

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
Val Wiseman
Melanie Spackman

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

SEPTEMBER 2026

Put On Your
Walking Shoes!
JOIN US FOR THE
GOLDEN MILE



**THURSDAY,
SEPTEMBER 17, 2026**



1:30–3:00pm



Fall Prevention
Presentation



Swag
Bags



Snacks



**Cherry Street Park in Grantsville
115 E Cherry St.**



Transportation provided
from Tooele Senior Center

Dear Friends,

September brings cooler temperatures, changing leaves, and Fall Prevention Awareness Month. It's the perfect time to think about staying active, building strength, improving balance, and keeping ourselves moving.

We have several great opportunities to help: Walk with Ease is an Arthritis Foundation program that combines walking with stretching, strengthening, and tips for exercising safely. It's a great way to build confidence and make walking part of your routine.

Arthritis Foundation Exercise Program (AFEP) is a low-impact group exercise class that includes gentle stretching, strengthening, balance, and range-of-motion exercises. Activities can be done sitting or standing, and you don't have to have arthritis to participate!

Defying Gravity focuses specifically on preventing falls. This fun, interactive class covers balance and strength, home hazards, vision, medications, footwear, and other practical ways to stay safe and independent.

And don't forget our Golden Mile—another fun way to get moving and work toward your own goals!

We also need your help with our Bike Audit project! Join us for our Bike Audit meeting and help us look at our community through the eyes of older adults and identify ways to make walking and biking safer and more accessible.

You don't have to be an athlete to stay active. Start where you are, find something you enjoy, and invite a friend to join you.

So as the leaves begin to fall this September, let's work together to make sure we don't! Stay active, stay connected, and happy fall!

Amy Hoftiezer

TOOELE COUNTY

SENIOR CENTERS ARE CLOSED

MONDAY

SEPT 7TH

★

LABOR DAY

WEDNESDAY

SEPT 16TH

★

TCHD ALL STAFF TRAINING



NO HOME DELIVERED MEALS

Thank you for your understanding.



Put on your walking shoes..

Walking Club

STARTING SEPTEMBER 22ND
EVERY TUESDAY @ 1:00PM
AND FRIDAY @ 9:30AM

TOOELE SENIOR CENTER
59 E VINE ST.
TOOELE

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

September Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chicken Fajitas Fajita Vegetables Black Beans Pineapple	Beef Stroganoff Green Beans Apple	Pulled Pork Sandwich Carrots & Peas Diced Pears	Chicken Salad Croissant Pickled Beets Cucumbers Diced Peaches
7	8	9	10	11
	Beef Pot Roast w/ Gravy Diced Potatoes Carrots Diced Pears	Sweet & Sour Chicken Brown Rice Green Beans Broccoli Pineapple	Mac & Cheese w/ Sliced Ham Peas & Carrots Sugar Free Pudding	Chicken Caesar Salad Diced Peaches
14	15	16	17	18
Spaghetti & Meatballs Mixed Vegetables Diced Pears	Teriyaki Chicken Brown Rice Stir-Fry Veggies Fortune Cookie Diced Peaches		Salisbury Steak Mashed Potatoes & Gravy Corn Mandarin Oranges	Ham & Cheese Sandwich Pickled Beets Apple
21	22	23	24	25
Shepherd's Pie Mixed Vegetables Peaches	Chicken Parmesan Italian Vegetables Diced Pears	Sloppy Joes Peas & Carrots Apple	Orange Chicken Brown Rice Broccoli Pineapple	Egg Salad Croissant Pickled Beets Mandarin Oranges
28	29	30		
Swedish Meatballs Brown Rice & Gravy Mixed Vegetables Mandarin Oranges	Chicken Fettuccini Alfredo Broccoli Carrots Diced Pears	Chili Dogs Carrots Diced Peaches		

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.

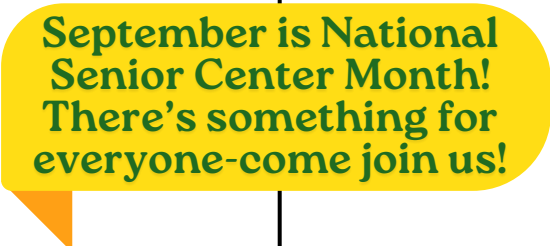
Suggested contribution \$6.00 per meal, under 60 must pay \$14.15. Please join us for dine-in.

Grantsville Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	• 9:00am Pinochle • 10:00am Practice Tai Chi • 11:00am Stronger Memory • 12:30pm Flint Knapping • 1pm Walking Club	• 9:00am Exercise • 11:00am Fly-Tying • 12:30pm Bunko	• 9:30am Line Dancing • 11:00am Stronger Memory • 12:30pm Wood Carving	• 9:00-10:30am Defying Gravity Presentation at Tooele Senior Center. Transportation provided from Grantsville. <i>No meal served in Grantsville. Join us in Tooele for a meal.</i>
7	8	9	10	11
	• 9:00am Pinochle • 10:00am Practice Tai Chi • 11:00am Stronger Memory • 12:30pm Flint Knapping • 1pm Walking Club	• 9:00am Exercise • 11:00am Fly-Tying • 12:30pm Bunko	• 9:30am Line Dancing • 11:00am Stronger Memory • 12:30pm Wood Carving	• 9:00am Exercise • 10:00am Walking Club
14	15	16	17	18
• 9:00am Exercise • 10:00am Cardio Drumming • 12:30pm Bingo	• 9:00am Pinochle • 10:00am Practice Tai Chi • 11:00am Stronger Memory • 12:30pm Flint Knapping • 1pm Walking Club	 SENIOR CENTERS ARE CLOSED	• 9:30am Line Dancing • 1:30pm Golden Mile @ Grantsville Cherry Park. Transportation provided from Grantsville Senior Center.	• 9:00am Exercise
21	22	23	24	25
• 9:00am Exercise • 10:00am Cardio Drumming • 12:30pm Bingo	• 9:00am Pinochle • 10:00am Practice Tai Chi • 11:00am Stronger Memory • 12:30pm Flint Knapping	• 9:00am Exercise • 9:00am Fly-Tying • 12:30pm Bunko	• 9:30am Line Dancing • 11:00am Stronger Memory • 12:30pm Wood Carving	• 9:00am Exercise
28	29	30		
• 9:00am Exercise • 10:00am Cardio Drumming • 12:30pm BINGO	• 9:00am Pinochle • 10:00am Practice Tai Chi • 11:00am Stronger Memory • 12:30pm Flint Knapping	• 9:00am Exercise • 9:00am Fly-Tying • 12:30pm Bunko		

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
	1	2	3	4
	• 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 • 10:00am Practice Tai Chi • 12:30pm Bingo • 1pm Line Dancing	• 9:00-10:30am Defying Gravity Presentation at Tooele Senior Center.
7	8	9	10	11
 SENIOR CENTERS ARE CLOSED	• 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 • 10:00am Practice Tai Chi • 12:30pm Bingo • 1pm Line Dancing	• 9:30am Cardio Drumming
14	15	16	17	18
• 9:00am Fly-Tying • 10:00am Meet the Mayor! • 10:00am Exercise • 10:30am DIY Craft • 1pm Watercolors • 1pm Folk Dancing	• 9:30am Mexican Train • 12:30pm Bunko • 1pm Line Dancing • 1pm Kaleidoscope Wood Carving Class	 SENIOR CENTERS ARE CLOSED	• 10:00am DIY Painting • 10:00am Practice Tai Chi • 2:00pm Golden Mile at Grantsville Cherry Park. Transportation provided from Tooele Senior Center	• 9:30am Cardio Drumming
21	22	23	24	25
• 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 • 1pm Walking Club	• 10:00am Exercise • 10:00am Bridge • 1pm Kaleidoscope Wood Carving Class • 1pm Folk Dancing	• 10:00am DIY Painting • 10:00am Practice Tai Chi • 12:30pm Bingo • 1pm Line Dancing	• 9:30am Walking Club
28	29	30		
• 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 • 1pm Walking Club	• 10:00am Exercise • 10:00am Bridge • 1pm Kaleidoscope Wood Carving Class • 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>



Your Guide to Voting in Utah 2026

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

When: Tuesday, September 1, at 7PM

Description: Join AARP Utah and Utah Director of Elections Ryan Cowley for a clear, up-to-date overview of voting in 2026. Learn how to register, understand your voting options, and navigate recent changes—including updated congressional district boundaries that may affect your ballot. Get trusted information on election security, key deadlines, and how to make sure your voice is heard.

Tips for Being News Savvy Online

Where: Online at both Tooele & Grantsville Senior Centers.

When: Monday, September 14, at 11AM

Description: In the digital age, anyone can publish anything on the internet, even if it's completely false. This webinar will discuss tools for evaluating news sources and reviewing helpful fact-checking sites. You'll learn why it's important to read and check your sources before sharing!

<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

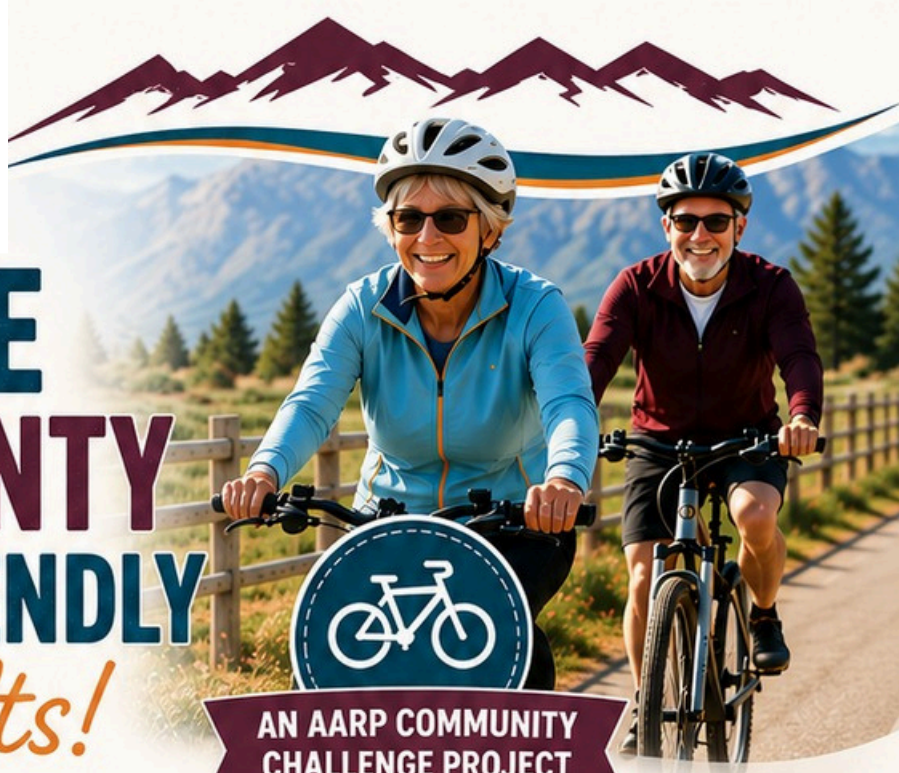


Doing
simple math

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



HELP MAKE TOOELE COUNTY MORE BIKE FRIENDLY *for Older Adults!*



**AN AARP COMMUNITY
CHALLENGE PROJECT**

Join us for an informational meeting to learn what a Bike Audit is and how you can help make our community **safer** and **more accessible** for cyclists of all ages.

INFORMATIONAL MEETING



DATE:
**THURSDAY,
SEPTEMBER 24TH**

Learn about Bike Audits and how you can get involved!



TIME:
11:00 AM



LOCATION:
**TOOELE SENIOR CENTER
59 E. VINE STREET, TOOELE**

*Enjoy
some great
giveaways!*



This project was funded by a grant from **AARP**.

YOUR INPUT CAN HELP:



Share your experiences and ideas



Help improve safety and access for everyone



Identify age-friendly biking opportunities in Tooele County



WHAT IS A BIKE AUDIT?

A Bike Audit is a guided walk or bike ride where participants observe streets, trails, and intersections to identify ways to make our community **safer** and **more accessible** for cyclists of all ages.



Stop by for some great giveaways!

T-shirts • Reflectors • Healthy Snacks • And More!

While supplies last!



If you are interested in participating in a Bike Audit, please contact

AMY HOFTIEZER

amy.hoftiezer@tooeleco.gov



We'd love to have you join us and help make Tooele County *an even better place to bike!*



**AARP
COMMUNITY
CHALLENGE**

The AARP Community Challenge is a grant program to make communities more livable for people of all ages.
aarp.org/CommunityChallenge

AARP

The Next Chapter

A social support and educational program
for widows and widowers



Picnic in the Canyon

11:30 am – 1:00 pm

Settlement Canyon Campground

Turn left off Hwy 36 onto Settlement Canyon Rd

Bring your lunch and enjoy the great outdoors with us. If we're lucky, we'll see beautiful leaves changing color. Meet in the parking area by the entrance station at 11:30 am. We'll carpool into the canyon to a picnic area, and the entrance fee will be covered. If you arrive later, the fee to enter the canyon for the day is \$5 per vehicle. Dress for weather conditions.

**Wednesday
SEPTEMBER**

23

TOOELE
C O U N T Y
HEALTH DEPARTMENT

Fall Craft Boutique and Bake Sale

Senior Craft & Bake Sale

Support, View, and Purchase a Variety
of Excellent Works of Art, Crafts, and
Baked Goods.

**\$30.00 BOOTH RENTAL
FOR OLDER ADULTS**

THURSDAY, OCTOBER 29TH

**TOOELE SENIOR CENTER
10:00AM - 3:00PM**

Hurry before the booths are gone!



**For more information, to donate
baked goods, or sign up for a
booth call: 435-843-4110**

GET READY FOR MEDICARE OPEN ENROLLMENT

Medicare.gov Has a New Login Process

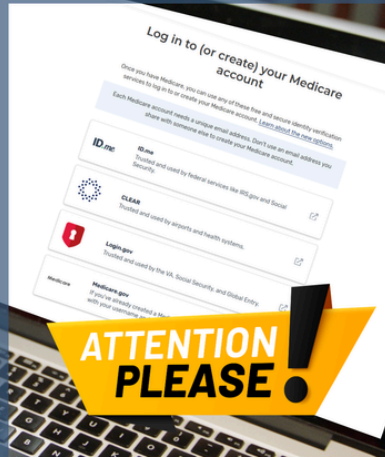
Creating or accessing your account may require you to verify your identity through Login.gov, ID.me, or CLEAR.

Completing this process can take time.

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



Supported by Grant # 8354PG0149 from the ACL. Contents do not necessarily represent the official views of the U.S. Government.



ATTENTION PLEASE!

MONDAY, SEPT. 21st
No meeting Sept. 7 - Holiday

SEPTEMBER

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		

*Dementia Caregiver
Support Group Meeting*
2-3:30 pm
Tooele Senior Center
59 E Vine Street, Tooele

TOOELE
COUNTY
HEALTH DEPARTMENT
(435) 277-2420

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

PARKINSON'S SUPPORT GROUP

Held the 4th Monday of every month

Monday, September 28th
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.



Wendover Residents Age 60+ DINNER & BINGO

Call 435-843-4110

RSVP

Friday, September 25th by 11am
To reserve a meal!

Llame para reservar su cena!

Join us at the
Wendover Community Center
112 Moriah Ave, Wendover, UT

WEDNESDAY, SEPTEMBER 30TH
DOORS OPEN AT 3:30PM

MIÉRCOLES, 30 DE SEPTIEMBRE
LAS PUERTAS ABREN @ 3:30PM

TOOELE
COUNTY
HEALTH DEPARTMENT

EXCLUSIVELY FOR WENDOVER
RESIDENTS 60+

MEDICARE OPEN ENROLLMENT OCT 15 - DEC 7

435-277-2420

TOOELE
COUNTY
HEALTH DEPARTMENT

Do you have the best Medicare coverage for the coming year?

NEED HELP PAYING FOR MEDICARE COSTS?

If you are low-income, a
**Medicare Saving Plan or Low
Income Subsidy (Extra Help)**
may help with some of your
Medicare costs.

Contact Tooele County
Aging Services for help.

435-277-2420

TOOELE
COUNTY
HEALTH DEPARTMENT





Presents:

Defying Gravity

FALL PREVENTION CLASS

Stay strong, steady, and independent!
Join our 90-minute in-person class to
build strength, improve balance, and learn
how to prevent falls.

More than
1 in **4**
Americans age 65+
FALL EACH YEAR


FRIDAY, SEPTEMBER 4TH, 2026

9 - 10:30 AM

TOOELE SENIOR CENTER > 59 E Vine Street

This class focuses on the importance of talking about falls and identifying fall risks. The class covers the following topics:

- > Home Hazards
- > Balance & Strength Exercises
- > Medication
- > Navigating Your Community Environment
- > Footwear
- > Vision
- > Local Resources
- > Your Action Items

Register by Sept. 2nd

Call 435-843-4110 or stop by the front desk at the Tooele Senior Center to signup. Van transportation from the Grantsville Senior Center may also be reserved.

Hosted by:



REGISTER
TODAY

LIMITED
SPACE



Fridays • 12:00 - 1:15 pm

Tooele County Health Department • 151 N Main Street, Tooele

September
11

BED, BATH, AND BEYOND

As a care partner, would you like some tips for helping your family member with transfers, bathing, and dressing? Join us for lunch and while you eat, our guest speaker will share practical tools and techniques he uses as a professional to make daily care tasks easier. Dave Parke, Managing Owner of Home Instead Senior Care, will offer ideas you can incorporate into your own routine to promote greater safety, comfort, and independence.

September
18

IS IT TIME....

What would be best? What are my options? Is it time to enlist the help of home health care or consider placing my loved one in a care facility? Melissa Mauchley, LCSW with the Department of Neurology at the University of Utah, will discuss ways of determining care needs, describe available options, and provide tips for accessing them. Information can make difficult decisions about transitions in care feel more manageable. Come learn with us.

September
25

GIDGETS AND GADGETS GALORE

What are Activities of Daily Living and Assistive Technology? Jared Gaetze, owner of Home Maintenance Experts, and Jay Wheeler, Occupational Therapist with the Utah Center for Assistive Technology, will acquaint you with resources and devices that may ease some of your daily tasks as a caregiver and enable your loved one to be more independent. Examples of simple and complex equipment will be available for you to see, with demonstrations of how they can be used.

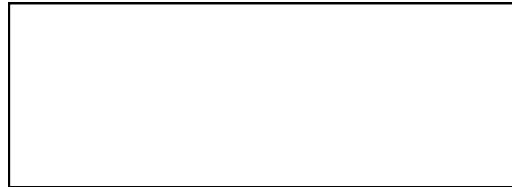
CALL TOOELE COUNTY AGING SERVICES
TO RESERVE A SEAT AND A LITE LUNCH
435 • 277 • 2420

TOOELE
COUNTY
HEALTH DEPARTMENT

**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