

AGING SERVICES

TOOELE CENTER

59 E VINE
(435) 843-4110

GRANTSVILLE CENTER

120 S CENTER ST
(435) 884-3446

MEALS ON WHEELS

435-843-4110

AGING DIRECTOR

Amy Hoftiezer

SENIOR CENTERS SUPERVISOR

Bella Colovich

ACTIVITY SPECIALISTS

Kristen Bolinder
Shirlene Jensen
Amy Larsen
Karin Shields

KITCHEN/MOW STAFF

Kim Hale
Rebecca Provencio
Alicia Bysecker
Griffin Gerhardt
Darrin Lowe
Carson Martinez
Pam Ludwig

BUSINESS MANAGER

Tracy Beckett

FINANCIAL COORDINATOR

Belinda Cardenas

SOCIAL WORKERS

Desirae Taylor
Jennifer Romero
Lisa Fowler

GERONTOLOGIST

Sarah Jane Obray

TOOELE
COUNTY
HEALTH DEPARTMENT

TOOELE COUNTY Active Aging

AUGUST 2026

Aloha!

LUAU LUNCHEON

ENTERTAINMENT! PRIZES!

Thursday,
AUGUST 13TH
11:30 AM



TOOELE SENIOR CENTER
59 E VINE ST. TOOELE



*Join us for a fun-filled afternoon
of island vibes, great company,
and delicious food!*

TRANSPORTATION PROVIDED FROM
GRANTSVILLE SENIOR CENTER

Hello Friends,

August often brings extreme heat to Tooele County, making it the perfect time to slow down, stay cool, and take a little extra care of yourself and those around you. As we age, our bodies don't cool themselves as efficiently, and we may not realize we're becoming dehydrated until symptoms appear. Staying hydrated helps prevent dizziness, fatigue, confusion, and even falls. Hot, dry weather also increases the risk of wildfires and poor air quality, so be sure to check local air quality reports and spend more time indoors when conditions aren't healthy.

When the temperatures climb, everyone deserves a cool, comfortable, and welcoming place to go. We've recently installed new air conditioning units in the bingo and craft room, exercise room, and hallway office area at the Tooele Senior Center to make these spaces even more comfortable. Whether you're joining us for lunch, an exercise class, bingo, a craft, or simply visiting with friends, we hope you'll stop by, cool off, and enjoy a few hours out of the heat.

If you need another place to escape the heat, our friends at Switchpoint are also serving as a community cooling center every day from 12:00 p.m. to 7:00 p.m. Pets are welcome as long as they remain under their owner's control at all times. If a pet shows aggression, it must be muzzled, and owners are responsible for cleaning up after their pets.

Take care of yourselves, stay cool, and enjoy the rest of your summer. We look forward to seeing you soon!

Amy Hoftiezer



One Kind Act a Day
ThePowerOfKind.org

Congratulations

Tooele Senior Centers!



**FIRST SENIOR CENTERS TO BE
CERTIFIED CENTERS OF KINDNESS!**

A heartfelt thank you to everyone who participated in the "One Kind Act a Day" initiative. Your kindness truly makes a difference!
Let's keep the momentum going!



Put on your walking shoes ..

Walking Club

**STARTING
AUGUST 11TH!
@ 1:00PM**

**GRANTSVILLE
SENIOR CENTER
120 S CENTER ST**

*All fitness levels
are welcome*

TAKE THIS COURSE AND WALK WITH YOUR PEERS TO ALLEVIATE PAIN CAUSED BY CHRONIC CONDITIONS SUCH AS ARTHRITIS.

To register, please sign up at the front desk



- Reduces stress
- Boosts immunity
- Improves heart health
- Burns fat

**TOOELE
COUNTY
HEALTH DEPARTMENT**

August Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Spaghetti & Meatballs Italian Vegetables Peaches	Pulled Pork Bowl Brown Rice Mixed Vegetables Banana	Roasted Chicken Mashed Potatoes & Gravy Green Beans Carrots Sugar Free Pudding	Meatloaf Mashed Potatoes & Gravy Broccoli Corn Mixed Fruit	Chicken Salad Croissant 3 Bean Salad Apple
10	11	12	13	14
Chicken Fajitas Fajita Vegetables Orange	Sloppy Joe Broccoli Corn Pears	Orange Chicken Brown Rice Stir-Fry Veggies Mandarin Oranges	Hawaiian Haystacks Vegetables Cookie	Ham & Cheese Sandwich Cucumbers Pineapple
17	18	19	20	21
Meatball Sub Mixed Vegetables Peaches	Chicken Caesar Salad Sugar Free Pudding	Salisbury Steak Mashed Potatoes & Gravy Carrots Orange	Teriyaki Chicken Rice Stir-Fry Veggies Fortune Cookie Orange	Egg Salad Croissant 3 Bean Salad Celery Sticks Orange
24	25	26	27	28
Chicken Fettuccini Alfredo Mixed Vegetables Mixed Fruit	Creamy Cajun Sausage Carrots Banana	Chicken Parmesan Green Beans Cookie	Swedish Meatballs Mashed Potatoes & Gravy Broccoli Corn Orange	Roast Beef Sandwich Pickled Beets Apple
31				
Beef & Broccoli Brown Rice Pineapple				

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 \$6.00 per meal, under 60 must pay \$14.15. Please join us for dine-in.

Grantsville Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
• 9:00am Exercise • 10:00pm Cardio Drumming • 12:30pm Bingo	• 10:00am Practice Tai Chi • 12:30pm Flint Knapping	• 9:00am Exercise • 9:00am Fly-Tying • 12:30pm Bunko	• 9:30am Line Dancing • 11:30am Wood Carving • 2:30 pm Centers close early for all staff training.	• 9:00am Exercise
10	11	12	13	14
• 9:00am Exercise • 10:00am Cardio Drumming • 11:00am AARP • 12:30pm Bingo	• 10:00am Practice Tai Chi • 12:30pm Flint Knapping • 1:00pm Walking Club starts	• 9:00am Exercise • 9:00am Fly-Tying • 12:30pm Bunko	• 11:30am Luau Luncheon at Tooee Senior Center. Transportation provided from Grantsville Senior Center.	• 9:00am Exercise • 10:00am Walking Club
17	18	19	20	21
• 9:00am Exercise • 10:00am Cardio Drumming • 12:30pm Bingo	• 10:00am Practice Tai Chi • 12:30pm Flint Knapping • 1:00pm Walking Club	• 9:00am Exercise • 9:00am Fly-Tying • 11:00am Stronger Memory class beings • 11:00am Aging in Place Presentation • 12:30pm Bunko	• 9:30am Line Dancing • 12:30pm Wood Carving	• 9:00am Exercise • 10:00am Walking Club
24	25	26	27	28
• 9:00am Exercise • 10:00am Cardio Drumming • 12:30pm Bingo	• 10:00am Practice Tai Chi • 12:30pm Flint Knapping • 1:00pm Walking Club	• 9:00am Exercise • 11:00am Stronger Memory Class • 11:00am Fly-Tying • 12:30pm Bunko	• 9:30am Kaleidoscope Line Dancing Class • 12:30pm Wood Carving	• 9:00am Exercise • 10:00am Walking Club
31				
• 9:00am Exercise • 10:00am Cardio Drumming • 12:30pm BINGO				



Puzzles, Library, and Exercise Room Daily
 120 S Center St, Grantsville, UT 84029 Phone (435) 884-3446,
 Center Hours: Monday-Thursday 8 am - 4 pm, Friday 8 am - 12 pm

Tooele Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
• 9:00am Fly-Tying • 10:00am Meet the Mayor! • 10:00am Exercise • 10:30am DIY Craft • 1pm Watercolors • 1pm Folk Dancing	• 9:00am-12:00pm Social Security • 9:30am Mexican Train • 12:30pm Bunko • 1pm Line Dancing	• 10:00am Exercise • 10:00am Bridge • 1pm Wood Carving • 1pm Folk Dancing	• 10:00am DIY Painting • 10:00 Practice Tai Chi • 12:30pm Bingo • 1pm Line Dancing • 3pm Centers close early for all staff training.	• 9:30am Cardio Drumming
10	11	12	13	14
• 9:00am Fly-Tying • 10:00am Exercise • 10:30am DIY Craft • 11:00am AARP • 1pm Watercolors • 1pm Folk Dancing	• 9:30am Mexican Train • 12:30pm Bunko • 1pm Line Dancing	• 10:00am Exercise • 10:00am Bridge • 11:00am Aging In Place Presentation • 1pm Wood Carving • 1pm Folk Dancing	• 11:30am Luau Luncheon at Tooele Senior Center. Please consider carpooling as parking is limited.	• 9:30am Cardio Drumming
17	18	19	20	21
• 9:00am Fly-Tying • 10:00am Exercise • 10:30am DIY Craft • 1pm Watercolors • 1pm Folk Dancing	• 9:30am Mexican Train • 12:30pm Bunko • 1pm Line Dancing	• 10:00am Exercise • 10:00am Bridge • 1pm Wood Carving • 1pm Folk Dancing	• 10:00am DIY Painting • 10:00 Practice Tai Chi • 12:30pm Bingo • 1pm Line Dancing	• 9:30am Cardio Drumming
24	25	26	27	28
• 9:00am Fly-Tying • 10:00am Exercise • 10:30am DIY Craft • 1pm Watercolors • 1pm Folk Dancing	• 9:00am-12:00pm Social Security • 9:30am Mexican Train • 12:30pm Bunko • 1pm Line Dancing	• 10:00am Exercise • 10:00am Bridge • 1pm Kaleidoscope Wood Carving Class • 1pm Folk Dancing	• 10:00am DIY Painting • 10:00 Practice Tai Chi • 12:30pm Bingo • 1pm Line Dancing	• 9:30am Cardio Drumming
31				
• 9:00am Fly-Tying • 10:00am Exercise • 10:30am DIY Craft • 1pm Folk Dancing				

Puzzles, Library, and Exercise Room Daily
 59 E Vine St, Tooele, UT 84074 Phone (435) 843-4110,
 Center Hours: Monday-Thursday 8 am - 4 pm, Friday 8 am - 12 pm

Online Connections!

To access our newsletter online visit our website at:

<https://health.tooeleco.gov/aging-services>



Online Tools for Contacting Your Lawmakers

Where: Online at both Tooele & Grantsville Senior Centers.

When: Monday, August 10, at 11AM

Description: Learn how online tools can help you stay informed and get your voice heard. We'll review several non-partisan websites that can help you identify your elected officials, find their contact information, understand how they vote on bills, and tell them what you think about important issues.

For More Information Visit :

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



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

Grantsville Senior Center (with online option)
Tuesday & Thursday, starting August 25, 2026
11:00-11:30 AM
Call 435-843-4110 to sign up



Kaleidoscope

— Aging with the Creative Spirit —

**Celebrate the creativity of older adults with
our Wood Carving and Line Dancing classes!**

Wood Carving



Tooele Senior Center
59 E Vine St., Tooele, UT

Starts August 26 - October 21st
Every Wednesday at 1:00pm
Ron & Lyla Clements - Instructors

Line Dancing



Grantsville Senior Center
120 S Center St., Grantsville, UT

Starts August 27 - October 22nd
Every Thursday at 9:30am
Ken & Jody Brodston - Instructors

Registration is limited; call to reserve your spot
Tooele Senior Center - 435-843-4110



**Utah Division of
Arts & Museums**



KALEIDOSCOPE
Aging with the Creative Spirit

NASAA NATIONAL ASSEMBLY of
STATE ARTS AGENCIES
Knowledge ▲ Representation ▲ Community

e.a. michelson
— PHILANTHROPY

This activity is made possible by a grant provided to Utah Division of Arts & Museum by the National Assembly of State Arts Agencies in partnership with E.A. Michelson Philanthropy.

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!



The Next Chapter

A social support and educational program for widows and widowers

2026

Wednesday
AUGUST

26

TOOELE
COUNTY
HEALTH DEPARTMENT

Tour Hidden Treasure
10:00 - 11:00 am

Sloan Residence in Grantsville

You do not want to miss this private tour of the grounds at the Sloan residence. Randy's love of history is conveyed through his collections and creations. License plates from every state, wagon wheels to white walls, totem poles to birdhouses, restored classic vehicles to mining carts, are all on display. Plan on walking across some uneven terrain and dress for the weather conditions.

Monthly Tips For Family Caregivers

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



Emergencies can happen to caregivers, too. Take time to identify someone who could temporarily step in if you become sick, have an unexpected emergency, or need a break. Write down important information such as medications, routines, medical conditions, emergency contacts, doctors, and insurance information. Having a backup plan can reduce stress and help ensure your loved one continues to receive safe and consistent care.

TOOELE
COUNTY
HEALTH DEPARTMENT

Tip: Create a Backup Care Plan

PARKINSON'S SUPPORT GROUP

Held the
4th Monday
of every month

Monday, August 24th
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.



AUGUST 2026

MONDAYS, AUG 3rd & 17th

*Dementia Caregiver
Support Group Meetings*
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	

TOOELE
COUNTY
HEALTH DEPARTMENT
(435) 277-2420

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

STOP UNWANTED CALLS



The federal government's **National Do Not Call Registry** is a free easy way to reduce the telemarketing calls you get. To register your phone number visit www.donotcall.gov or call 1-888-382-1222 from the phone number you want to register.



WWW.DONOTCALL.GOV
888-382-1222

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

TOOELE
COUNTY
HEALTH DEPARTMENT



GET READY FOR MEDICARE OPEN ENROLLMENT

Medicare.gov Has a New Login Process

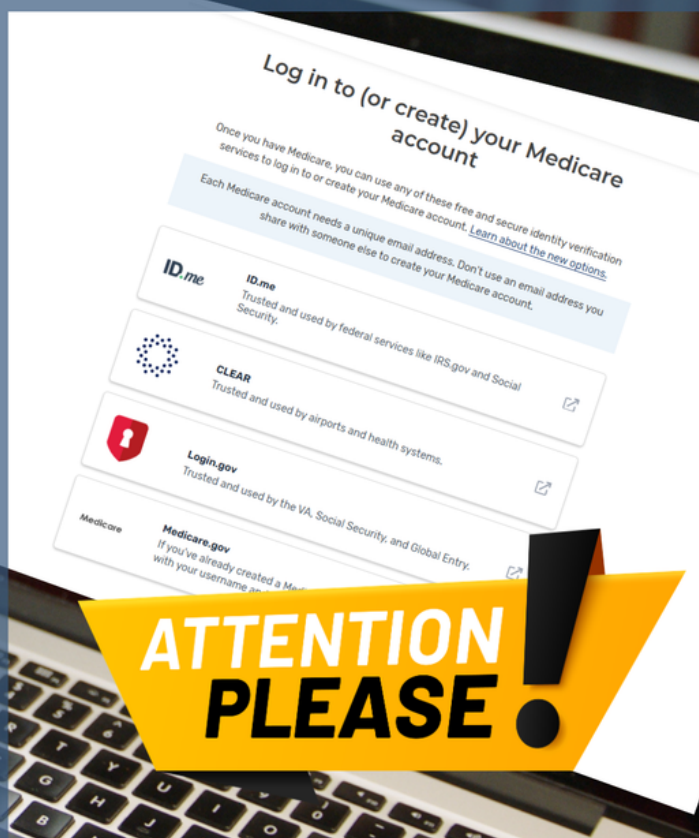
Creating or accessing your account may require you to verify your identity through Login.gov, ID.me, or CLEAR.

Completing this process can take time.

Set up your account now and be ready for Open Enrollment!



Supported by Grant # 90SAPG0140 from the ACL. Contents do not necessarily represent the official views of the US Government.



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

WHAT:

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

WHO:

Family Caregivers
of a loved one

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

Medicare and Changes in Residence

When you move, it can affect your Medicare coverage. Let's look at the different kinds of moves—from in-state to abroad—and what they mean for your Medicare.

Moving within state

- If you have Original Medicare, notify the Social Security Administration (SSA) of your move to update your address.
- If you have a Medicare Advantage plan or Part D plan, notify the plan of your change of address and see if you will still be in your plan's area of coverage.
 - If not, you will have a Special Enrollment Period (SEP) to change plans. You can call the State Health Insurance Assistance Program (SHIP) to use your SEP and change plans.
- If you have a Medigap, call the plan to ask if the cost of your premium will change.

Moving out of state

All the above applies, plus:

- If you have a Medigap, learn about your new state's rules around Medigaps. You can call your SHIP to learn about Medigaps in your state in case you want to make changes in the future.
- If you have a Medicare Savings Program (MSP), learn about the eligibility rules in the state to which you are moving. For help with a new MSP application, contact that state's SHIP.
- If you were automatically enrolled in Extra Help because of your state's Medicaid or MSP, you may need to actively enroll after your move to another state. You can call Social Security (800-772-1213) to learn about the status of your Extra Help.



Moving abroad

- If you move abroad, disenroll from Medicare Advantage or Part D, but keep premium-free Part A. Consider keeping Part B if you may return to the U.S.; dropping it could lead to coverage gaps and late enrollment penalties.



Medicare enrollment decisions if you are incarcerated

- If you remain enrolled and pay your premiums while incarcerated, Medicare coverage will resume after release. If you missed enrollment, you may qualify for a Special Enrollment Period to enroll in Part A and Part B.

Tooele SHIP 435-277-2420

Sudoku Challenge!

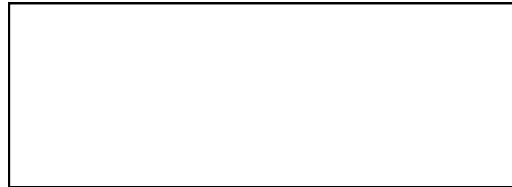
Enter numbers in the empty squares so that the numbers 1-9 appear only once in each row, column and box

		6		7	8		9	1
1	7		5	3	9	2		4
		3		1	2	8		5
6	4	7		5				2
	8	2	9			5		7
9		1		8	7	4		
	3			4	6	7	2	
7	1		8	2				
2	6	4	7	9	3	1	5	8

**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