



**Senior Services**  
Wellness in Aging Begins Here  
Krapohl Senior Center



Phone 810-785-2270  
fax 810-785-9973  
email: krapohlcenter@heartscs.org  
web : Heartscs.org  
October 2017 | Volume 27 Issue 10

A Publication of the Heart of Senior Citizen Services

## Murder Mystery Dinner

Avast ye scallywag and wenches join in the fun with a utensil free dinner as ye try to discover the scurry dog that killed ye matey.

Friday, October 27th

Tavern opens at 4:30 pm

Batten down the hatches for the no utensils dinner.

- Chicken
- Corn on the Cob
- Potato Skins
- Relishes
- Yohoho Desserts

Dress like a pirate or wench and win a prize.

\$12 per person



## Flu Shots and Health Fair

October 12th 10 - 2 pm



Flu Shots  
Blood Pressures  
Blood Sugar Screening  
Vision Screening  
Chair Massages  
Information on Hearing Loss  
Information on Medicare & Medicaid  
**PRESCRIPTION DRUG DROP-OFF**

## Ladies Indulgence

*beyond the pampering*

October 6th 4 - 8 pm  
\$12 pp

Enjoy an evening just for ladies. Take part in any or all of the fun and informative stations from relaxation to beauty care.

- Skin Care
- Hot Wax
- Mary Kay
- Aroma Therapy
- Mini manicures
- Hand Massages
- Foot Massages
- Bra Fittings
- LuLaRoe
- Jewelry Cleaning
- Books for the Bubble Bath
- Try a Temporary Henna Tatoo
- Give Your Hair a Colorful Streak



*Chicken Salad &*

*Desserts*

Door Prizes  
Plus  
Much Much More

## 30th Anniversary

**Saturday: November 4, 2017**

- |  |         |
|--|---------|
| Antique Appraisal Fair<br>( \$3 per item ) | 10 am   |
| Book Warehouse                             | 10 am   |
| Salisbury Steak Dinner                     | 5 pm    |
| Chinese Auction                            | 6 pm    |
| Quilt Auction                              | 6:30 pm |



**Tour the History of the Krapohl Senior Center through photos and testimonials.**

**Dinner \$12 w/ paid advanced ticket \$15 at the door**

Door Prizes and 50-50 raffles!

# Halloween Fun

October 31st

**Come in a costume and receive a special gift.  
Prize for the best homemade costume.  
Prize for the best overall costume.**

**Lunch: Vegetable Noodle Soup & sub**

**Games to follow lunch.  
Test your knowledge of halloween.  
Plus halloween themed games**



## From the Director ...

Well, its October again which means a new fiscal year for us! We're looking forward to another great year of providing services, programs, and trips that you request whenever possible. Please keep your ideas and suggestions coming. You can e-mail, snail mail or better yet stop in with your suggestions.

This past year we had a lot of fun and learned a lot. We joined in with the other northern Genesee County senior centers to plan the first multi center Progressive Dinner and the Pentathlon. These events were a huge success and so much fun. Mid-Eastern and Country were just a couple of our Cultural Dinners. Our Health Fair, Housing Fair and Income Tax Service assisted hundreds of seniors.

We also saw a change in staffing. Pat Dominy, Chris Blake and Deb Muron retired after years of dedicated service. We wish them all the best. Linda DeFlorio, Sandy Tucker, Jamie Harden, and Larry Ross have all joined the staff.

With a new fiscal year, also means a new contract with the County. One of the requirements is that we must have a minimum of 1,000 people 60+ years and who live in Genesee County visit us before March 31st, 2018. Please help us retain our current level of funding and visit us by then. Last year over 1,450 age 60+ and 1,550 age 50-59 participants came to the Krapohl Center.

A new fiscal year also means it is time to update or confirm your information with us. We are known to make mistakes typing in your information into our system. You might have moved, changed your phone number or email address. Please stop in to update or confirm your information. People who do not update or confirm their information by December 31st will be removed from our system. Thank you!

**Update or confirm your participant information by  
December 31st.**



Partnering to Present:

**FREE DENTAL HEALTH CLEANINGS  
FOR SENIORS!**



**WHERE:**

Mott Community College Dental Hygiene Clinic  
1401 E Court St  
Flint, MI 48503

**CALL TODAY TO SCHEDULE AN APPOINTMENT:**

(810) 762-0317

**Appointments are being scheduled ALL Day Monday through Friday.**

*Care is provided by dental hygiene students, under the direct supervision of licensed dental hygienists and dentists.*

This project is being paid for by Valley Area Agency on Aging, Mott Community College Dental Hygiene Clinic and Stephanie H. and David A. Spina Family Foundation.. If you would like additional information, please call Abie Mars at Valley Area Agency on Aging at 80-600-0633.

## "Eat & Run" Progressive Dinner

Wednesday, November 8th Cost: \$13.00

Appetizers: Montrose Senior Center  
Soup: Thetford Senior Center  
Salad: Forest Township Senior Center  
Main Course: Clio Senior Center  
Desserts: Krapohl Senior Center



Get Your Ticket Early.  
Deadline: November 1, 2017  
Transportation is provided but must sign up



## Christian Says Goodbye



## Meet the Board

**Valorie Horton**

Valorie started coming to the Krapohl Center several years ago to get fit with Yoga after her retirement from General Motors. She worked in Machine Repair before receiving her Masters in Management of Human Resources. Upon receiving her Masters she began working as a manager for Skilled Trades and Quality Control for GM.

Valorie loves to express herself through her art. She is a professional Potter having several shows at the Flint Institute of Arts. She learned how to do pottery at FIA and created many of her pieces there until she built her own pottery studio in her home.



Valorie has a strong belief in giving back to her community. She has been with "The Chosen Few Arts Council", a nonprofit that teaches art to under served communities for over ten years. She is very involved with the Berston Community Center teaching art to children.

Valorie has served on the HSCS - Krapohl Center board of directors for three years sharing her management skills.

Thank you Valorie for all that you do.

## Hello, May I Help You?

Help us keep our designation as one of the friendliest centers in Genesee County. Become a greeter. A friendly "hello, may I help you", or "hello, how are you today" goes a long way in making a person feel valued and welcomed.

If willing to volunteer 4 hours once a week greeting people who come to the Krapohl Center stop in and see Karen. Your welcoming nature as greeter is needed and wanted.

Subs are also being sought for summer vacations.



# Spiritual Wellness

## Increase your confidence with quite reflection!

"You will get nowhere without a spiritual practice," Oprah told the graduating class of Agnes Scott College in Georgia. Though she doesn't consider herself religious in the traditional sense, she prays every night and takes a few deep breaths to center herself. This "slowdown time" helps her appreciate the importance of every moment.

Whatever you choose to do - praying at bedtime and breathing away stress, or just staring at the stars in the sky - be sure to pencil it in on your daily to-do list, just as you would any other important appointment. While any me-time is beneficial, only routine practices lead to long-term benefits, such as increased energy.



## Tai Chi with a Twist

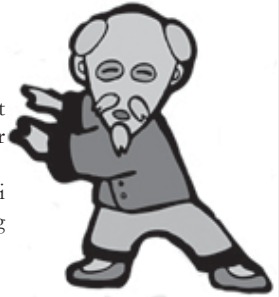
Cost: \$2  
Date: Saturdays @ 10 am  
Instructor: Darci

Tai Chi is practiced throughout the world as an effective exercise for health and fitness.

This class uses basic Tai Chi moves to improve balance and stretching to improve range of motion.

This class is great for the beginner as well as those more advanced in Tai Chi. Everything can be done in a chair as well as standing up.

Begin your "Tai Chi with a Twist" Experience Now!



# Physical Wellness

## Movin' & Groovin'

M - W - F @ 10 am  
Cost: \$15/ 10 weeks or \$2 / session



## 30 Minute Manicures

Cost: \$10  
Fridays: October 13th & 29th  
Manicurist: Stephanie Uhlmeier



Pamper yourself and have your fingernails shaped and polished. Please call by Thursday for an appointment.

## Blood Pressure & Diabetic screening

Cost: FREE  
Wednesdays 9 - 11 am  
Performed by:



## Hearing Screening

Date: October 17  
Time: 9 - 12 n  
Provided by: Fluke Hearing  
Must make an appointment.



Having troubling hearing conversations? Have your hearing checked by the professionals.

## Low Vision? Need the Print to be magnified to read?

The low vision reader is available for use.

Monday, Wednesday and Fridays from 8 am - 4 pm.



## Wii Bowling

Cost: \$5 for 8 weeks  
3 bowling leagues meet on Tuesdays.



No team play all individual competition.

New bowlers always welcomed.

## Foot Clinic

Date: To Be Announced  
Time: 9 - 10:20 am

If unable to trim your own toe nails call 989-652-2444 to make an appointment with licensed podiatrist Erin Palmer.

Bring a photo ID and your insurance card.



## Massage Therapy

Cost: FREE  
Date: 2nd Thursday of Month  
Beginning November  
Time: 10 - 12 n  
Therapist: Bob Kerner  
Must make an appointment.



Having aches and pains. Make an appointment our new Massage Therapist and have those aches and pains worked out.

*What do mummies like listening to on Halloween?  
Wrap music!*

The Fantastic  
Totally Country  
Easy Listening

## COUNTRY EXPRESS

Ya'wl are invited to the Krapohl Center Country Family music night.

Thursdays from 6:30 - 9:30 pm  
Door Prizes.... Food...Fun  
\$4 admission at the door



## Line Dancing

Cost: \$3 per class  
Tuesdays:  
Beginners @ 4:30 pm  
Intermediate @ 5:30 pm  
Instructor: Darci Bobb

Line dancing is done in a group where the dancers dance side by side doing the same steps. It is a fun way to exercise.



## For Your Birthday



Join us on your birthday for a free lunch and receive your individual birthday cake. Call 785-2270 by Friday prior to your Birthdate, to reserve your birthday lunch.

## Restaurant Club

Wednesday: October 25 @ 4 pm

Hop on Miller Road

Bring a friend...Meet a friend!



## Commodity Surplus Food Program

### Program

3rd Wednesday of the month MUST pick-up between 9:00 - 12:00 n



- |   |   |
|---|---|
| For   | Need  |
| <ul style="list-style-type: none"> <li>● People 60 + years of age</li> <li>● Income less than \$1,307 for family of one</li> <li>● \$1,760 for family of two</li> </ul> | <ul style="list-style-type: none"> <li>● Proof of income</li> <li>● Proof of Family Size</li> <li>● Proof of residency</li> <li>● Photo Identification</li> </ul> |



When: Monday - Friday 9 - 4 pm

Assisted by: Cherylynn

Every time an enrolled member of the Krapohl Center shops at Kroger using his or her Kroger Plus Card, the Krapohl Center will earn rewards in the form of a quarterly check based on your purchases.

- Enrollment does not take away your points for gas or other discounts.
- Let Cherylynn help you enroll in the Kroger Plus Card program.

## Home Cooking on Tuesdays

Freshly prepared home cooked meals are on the lunch menu for Tuesdays. Chef Ronnie will be preparing freshly made nutritious lunches.



Chef Ron Iaquinto

- 3rd Beef Stew  
Corn Bread  
Garden Salad
- 10th Scalloped Potatoes w/Ham  
Peas & Carrots  
Garden Salad
- 17th Tuna Casserole  
Garden Salad
- 24th Mostaccioli  
Garden Salad  
Garlic Bread
- 31st Vegetable Soup  
Submarine Sandwich  
Cole Slaw

Cost: \$4 per meal

Must sign up by Friday for lunch on the next Tuesday!

Purchase a monthly punch pass for only \$16 - \$20 (based on number of weeks). Must make your meal reservation by the end of the day on Friday for a Tuesday lunch. No exceptions.

## Ice Cream Sundaes

3rd Wednesday of month @ 1 pm

Choose from a variety of toppings.



## Donations of the Following are Needed and Appreciated!

- |                   |                    |              |
|-------------------|--------------------|--------------|
| Decaf Coffee      | Reg Coffee         | 8 oz coffee  |
| Foam Plates 10"   | Foam plates 6"     | Napkins      |
| Tall Kitchen Bags | Plastic Silverware | Toilet Paper |
- Pull up adult diapers all sizes



Join us for lunch at the GCCARD sponsored lunch program at the Krapohl Center on Monday, Wednesday, Thursday & Friday. A \$2.00 donation per meal is requested for anyone 60 years and older and anyone under 60 years of age or living outside Genesee County it is \$3.50. Place your meal reservation by noon for a meal the next day. No exceptions!

For a meal reservation call 785-2270

## October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Oven Fried Chicken	3 <i>"Beef Stew"</i>	4 Chicken Teriyaki	5 Grilled Chicken Breast	6 Baked Tilapia
9 Pulled BBQ Pork	10 <i>"Scalloped Potatoes w/ Ham"</i>	11 Creole Steak	12 Country Style Chicken	13 White Chicken Chili
16 Chicken & Dumplings	17 <i>"Tuna Casserole"</i>	18 Pub Burger w/cheese	19 Breaded Turkey Cutlet	20 Stuffed Pepper w/sauce
23 Steak Petit	24 <i>"Mostaccioli"</i>	25 BBQ Pulled Chicken	26 Pork Chop w/gravy	27 Vegetable Lasagna
30 Beef Stew	31 <i>"Vegetable Soup &amp; Sub Sandwich"</i>	<i>Menus typed in "italics" are freshly prepared at the center.</i>		

# Intellectual Wellness

## Computer Programs

Facebook Skype & Webcam  
Computers for Newbies Tablets  
Whatever Your Personal Need Is



Instructor: Marcelo Ortiz

Time: at your convenience call to schedule an appointment.

Cost: \$3 / half hour

Classes are tailor made according to your available time and needs.

## Beaded Jewelry

Cost: \$5 supply fee

Instructor: Pam Donlan

Monday: October 9 @ 1:30 pm



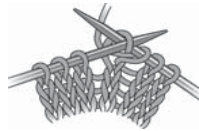
Each month make a pre-designed nickel free bracelet and earrings.

## Knitting & Crocheting

Cost: FREE

Instructor: Francessa Keim

Thursdays at 1 pm



## Watercolor Painting

Cost: \$8 includes supplies

When: Saturday, October 14 @ 1 pm

Instructor: Karen Aiello

Minimum class size 5 Maximum 10

Learn a new painting each month.

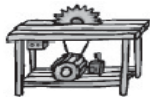


## Woodcrafts

Cost: donation

Tuesdays & Thursdays @ 1 pm

Join skilled woodcrafters and learn to make a new project each month. Beginners welcomed.



## Healthy Eating

Instructor: Staff from Guardian Angel's

Date: Thursday, October 19 at 1 pm

A healthy lifestyle involves many choices.

Among them, choosing a balanced diet or healthy eating plan. So how do you choose a healthy eating plan? Come and find out.



## Long Term Health Care

Presented by: Staff from Morgan Stanley

Wednesday: October 11 @ 1 pm

Hear about the benefits of long term health insurance.

The Krapohl Center does not endorse this or any insurance company.

## Woodcraft with

### Johnnie Sue

Unfinished Pine End Table

Cost: \$20

Wednesday, October 25 @ 10 am

Join skilled woodcrafters and learn to make a new project each month. Beginners are welcome.

Class size limited to 4. A second class will be scheduled if necessary.



## Stitch in Time

### Quilters

Cost: FREE

Mondays @ 1 pm



## Make Dried Fruit Potpourri

Cost: \$8

Instructor: Cherylynn

Wednesday: October 11

Time: 1 - 3:30 pm

While floral potpourri is fragrant, potpourri made from dried fruit imparts a zest that fills your home with a crisp, fresh scent. Drying fruit is easy, and part of the fun in making this potpourri is choosing your favorite fruits to mix together. This is an ideal potpourri for kitchens and dining rooms, and it makes a welcome hostess gift



## Make Pumpkin Paper Lanterns

Cost: FREE

Instructor: Cherylynn

Wednesday: October 4

Time: 1 - 3:30 pm

Help decorate the center for fall by making pumpkin lanterns. They are fun and extremely easy to make.



## Holiday Pallet Painting

Cost: \$18 (includes all supplies)

Facilitator: April Bowen

Saturday: October 28 @ 1 pm

A fun painting class with friends, stencils to make it easy for everyone and choose colors that complement your home and personalize it. Most art can be completed within 2 hours.

Stop into the Center to see and pick your design choices!

Choose a Holiday design from one of the four patterns. Pallets are approximately 15x 18". Must call in or text your background color by October 21st to 810-252-2425.



**MUST sign up & pay for all classes before day of class.**

**All classes have a minimum class size requirement.**

## Attorney General Senior Program

Phone, Mail and e-scams

Cost: FREE

Instructor: Gloria McCrackin  
Attorney General's

Date: Wednesday, October 4th at 1 pm

Learn the telltale signs of scams; phone scams, mail, email, and texts along with steps to minimize your risk of being victimized.

## Annual Homestyle Cookie Dough Sale

Help the center and your sweet tooth. The center makes a percentage off of every order placed.



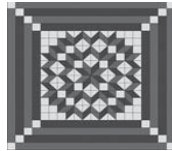
Cookie choices include but are not limited to: Gluten Free Chocolate Chip and Oatmeal Chocolate Chip Scotties, Chocolate Chunk, Peanut Butter, White Macadamia, Oatmeal Raisin. Gourmet Popcorn, Gourmet Cakes, Chocolate Covered Pretzels and Seafoam Candy are also available.

Cookie Dough tub - Gourmet Popcorn - **\$13 ea**  
Lava-licious Fudge Cake - Chocolate covered Pretzels - **\$13**  
Seafoam Candy - **\$13 ea**

Order forms are now available at the center. Place your order now and get your family and friends to order also. All orders must be paid for at the time of placing the order.

Orders are due October 31 by 5 pm.  
Delivery in mid November.

## Quilt Auction November Donations Being Accepted



The Krapohl Center is preparing for our next quilt auction and needs your help. Donations of anything quilted is now being accepted. Quilted purses, pillows, bed covers, jackets, place mats, new or old, whatever it is, as long as it is quilted, the center will gratefully accept it.

## Quilt Tops Needed

Our quilters are in desperate need of sewn quilt tops ready for quilting. The Stitch in Time quilters quilt bedspreads to be auctioned off as a fundraiser for the Krapohl Center. If you have a quilt top or willing to sew some quilt tops for the center please contact Cheryl Lynn.



## Obituaries

Our thoughts and prayers are with the family and friends of the following friends who recently passed away.

Peter Mikelens; August 9, 2017  
Charles Gage; August 16, 2017  
Marion Byrne; August 25, 2017  
Evelyn McKeown; September 1, 2017  
Asa Fortier; September 2, 2017  
Hassie West; September 11, 2017  
Gary West; September  
Edith Anger; September 18, 2017  
Ed Pluta; September 19, 2017  
Veris Rich; September 20, 2017

Please let the Krapohl Center know when one of our friends passes away. We try to catch notices in the newspaper but unfortunately we miss a few.

## Let VG's "direct your dollars" to the Krapohl Center



Direct Your Dollars is a receipt-based program, means we can raise money simply by doing something we all do each week - going to the grocery store.

Every time you shop at VG's, save your complete receipt - and encourage your friends and family to do the same. Once we've collected \$150,000 in VG's receipts we can turn those slips of paper into a \$1,000 check for the Krapohl Center.

To reach our goal of \$150,000 in receipts a "direct your dollars" collection box can be found at the greeter desk in the entrance for your convenience. Please submit only complete receipts, no partial receipts can be used.

# Environmental Wellness

## Recycle batteries

Drop off your household batteries, alkalines to rechargeables, at the Krapohl Center. In turn the Krapohl Center will drop off your batteries to be disposed of properly.

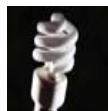
## Recycle Cell Phones

The following businesses accept cell phones for recycling.  
AT & T Wireless      Best Buy      Radio Shack  
Batteries Plus      Lowe's      Office Depot  
Verizon Wireless

## Recycle CFL Light bulbs

At each of The Home

Depot stores, customers can simply bring in any expired, unbroken (Compact Florescent Light) CFL bulbs, and give them to the store associate behind the returns desk.



## Recycling Electronics

To sell, recycle, or dispose of your electronics properly. Call 1-800-Recycling or go to <http://electronicrecyclers.com/>

## Yellow Jug Old Drugs Program

The following items are accepted at:  
Union Prescription; 11830 N Saginaw Rd,  
Mt. Morris 48458

Non-controlled drugs/substances      Medicated ointments and lotions  
Over-the-counter drugs      Prescription drugs  
Medicated cough drops      Pet medications  
Cold and flu medications      Medication samples  
Vitamins and supplements      Insulin

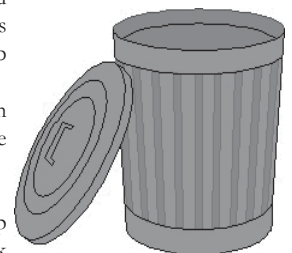


## Need help putting out the Trash?

Mt. Morris Township seniors and disabled residents who have difficulties taking their trash containers to the curb can get help at no charge.

Emterra will pick up your trash containers from your driveway by the house and return it when emptied.

For information and sign up call Brenda Ashley, Mt. Morris Township Clerk at 785-0817 or Treasurer, Patrick Haley at 820-9150.



# October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
<b>2</b> Cookie Dough Sale Begins Movin' & Groovin' 10 am Quilting 1 pm Bunco 1 pm Canasta 1:30 pm Penny Bingo 5 pm	<b>3</b> Wii Bowling Home Cooking 12 n Woodcrafts 1 pm Mexican Train Dominoes 1 pm Pinochle 1 pm Line Dance Beginners 4:30 pm Interm 5:30 pm	<b>4</b> BP & Sugar 9 - 11 am Movin' & Groovin' 10 am Pumpkin Lantern 1 pm Attorney General 1 pm	<b>5</b> Farmers Market 11 am Ask the Lawyer 12:30 pm Woodcrafts 1 pm Knitting/Crocheting 1 pm Karaoke 4 pm Country Express 6:30 pm	<b>6</b> Movin' & Groovin' 10 am No Penny Bingo No Gospel Ladies Indulgence 4 pm	<b>7</b> Tai Chi 10 am Hand Knee & Foot 4 pm
<b>9</b> Movin' & Groovin' 10 am Quilting 1 pm Canasta 1:30 pm Beaded Jewelry 1:30 pm Penny Bingo 5 pm	<b>10</b> Wii Bowling Home Cooking 12 n Woodcrafts 1 pm Mexican Train Dominoes 1 pm Pinochle 1 pm Line Dance Beginners 4:30 pm Interm 5:30 pm	<b>11</b> BP & Sugar 9 - 11 am Grocery Shopping 9am & 1:30 pm Movin' & Groovin' 10 am Texas Hold'em 12:30 pm Ladies in Red 1 pm Making Potpourri 1 pm Long-term Insurance 1 pm	<b>12</b> Health Fair & Flu Shots 9 am Farmers Market 11 am Ask the Lawyer 12:30 pm Knitting/Crocheting 1 pm Woodcrafts 1 pm Karaoke 4 pm Country Express 6:30 pm	<b>13</b> Color Tour Movin' & Groovin' 10 am Manicures 10 am Penny Bingo 1 pm	<b>14</b> Tai Chi 10 am Watercolors 1 pm Hand Knee & Foot 4 pm
<b>16</b> Movin' & Groovin' 10 am Quilting 1 pm Canasta 1:30 pm Board Meeting 4 pm No Penny Bingo	<b>17</b> Wii Bowling Hearing Screen 9 am Home Cooking 12 n Woodcrafts 1 pm Mexican Train Dominoes 1 pm Pinochle 1 pm Line Dance Beginners 4:30 pm Interm 5:30 pm	<b>18</b> BP & Sugar 9 - 11 am Commodities 9 am Movin' & Groovin' 10 am Ice Cream Social 1 pm	<b>19</b> Soaring Eagle Trip Farmers Market 11 am Ask the Lawyer 12:30 pm Knitting/Crocheting 1 pm Woodcrafts 1 pm Healthy Eating 1 pm Karaoke 4 pm Country Express 6:30 pm	<b>20</b> Movin' & Groovin' 10 am Penny Bingo 1 pm	<b>21</b> Tai Chi 10 am Hand Knee & Foot 4 pm
<b>23</b> Movin' & Groovin' 10 am Quilting 1 pm Massages 1 pm Canasta 1:30 pm Penny Bingo 5 pm	<b>24</b> Veteran Assistance 9 am Wii Bowling Home Cooking 12 n Woodcrafts 1 pm Mexican Train Dominoes 1 pm Pinochle 1 pm Line Dance Beginners 4:30 pm Interm 5:30 pm	<b>25</b> BP & Sugar 9 - 11 am Grocery Shopping 9am & 1:30 pm Woodcraft with Johnnie Sue 10 am Movin' & Groovin' 10 am AARP Meeting 1:30 pm Restaurant Club 4 pm	<b>26</b> Farmers Market 11 am Ask the Lawyer 12:30 pm Woodcrafts 1 pm Knitting/Crocheting 1 pm Karaoke 4 pm Country Express 6:30 pm	<b>27</b> Movin' & Groovin' 10 am Manicures 10 am No Penny Bingo Murder Myster Dinner 4:30 pm	<b>22</b> Euchre Tournament 2 pm
<b>30</b> Movin' & Groovin' 10 am Quilting 1 pm Canasta 1:30 pm Penny Bingo 5 pm	<b>31</b> No Wii Bowling Home Cooking 12 n Halloween Party 11:30 am Woodcrafts 1 pm Mexican Train Dominoes 1 pm Pinochle 1 pm Line Dance Beginners 4:30 pm Interm 5:30 pm Cookie Orders Due 5 pm				<b>28</b> Tai Chi 10 am Pallet Painting 1 pm Hand Knee & Foot 4 pm

**Aging Touches**  
**Each of Us...**  
**Our parents,**  
**Our children,**  
**Ourselves.**

HSCS Senior Services is here to help families live life to the fullest.

# Social Wellness

## Jigsaw Puzzles

Date: Daily

Challenge your brain and keep it healthy by working jigsaw puzzles.



## Penny Bingo

Fridays

1 pm

\$0.10 per card



Monday Night Penny Bingo

5 pm

\$0.10 per card

Cancelled Friday, October 2nd

## Karaoke

Thursdays from 4 - 5:30 pm.

Led by Sharon Huntley



## Mexican Train

## Dominoes

Tuesdays @ 1 pm



## Single Deck Pinochle

Tuesdays @ 1 pm



## Bunco

Monday: October 2 @ 1:30 pm

Cost: \$5

Cash Prizes & snacks

Enjoy playing this fun dice game.



## Euchre Progressive Tournament



Sunday, October 22

2:00 - 5:00 pm

\$5 per person

- CashPrizes
- Lite Lunch
- door prizes

## Canasta

Mondays at 1:30 pm

Have fun playing this 500 rummy style card game. Canasta is growing in popularity once again.

## Texas Hold'em

Wednesday: October 11, 12:30 - 3:30 pm

\$5 / person buy in



## Hand, Knee & Foot

Saturdays from 4 pm - 8 pm

Cost: \$1 / week

Spend Saturday afternoons playing this fun and challenging card game with players from around Genesee County.

## Gospel Sing-a-long

Join Bob Burton as he leads a Gospel Sing-a-long

**cancelled for October**  
the Friday of the month  
5:30 pm



## Ladies in Red

Ladies in Red next meeting is  
October 11th @ 1 pm  
at the Krapohl Center



# Emotional Wellness

## Volunteers don't necessarily have the time . . . they just have the heart!

Take the time today to make a difference in someone's life!

Here are some of the many volunteer opportunities at the Krapohl Center:

Call (810) 785-2270 to find out how easy it is to get started!

## Volunteer Meeting

November 27, 2017 @ 1 pm

Share your concerns,  
suggestions, and wants.

## K.I.S.S.

The Keeping Independent Seniors Safe Program is a free telephone assurance program designed to keep seniors safe and independent.

For information call 249-6530.

## Overcome Obstacles

Next time you find yourself in a frustrating situation try to see a glimmer of humor in it. The happiest people are those who can find a bright spot in tough circumstances, reveals research done at Western Carolina and Oakland universities.

It works! Positive humor - the kind that points out a benefit rather than highlights a negative - makes challenges a little less challenging, so that you come out on the other side of them with your optimism intact.

And savor simple pleasures!

Pausing to appreciate three good things each day - they can be as simple as the deliciousness of a cup of coffee - helps you sail through minor snafus. As researchers explain, savoring positive moments reminds you that setbacks are temporary.





# Travel

## Casino Trips

### Soaring Eagle

Date: **October 19, 2017**

Depart: Krapohl Center at 9 am      Return approximately: 6 pm  
Cost: **\$20**

Includes: Round trip transportation, on the center's bus. Casino and gaming package if available. Need 18 for package. Minimum of 15 for trip to go.

Reserve by mail: send check with name(s) of person(s) placing the reservation to: **Heart of Senior Citizen Services, G-5473 Bicentennial Dr., Mt. Morris, Michigan 48458.** ←

All trips are on a first-come, first-served basis with deposits required at sign-up. A reservation is made only when a deposit has been made. ←

The Krapohl Center Travel Program is Open to Anyone Over The Age of 21. ←

## Hawaii

January 24 - February 5, 2018

Cost: **\$3,518 all inclusive excluding meals**

Tour includes: Your tour is accompanied throughout by friendly Polynesian Tour Directors. Activity level is rated as easy going. Visit:

- ✓ Pearl Harbor
- ✓ Macadamia Nut Farm
- ✓ Dole Pineapple Plantation
- ✓ Waikiki Beach
- ✓ Kauai Island
- ✓ Maui Island
- ✓ Hawaii (Big Island)
- ✓ Banyan Trees
- ✓ Kaanapali Beach whale sightings
- ✓ Volcanoes National Park
- ✓ Thurston's Lava Tube
- ✓ Orchid Nursery
- ✓ King Kamehameha's Feast
- ✓ plus much more !



## Penthalon 2017



## Color Tour & Island Festival in Grand Ledge



**October 13, 2017**  
**First 10 signed up \$47**  
**all others \$49**

Included in the tour will be a ride on the Grand Princess which is a paddle boat with the main cabin enclosed for comfortable cruising. Also included will be Horse-drawn wagon rides taking visitors through the historic downtown area. Island Festival includes an historic turn of the century experience with spinning wheels, corn shelling, etc.

Lunch is on your own as there are many vendors to choose from.

## The Vogues

Frankenmuth Bavarian Inn  
November 29, 2017



Cost: **\$49 pp**

Payment Due: **November 22nd**

**First 5 sign-up pay only \$47. Sign up now. Trip limited to 19.**

Depart: Krapohl Center at 1:15 pm      Return approximately: 6:00 pm

Immerse yourself in a show featuring one of the top groups on the oldies scene today. Their outstanding talent and stylish delivery, coupled with their vital, poised performance makes this one amazing dinner show.



## Build a Community of Support

### Ask for a hug!

Just hugging someone is proven to boost feel-good brain chemicals, plus it helps strengthen the immune system. Even cuddling a cat or dog scores you the benefits!

### Plan a "laughing" date!

Make time to see a funny movie with a friend - laughing together not only strengthens the bonds of your friendship, it speeds healing too!

### Reach out!

Connecting with others who are in a similar situation helps people feel better.



## Let Roxann, Social Services Technician, help you!

Call 785-2270

Roxann can help with many of your life needs, such as Medicare /Medicaid assistance, food assistance and much more.

### MICAFE Counseling

Just because you have Social Security or a small pension doesn't mean that you have to struggle to make ends meet! Even with a modest income and assets, a person might still qualify for food and medical assistance. For people age 60 and older, high medical expenses may help you qualify. If your income is approximately \$1,800 or less a month, then it is likely you are eligible to receive some help.

### Save Money \$

See if you are eligible for Extra Help with Part D and/or with Medicare Part B premiums.

### MMAP (Medicare / Medicaid Assistance Program)

A MMAP counselor can:

- Answer questions or identify someone who can answer your questions
- Assist you in understanding and organizing your Medicare bills and statements
- Help you understand the Medicare appeals process and help you decide whether you should file an appeal.
- Clarify the services that Medicare does not cover
- Show you how to compare Medicare supplemental health insurance policies
- Help you understand the Medicaid system in the long term care setting (Nursing Homes).

For additional information call the MMAP Hotline. 800-803-7174.

# Medicare Part D

Open Enrollment

## Medicare Open Enrollment

October 15 - December 7, 2017

Review your current plans, 2018 options that will be available to you regarding your health plan and your Part D drug plan.

Call 810-785-2270

Krapohl Senior Center

to schedule an appointment with a MMAP counselor (Roxann) to review your plans during the Open Enrollment Period.

## Loan Closet

Rental Cost: depends on item

Are you in need of a wheelchair, walker or cane? The Senior Center has a care closet where these items may be rented with a refundable deposit.



## Ask the Attorney

Local attorney

Steven Kennedy offers

private consultations at the Krapohl Center every Thursday from 12:30 until 2 pm.

There is no charge for the 15 minute consultation. Appointments are required. Call 785-2270.



## Share a ride! Share a smile!

Many riders often times need to make multiple stops while out and about. Instead of the current charge of \$2 per trip or stop we are now charging just .50 per additional stops outside of the direct route of from home to the center or first stop. Therefore if a rider comes to the center and then stops at the bank and then Krogers the fee is \$4 + .50 +.50 = \$5 or 2 transportation pass punches and 2 additional stop punches.

Transportation passes may be purchased at the front desk or from the bus driver.

### Receive a Discount with a Transportation Pass

A ride is a one way trip. Therefore a ride to the doctor and home again is equal to 2 punches 20 punch pass = 10 round trip rides for \$30

If you need a ride to the center, the doctor, grocery store or wherever and live in the HSCS service area, just call the Krapohl Center at 785-2270, 24 hours in advance to schedule your ride.

### Transportation Pass



1 2 3 4 5 6 7 8 9 10  
11 12 13 14 15 16 17 18 19 20

### Additional Stop

For each stop on the route between your home and the center is called an additional stop and is an extra 50¢ if outside of the direct route.

1 2 3 4 5 6 7 8 9 10  
11 12 13 14 15 16 17 18 19 20

Let us do the driving for You

only \$4 cash RT + 50¢ for each additional stop

"The Heart of Senior Citizen Services shall not discriminate against any person on the basis of age, race, color, sex, religion, physical handicap, national origin, or any other basis provided in federal, state, or local law, regarding any service performed by or for the HSCS."

Title VI Coordinator, (810) 785-2270

## Flint Farmer's Market

Date: Thursdays Cost: \$4 Must call to schedule ride

Depart: Krapohl Center 11 am Return approximately: 2 pm

## Senior Grocery Shopping Service

The Krapohl Center bus is now available for seniors living in the Mt Morris area looking for a ride to the grocery store.

Cost: \$4 Round trip

When: 2nd & 4th Wednesdays

Schedule: Krogers in Mt Morris 9 am-12 n ot 1:30-4 pm

## US Postal Stamps

Books of postage stamps are available at the Krapohl Center for your convenience.



## Bring a little Sunshine

If you know of a center participant who is a little under the weather or in the hospital please let us know.

The center would like to send them a card. Call 785-2270 so we can give a little sunshine.



## Veteran Benefit Assistance

John Nelson Department of Veterans Services

4th Tuesday of Month @ 9 am

John is at the Krapohl Center the fourth Tuesday of each month, at 9 am to assist veterans from any area. He will assist veterans with benefits or answer questions about Veterans benefits.

Appointments are required!



10



**HEART OF SENIOR CITIZEN SERVICES**  
**Krapohl Senior Center**  
 Wellness in Aging Begins Here

**Our Mission:** HSCS is a non-profit 501(c)3 organization dedicated to helping older residents of Genesee County accept and maintain the dimensions of “Wellness”, Independence and Dignity as their life-style.

**Our Vision**

To be the community leader and resource for addressing the diverse needs of older adults.

**Board of Directors**

Dale Daron	President
Johnnie Sue Petrich	Vice President
Pam Iaquinto	Secretary
Brenda Ashley	Treasurer
Deacon Jim Brown	Trustee
Willie Duncan	Trustee
Elizabeth Hohn	Trustee
Valorie Horton	Trustee
Elizabeth (Jonnie) Merrow	Trustee
Yvette Ruckes	Trustee
Ken Sies	Trustee
Ingrid Thomas	Trustee

Executive Director: Karen Reid

The Krapohl Center does not discriminate against any person requesting services or programs. Should you have a concern about the programs and services we provide, please write or call the Executive Director.

The HSCS is a private 501(c)3 non profit agency funded through donations, fund raisers, grants, Mt. Morris Township, Federal Community Development Block Grants, Michigan Department of Transportation, Mt. Morris Consolidated Schools and the Genesee County Senior Millage.

“This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.”



**FOR A . . .**

**Staff that listens . . .**  
**Staff that cares . . .**  
**stop in at the Krapohl Center**

**Office Hours 8 - 5 pm**  
**Center Hours 8 am - 7:00 pm**

## HSCS Board Meeting Dates

All meetings begin at 4:00 pm and are held at the Krapohl Senior Center

- October 16, 2017
- November 20, 2017
- December 18, 017
- January 15, 2018
- February 19, 2018
- March 19, 2018
- April 16, 2018
- May 21, 2018
- June 18, 2018
- July 16, 2018
- August 20, 2018
- September 17, 2018

In the event of any changes to date, time, or meeting venue every attempt will be made to notify the public of these changes. Please check website and Facebook for notices of meetings and or changes.

### HSCS Staff

- Executive Director:** ..... Karen Reid
- Assist. Director/Program Coordinator:** .....Cherylynn Kreider
- Social Work Technician:** ..... Roxann Braddock
- Office Clerk:** ..... Sandy Tucker
- Staff Assistant:** .....Jamie Harden
- Building Supervisor / Custodian:** .....Larry Ross
- Transporter:** .....Stephanie Eller
- World-Horizon Volunteer:** .....Marcelo Stanglini Ortiz

## MySeniorCenter

Please remember to scan in each time you come to the center. Check every activity you will be participating in but only those activities.

Accurate participation reports are very important to us and to our county commissioners.



### Visit us through Social Media



Like us on Facebook:  
 (www.facebook.com/  
 Krapohl Senior Center)  
 or check our website at  
 www.heartscs.org.

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## Krapohl Senior Center

Information & Referral  
 Health Education & Programs  
 Support Network  
 Classes  
 Games  
 Travel  
 Friends  
 Fun !

Call 785-2270



Please update your information!  
 Fill out this form and bring it to the Krapohl Center.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Cellphone: \_\_\_\_\_ Email: \_\_\_\_\_

Twp/City (where you pay your taxes): \_\_\_\_\_

Birthdate: \_\_\_\_\_

Single \_\_\_\_ Married \_\_\_\_ if married when is your anniversary \_\_\_\_\_

African Am \_\_\_\_ Caucasian \_\_\_\_ Hispanic \_\_\_\_ Native Am \_\_\_\_ Pac. Island \_\_\_\_ Other \_\_\_\_

Your information is kept confidential and is not given out for any reason.

Please fill out this form so we can update our mailing list and participant statistics.

