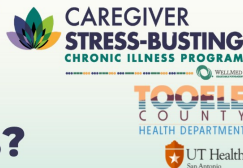
5. FOLLOW UP:

After the immediate crisis is over, check in. That text or call afterwards makes a real difference.



SOURCE: #BeTheTo | <https://www.betheTo.com/betheTo-steps-evidence/>

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:

Now accepting registrations

WHAT:

Multi-component STRESS BUSTING program

Class will be scheduled once

Meets 90 minutes a week for 9 weeks

minimum enrollment is reached

Supplies provided at NO cost

WHERE:

Tooele County Health Department

Register early - spots are limited

151 N Main St Tooele

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

435-277-2420



Monthly Tips For Family Caregivers

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



Laughter has been shown to improve both mental and physical health. It helps with conflict resolution between caregivers and those for whom they are caring, as laughing together can dissolve disagreements and eliminate animosity.

In addition, the positive emotions brought about by humor can enhance creativity and problem-solving abilities.



Tip: Keep humor in your life

CHAMPION YOUR HEALTH



OLDER AMERICANS MONTH

CHAMPION YOUR HEALTH: MAY 2026

Moving more, eating well, and staying socially connected all contribute to overall well-being. At the Tooele County Senior Centers, we support small, consistent steps that promote lifelong health. #ChampionYourHealth

#OlderAmericansMonth | acl.gov/oam

PARKINSON'S SUPPORT GROUP

Next meeting will be held the 4th Monday of June

No Meeting in May. Enjoy the holiday.

**CONTACT HAL MEYER
(435)840-3683**

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



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!



The Next Chapter

A social support and educational program for widows and widowers



Falconry
6:30 - 7:30 pm

Pavilion in Stanbury Park

Come learn about the unique hobby of falconry. Jonah McBride has about 40 years of experience working with a variety of birds. He will share how he got into this hobby, show us videos of him and his bird of prey hunting, and then he'll introduce us to his Peregrine Falcon.

Monday
MAY

11

TOOELE
COUNTY
HEALTH DEPARTMENT
AGING SERVICES
435-277-2420
health.tooeleco.gov

THANK YOU

for the support!

A big shout-out for the generous contributions to the Tooele County Senior Centers! We appreciate the support.



Thank you! Tooele Moose Lodge 2031 Chapter 1521, for the generous contribution of \$750.00!



A big thank you to Tooele Eagles #164 F.O.E. for the generous gift of \$2,000!



Tooele County Aging Services

SENIOR CENTER PARKING LOT

SALE
Saturday

May 30th | 8 AM - 12 PM

Tooele Senior Center Parking Lot
59 E Vine St. Tooele

TV's, Furniture, Pool Tables, Kitchen Items, and More!



TOOELE
COUNTY
HEALTH DEPARTMENT

Please Join Us in Honor of Elder Abuse Awareness Month

Stay Protected from FRAUD



Guest Speaker

Melissa Holyoak

First Assistant United States Attorney

**Monday, May 18, 2026
at 11:00 a.m.**

Tooele Senior Citizen Center
59 East Vine Street
Tooele, Utah 84074



WALK WITH EASE

Starts Monday, May 11, 2026
Every Monday & Wednesday
at 1pm for 8 Weeks

Tooele Senior Center, 59 E Vine St.

Take this course and walk with your peers
to alleviate pain caused by chronic
conditions such as arthritis.

Call 435-843-4110 to register today or
Sign up at the front desk

MONDAYS, MAY 4 & 18

*Dementia Caregiver
Support Group Meeting*

2-3:30 pm

*Tooele Senior Center
59 E Vine St, Tooele*

MAY

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						

TOOELE
C O U N T Y
HEALTH DEPARTMENT
(435) 277-2420

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

Explore the World
ON OUR VIRTUAL VACATIONS!



**Next Stop :
Greece!**

Join Us

May 14, 2026 @ 1:00PM

**CALL TO RESERVE YOUR SPOT
435-843-4113**

**TREATS & SOUVENIR
WILL BE PROVIDED FOR YOU TO
ENJOY DURING OUR TOUR**



**ATTENTION
PLEASE**

Replaced Medicare Beneficiary Numbers (MBI's)



Some Medicare beneficiaries are receiving new Medicare cards with new numbers

If you aren't sure if mail from Medicare is legitimate, call 1-800-Medicare and ask or contact your local SHIP.



Report Scams!
877-808-2468

Tooele County Aging Services is your local SHIP 435-277-2420

Tooele County Aging Services
Wendover Dinner & Bingo

DINNER & BINGO CENA & BINGO

Call 435-843-4110

RSVP

By Friday, May 22nd by 11am
To reserve a meal!
Llame para reservar su cena!

WEDNESDAY, MAY 27TH
DOORS OPEN AT 3:30PM
MIÉRCOLES, 27 DE MAYO
LAS PUERTAS ABREN @ 3:30PM

Wendover Community Center
112 Moriah Ave, Wendover, UT

**ADULTS
60+**

FREE SHRED DAY

PROTECT
DETECT
REPORT

June 5, 2026
12-2 PM

Tooele Senior
Center

59 E Vine St
Tooele, UT

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)



SHIP
State Health Insurance
Assistance Program



SMP
Senior Medicare Patrol
Preventing Medicare Fraud

LIMIT 5 BOXES
PER VEHICLE
435-277-2420

Supported by Grant # 90SAPG0061 and #90MPPG0059 from ACL, DHHS, Washington DC 20201

CHAMPION YOUR HEALTH

OLDER
AMERICANS
MONTH
MAY 2026



#OlderAmericansMonth | acl.gov/oam

OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

Championing your health involves being proactive — making healthy choices, staying active, and taking steps to prevent problems before they start.

This May, stay engaged in decisions that support long-term health and independence.

#OlderAmericansMonth

**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