



Senior Services
Wellness in Aging Begins Here
Krapohl Senior Center



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A Publication of the Heart of Senior Citizen Services

Country Western Dinner

August 25th @ 5 pm
\$15 pp

Western attire is not required but recommended for this evening of Country Western fun and chow.

Returning by Popular Request
Dan Hayes



Menu: BBQ Ribs
Corn on the Cob
Corn Bread
Cole Slaw

Must sign up by August 21st

Meet Marcelo




“I have always had the intention to spend a year abroad after finishing high school. My focus has increasingly centered on volunteer work, especially with the elderly. Therefore, I am excited to be a part of your organization in Mt. Morris.”

Marcelo was born in Bogota, Colombia. His family now lives in Mainz, Germany. He has completed two internships with physicians in plastic surgery. He believes these experiences left him with a broad understanding of how to treat and care for the elderly. He is excited to come here and interact with the elderly.

Come and meet Marcelo August 30th at 1pm and have an ice cream sundae.

THE SENIOR CENTERS OF
CLIO, FOREST TOWNSHIP, KRAPOHL, MONTROSE AND THETFORD
PRESENT
THE
NORTHERN TIER
PENTATHLON

SEPTEMBER 11–15, 2017 1:00–3:00

- | | |
|-------------------------|---|
| Monday—HORSESHOES | GET a TEAM of 2 |
| Tuesday—LAWN BOWLING | TOGETHER and |
| Wednesday—LADDER GOLF | COMPETE in ALL |
| Thursday—CORNHOLE/BAGGO | 5 EVENTS |
| Friday—MINIATURE GOLF |  |

Trophy will go to the winning team's Center until 2018.

Lunch is available at each Center before the event. Please see details at your Center.

Come celebrate the Pentathlon
Country Hoedown \$10

PULLED PORK DINNER W/ ALL THE FIXIN'S

DJ—DAN McPHAIL CAMPFIRE

SEE YOUR CENTER FOR DETAILS! 1

Christian's Farewell Presentation

August 29 @ 1:30 pm

Dear Krapohl Friends,

My year is almost over and its nearly time to fly back to Germany. Even though it was pretty hard for me to be away from Germany I'm glad that I became part of the Krapohl family. I met some incredible and funny personalities that made my stay so much better. Therefore, I'm giving a last presentation that's going to be better than my last presentation about my home city Ulm.

Join me on August 29th for my Farewell presentation about my year in th U.S. This talk includes everything that I experienced in the states. I talk about my life in the States and my life at Krapohl. I will show you some pictures, videos and video clips I made during my stay. All in all, it's something that you will never forget. I'm looking forward to seeing you!

Must be Signed Up By Monday 27th!

Get your 2 person team together now for the

Register NOW

Northern Tier

PENTATHLON

Registration information is available.





Have Fun! Play Fair!

Senior Day

In Partnership with
Senior Directors Association
Of Genesee County

Tuesday, August 22, 2017

Cummings Center, 6130 E. Mt. Morris Rd, 2 miles E of Genesee Rd

Admission is FREE

8:30 a.m. to Noon – Parking **FREE** to seniors with Parking Pass (*Passes available at your local Senior Center*)

8:30 a.m. to 2:30 p.m. – Shuttle Bus service available from/to parking lot.

Schedule in the Community Tent

9:00 a.m. – **FREE Donuts & Coffee** – (while supplies last) provided by VG's

9:00 a.m. to Noon – **Visit with Vendors** from Genesee County Senior Services

9:00 a.m. to 12:00 – **FREE Fun Entertainment**

Entertainment Schedule: D.J. John Davis throughout the morning

9:00 – Jymi Dill, Singer

10:00 – Drummunity, Interactive

11:00 – T.J. Craven, Singer

Lunch – Bring a sack lunch or purchase food at the fair. Shaded tables and chairs are available in the Community tent, eat lunch and enjoy the entertainment.

Fun Games in the Afternoon (With Prizes)

12:00 – Scavenger Hunt (Get Your Team Together – Up to 4 people)

1:00 – Bean Bag Toss, Ladder Golf & Miniature golf – With Prizes!

AT THE FAIR!

10:00 a.m. **Bingo Tent Opens**

10:00 a.m. to 2:00 p.m. – **FREE Wagon Rides every half hour**

2:00 – **FREE Ice Cream** (while supplies last)

All Afternoon - There are many Genesee County Fair activities and exhibits!

Please note: Carnival rides are not free.

Senior Day at the Genesee County Fair is partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work.

Free parking passes may be picked up at the Krapohl Center



The purpose of Senior Project Fresh is to provide fresh, nutritious, unprepared, locally grown fruits and vegetables from local farmers' markets, to low income seniors.

Eligible seniors will receive \$20 in coupons, educational seminar on use of fresh fruits and vegetables, and exciting tasty recipes.

Eligibility

- Must be a resident of Genesee County.
- Household income
 - \$1,859/mo for a family of one
 - \$2,503/mo for a family of two
- Must be 60 years of age or older.

Call 785-2270
for an
appointment



Excess fruit and vegetables wanted

The rule towards good nutrition is that everyone should eat a minimum of 5 servings of fruit and vegetables a day.

If you have a garden and have extra vegetables or fruits consider bringing your excess to the center to be shared with our participants.



Beat the Heat with Red Cross Safety Tips

Everyone is at risk when temperatures rise above 90 degrees but the elderly and the very young are most susceptible to heat and heat-related illnesses. Heat-related illnesses can cause serious injury and even death if unattended. Signs of heat-related illnesses include nausea, dizziness, flushed or pale skin, heavy sweating and headaches. Victims of heat-related illness should be moved to a cool place, given cool water to drink and ice packs or cool wet cloths should be applied to the skin. If a victim refuses water, vomits or loses consciousness, call 9-1-1 or your local emergency number immediately.

Red Cross Heat Safety Tips:

- Dress for the heat. Wear lightweight, lightcolored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- Drink water. Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body. Avoid using salt tablets unless directed to do so by a physician.
- Eat small meals and eat more often. Avoid high-protein foods, which increase metabolic heat.
- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 and 7 a.m.
- Stay indoors when possible. If air-conditioning is not available, stay

on the lowest floor out of the sunshine. Remember that electric fans do not cool, they simply circulate the air.

- Be a good neighbor. During heat waves, check in on elderly residents in your neighborhood and those who do not have air conditioning.
- Learn Red Cross first aid and CPR.



Receive Your Krier by E-Mail



If you have an e-mail address please e-mail newsletter@heartscs.org and put "newsletter" in the subject line. Our mailing list has grown so much that we would like to e-mail the Krier to those who have email in order to save on postage costs.

Spiritual Wellness

Gentle Yoga

Cost: \$3 Donation
Date: Wednesdays
center 5:30 pm
Instructor: Pam Iaquinto



Research shows that yoga helps manage anxiety, arthritis, asthma, back pain, blood pressure, stress and a multiple of other conditions.

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.



Tai Chi with Darci

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

Tai Chi originated in ancient China, but is practiced throughout the world as an effective exercise for health and fitness.

Tai Chi for Health consists of fluid gentle movements that are relaxed, and at a slow tempo.

Summer is a State of Mind

Physical Wellness

Foot Clinic

Date: Thursday, September 28
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.

30 Minute Manicures

Cost: \$10
Fridays: Back in September
Manicurist: Stephanie Uhlmeier

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



Blood Pressure & Diabetic screening

Cost: FREE
Wednesdays 9 - 11 am
Performed by: Patty Taylor



Hearing Screening

Date: August 15th
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.



Movin' & Groovin'

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



Wii Bowling

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



No team play all individual competition.

New bowlers welcomed.



Nature Walk

Mon. - Wed. - Fri. @ 9:30 am
OR

Daily whenever you have the time

Fill your lungs with fresh air and stretch your legs while walking the center's walking path. Find a friend to walk with to increase the enjoyment of walking.

After your walk hydrate inside the center. And remember to scan in on Mysenior.



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 starting September
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: August 23 @ 4 pm

Blondies on the corner of Hill & Torrey

Bring a friend...Meet a friend!



Commodity Surplus Food Program

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



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



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

- 1st BBQ Chicken
Baked Potato
Broccoli Salad
- 8th Cold Plate
Fresh Raw Vegetables
Watermelon
- 15th Fish Sandwich
Sweet Potato Fries
Cole Slaw w/ raisins
- 22th Roast Pork Loin
American Fries
French Style Green Beans
Garden Salad
- 29th Lasagna
Garlic Toast
Garden Salad

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 | 8 oz coffee cups |
| Foam Plates 10" | Foam plates 6" |
| Paper Towels | 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. 60 & over requested donation is \$2 per meal. Under 60 must pay \$3.50 /meal. Place your meal reservation by noon for a meal the next day. No exceptions!
Menus typed in "italics" are freshly prepared at the center.

For a meal reservation call 785-2270

August Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	1 <i>"BBQ Chicken"</i>	2 Grilled Turkey Burger	3 Char Beef Steak	4 Spanish Rice w/ Beef
7 Pub Burger w/ Cheese	8 <i>"Cold Plate"</i>	9 Chicken Tenderloins	10 Baked Lemon Pollock	11 Philly Steak w/Cheese
14 Sloppy Joe	15 <i>"Fish Sandwich"</i>	16 Salisbury Steak	17 Buttermilk Breaded Chix	18 BBQ Pork Sandwich
21 Boneless Chicken Wings	22 <i>"Roasted Pork Loin"</i>	23 Chicken Philly w/Cheese	24 Pot Roast w/gravy	25 Baked Macaroni & Cheese
28 Boneless Rib in Sauce	29 <i>"Lasagna"</i>	30 Stuffed Cabbage	31 Pulled BBQ Chicken	4

Intellectual Wellness

Computer Programs

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



Instructor: Christian Rehm

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: September 25 @ 1:30 pm



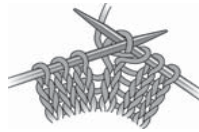
Each month make a pre-designed nickel free bracelet and earrings.

Knitting & Crocheting

Cost: FREE

Instructor: Francesca Keim

Thursdays at 1 pm



Watercolor Painting

Cost: \$8 includes supplies

When: Saturday, August 12 @ 1 pm

Instructor: Karen Aiello

Minimum class size 5 Maximum 10

Learn a new painting each month.

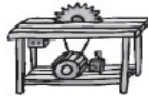


Woodcrafts

Cost: donation

Tuesdays & Thursdays @ 1 pm

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



Nature Discovery Series

Cost: \$3 per class

Instructor: For-Mar Nature Preserve Staff

Date: Wednesday August 16 at 1:30 pm

Once a month for 6 months

For-Mar Nature Preserve staff will present and educate us in a fun, informative, activity based program all about the nature that's around us, including such topics as plant life, birds, fish, good and bad insects.

This little guy was the topic in the July class.



Stitch in Time

Quilters

Cost: FREE

Mondays @ 1 pm



What's New in Recycling

When: August 10 @ 1 pm

Presented by: Carl Thompson

The Genesee County Metropolitan Planning Commission sponsors several recycling programs, such as awareness programs for elementary schools and hazardous waste collections.

Learn what can be recycled and what cannot, when hazardous waste collections are done, and where to recycle computers.



Pallet Painting

Cost: \$18 (includes all supplies) Choose 1 from below samples.

Facilitator: April Bowen

Wednesday: August 2, 1 - 3 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. Pallets are 12 x 15"



Forgiveness is good

Forgiveness is a personal decision to not allow anger, hurt and resentment to control your life, and to forgive someone who has wronged you, even if they don't deserve it.

Learning to let things go and forgive isn't always easy, but when we truly forgive, it helps foster better health, better relationships, a deeper sense of purpose and self worth and a feeling of connection to others. The healing power of forgiveness reached international attention after the end of apartheid in South Africa when the Truth and Reconciliation Commission helped to bring the bitterly divided nation together after decades of segregation and violence.

Do your part: Take a few moments to sincerely forgive someone. And, make it public. That way forgiveness will spread.

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.



MUST sign up & pay for all classes before day of class.
All classes have a minimum class size requirement.

Summer Bus Driver

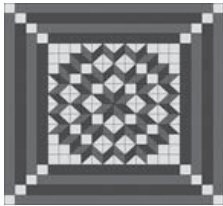
Welcome to our new summer Bus Driver: Stephanie Eller. Stephanie is a Mt Morris School bus driver who decided to help out the Krapohl Center's transportation services.



New Faces You Will See at the Krapohl Center

Jamie Harden, Staff Assistant and Sandy Tucker, Office Clerk have joined the Krapohl family due to the retirements of Pat Dominy and Linda DeFlorio.

Quilt Auction Coming This Fall 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 Cherylynn.



Obituaries

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

Norman Neusted; May 2017
Richard Knispel; May 2017
Bea Konsza; July 1, 2017
Nellie Kaczmarek; July 5, 2017
Pat Stepanick; July 16, 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.

Ladies Indulgence Coming October 6

Donations of jewelry and slightly used purses are wanted and being collected for the Ladies Indulgence Event.



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

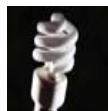
Drop off your household batteries, alkalines to rechargeables, at the Krapohl Center. In turn the Krapohl Center will drop off your batteries to be disposed of properly.

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

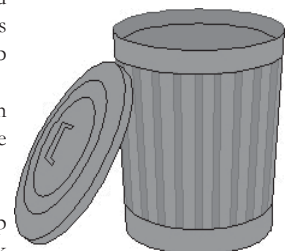


Need help putting out the Trash?

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 Brenday Ashley, Mt. Morris Township Clerk at 785-0817 or Treasurer, Patrick Haley at 820-9150.



August 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
	<p>1</p> <p>Wii Bowling</p> <p>Home Cooking 12 n</p> <p>Woodcrafts 1 pm</p> <p>Mexican Train Dominoes 1 pm</p> <p>Pinochle 1 pm</p> <p>Intermediate Line Dance 5:30 pm</p>	<p>2</p> <p>BP & Sugar 9 - 11 am</p> <p>Movin' & Groovin' 10 am</p> <p>Pallet Painting 1 pm</p> <p>Gentle Yoga 5:30 pm</p>	<p>3</p> <p>Farmers Market 11 am</p> <p>Ask the Lawyer 12:30 pm</p> <p>Knitting/Crocheting 1 pm</p> <p>Woodcrafts 1 pm</p> <p>Karaoke 4 pm</p> <p>Country Express 6:30 pm</p>	<p>4</p> <p>Movin' & Groovin' 10 am</p> <p>Penny Bingo 1 pm</p> <p>Gospel 5:30 pm</p>	<p>5</p> <p>Tai Chi 10 am</p> <p>Hand Knee & Foot 4 pm</p>
<p>7</p> <p>Movin' & Groovin' 10 am</p> <p>Quilting 1 pm</p> <p>Canasta 1:30 pm</p> <p>Bunco 1:30 pm</p> <p>Penny Bingo 5 pm</p>	<p>8</p> <p>Wii Bowling</p> <p>Home Cooking 12 n</p> <p>Woodcrafts 1 pm</p> <p>Mexican Train Dominoes 1 pm</p> <p>Pinochle 1 pm</p> <p>Intermediate Line Dance 5:30 pm</p>	<p>9</p> <p>BP & Sugar 9 - 11 am</p> <p>Grocery Shopping 9am & 1:30 pm</p> <p>Movin' & Groovin' 10 am</p> <p>Texas Hold'em 12:30 pm</p> <p>Gentle Yoga 5:30 pm</p>	<p>10</p> <p>Farmers Market 11 am</p> <p>Ask the Lawyer 12:30 pm</p> <p>Knitting/Crocheting 1 pm</p> <p>Woodcrafts 1 pm</p> <p>Ladies in Red 1 pm</p> <p>What's New in Recycling 1 pm</p> <p>Karaoke 4 pm</p> <p>Country Express 6:30 pm</p>	<p>11</p> <p>Movin' & Groovin' 10 am</p> <p>Penny Bingo 1 pm</p>	<p>12</p> <p>Tai Chi 10 am</p> <p>Watercolors 1 pm</p> <p>Hand Knee & Foot 4 pm</p>
<p>14</p> <p>Movin' & Groovin' 10 am</p> <p>Quilting 1 pm</p> <p>Massages 1 pm</p> <p>Canasta 1:30 pm</p> <p>Penny Bingo 5 pm</p>	<p>15</p> <p>Hearing Screen 9 am</p> <p>Wii Bowling</p> <p>Home Cooking 12 n</p> <p>Woodcrafts 1 pm</p> <p>Mexican Train Dominoes 1 pm</p> <p>Pinochle 1 pm</p> <p>Intermediate Line Dance 5:30 pm</p>	<p>16</p> <p>BP & Sugar 9 - 11 am</p> <p>Commodities 9 am</p> <p>Movin' & Groovin' 10 am</p> <p>Ice Cream Social 1 pm</p> <p>Nature Discovery Series 1:30 pm</p> <p>Gentle Yoga 5:30 pm</p>	<p>17</p> <p>Soaring Eagle Trip</p> <p>Farmers Market 11 am</p> <p>Ask the Lawyer 12:30 pm</p> <p>Knitting/Crocheting 1 pm</p> <p>Woodcrafts 1 pm</p> <p>Karaoke 4 pm</p> <p>Country Express 6:30 pm</p>	<p>18</p> <p>Bavarian Belle Outing</p> <p>Movin' & Groovin' 10 am</p> <p>Penny Bingo 1 pm</p>	<p>19</p> <p>Tai Chi 10 am</p> <p>Hand Knee & Foot 4 pm</p>
<p>21</p> <p>Movin' & Groovin' 10 am</p> <p>Quilting 1 pm</p> <p>Canasta 1:30 pm</p> <p>Board Meeting 4 pm</p> <p>No Penny Bingo</p>	<p>22</p> <p>Genesee County Fair</p> <p>Veteran Assistance 9 am</p> <p>Wii Bowling</p> <p>Home Cooking 12 n</p> <p>Woodcrafts 1 pm</p> <p>Mexican Train Dominoes 1 pm</p> <p>Pinochle 1 pm</p> <p>Intermediate Line Dance 5:30 pm</p>	<p>23</p> <p>BP & Sugar 9 - 11 am</p> <p>Grocery Shopping 9am & 1:30 pm</p> <p>Movin' & Groovin' 10 am</p> <p>AARP Meeting 1:30 pm</p> <p>Restaurant Club 4 pm</p> <p>Gentle Yoga 5:30 pm</p>	<p>24</p> <p>Farmers Market 11 am</p> <p>Ask the Lawyer 12:30 pm</p> <p>Woodcrafts 1 pm</p> <p>Knitting/Crocheting 1 pm</p> <p>Karaoke 4 pm</p> <p>Country Express 6:30 pm</p>	<p>25</p> <p>Movin' & Groovin' 10 am</p> <p>Penny Bingo 1 pm</p> <p>Country Dinner 5 pm</p>	<p>26</p> <p>Tai Chi 10 am</p> <p>Hand Knee & Foot 4 pm</p>
<p>28</p> <p>Movin' & Groovin' 10 am</p> <p>Quilting 1 pm</p> <p>Massages 1 pm</p> <p>Canasta 1:30 pm</p> <p>Penny Bingo 5 pm</p>	<p>29</p> <p>Wii Bowling</p> <p>Home Cooking 12 n</p> <p>Woodcrafts 1 pm</p> <p>Mexican Train Dominoes 1 pm</p> <p>Pinochle 1 pm</p> <p>Christian's Farewell Presentation 1:30 pm</p> <p>Intermediate Line Dance 5:30 pm</p>	<p>30</p> <p>BP & Sugar 9 - 11 am</p> <p>Movin' & Groovin' 10 am</p> <p>Meet Marcelo 1 pm</p> <p>Gentle Yoga 5:30 pm</p>	<p>31</p> <p>Applewood Tour 10 am</p> <p>Farmers Market 11 am</p> <p>Ask the Lawyer 12:30 pm</p> <p>Woodcrafts 1 pm</p> <p>Knitting/Crocheting 1 pm</p> <p>Karaoke 4 pm</p> <p>Country Express 6:30 pm</p>	<p>27</p> <p>Euchre Tournament 2 pm</p>	

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

Karaoke

Thursdays from 4 - 5:30 pm.

Led by Sharon Huntley



Ladies in Red

Ladies in Red next lunch meeting
August 10th. Meeting location to be announced.



Mexican Train

Dominoes

Tuesdays @ 1 pm



Single Deck Pinochle

Tuesdays @ 1 pm



Bunco

Monday: August 7 @ 1:30 pm

Cost: \$5

Cash Prizes & snacks

Enjoy playing this fun dice game.



Euchre Progressive Tournament



Sunday, August 27

2:00 - 5:00 pm

\$5 per person

- Cash Prizes
- 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: August 9th 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

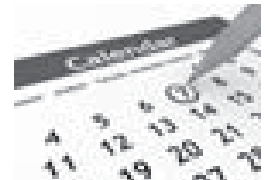
1st Friday of the month

5:30 pm



Mark your Calendar

Health Fair w/ Flu Shots
October 12



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

September 25 @ 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.

Congratulations Roxann



Roxanne provided the most counseling hours as a paid in kind MMAP counselor. We are so proud to have her as part of our staff

Travel

Casino Trips

Soaring Eagle

Date: August 17, 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.

Applewood Estate Gardens & House Tours

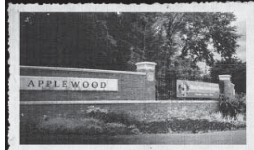
Date: August 31

Cost: \$8 each pp Lunch on your own.

Depart: 10 am on Krapohl Center on center's bus

Return: approximately 2:30 pm

Take the "Behind the Scenes" tour on August 31st, which includes the staff quarters and the bowling alley in the basement. This tour is walking intensive.



Bavarian Belle

August 18, 2017

Cost: \$ 43 pp

Depart: 8:30 am

Return: approximately 3:30 pm



Tour includes a ride on an authentic stern driven paddle wheel riverboat, for an hour long cruise up and down the Cass River, lunch at the Old Christmas Station Restaurant where we will have a choice of one of five quiches, salad and beverage, followed by your choice of a wine or chocolate tasting.

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 !

Martha Reeves & the Vandellas

Frankenmuth Bavarian Inn

September 20, 2017



Cost: \$49 pp

Payment Due: September 13th

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

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

For 54 years Motown Artist Martha Reeves and the Vandellas have entertained us with chart topping hits such as "Heat Wave" and "Dancing in the Street". Come experience their many hits.

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.

Fall Casino Trip

4 Winds, Blue Chip, Fire Keepers & Gun Lake Casinos
November 6 - 8, 2017

Cost: \$ 210 pp dble occupancy

Pay in full by August 15th get \$5 discount

No REFUNDS after September 30th

Final payment due October 6th

Come join us on our Fall Casino Trip and receive \$100 in gaming package and \$55 in food vouchers

Trip includes 1 night at the 4 Winds Casino with \$50 slot play and \$20 food credit. 1 night at Blue Chip Casino with 1,000 pts = \$10 slot play and \$20 food voucher. We are stopping at Fire Keepers with \$20 slot play and \$5 food voucher and Gun Lake Casino with \$20 slot and \$10 food. We will also be touring the Old Lighthouse Museum.

3 days for
\$55 net
cost after
packages

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.

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.

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.

Reflective signs save lives and time

Reflective Material Highly Visible- Day or Night
Easy Installation

SIGNS ARE \$15.00 EACH, Delivery within 1-2 weeks.

MAKE CHECKS PAYABLE TO:

Heart of Senior Citizen Services

MAIL TO: **Heart of Senior Citizen Svcs**
G-5473 Bicentennial Drive, Mt. Morris, Michigan 48458

Mailbox Marker (\$15)

House Marker (\$15)

Please fill in boxes with your address numbers in the direction you want your sign

ORDER FORM

NAME _____ TELEPHONE # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

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: Meijers in Birch Run

9 am - 12 n.

Krogers in Mt Morris

1:30 - 4 pm

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 era. He will assist veterans with benefits or answer questions about Veterans benefits.

Appointments are required!

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.



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.”



US Postal Stamps

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



Summer office hours for Mt Morris Township Government Offices are in effect. Hours are Monday through Thursday 7 am - 6 pm, closed Fridays.

HSCS Board Meeting Dates

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

August 21, 2017

September 18, 2017

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.

Q: What do you call six weeks of rain in Scotland?
A: Summer!

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
- World-Horizon Volunteer:** Christian Rehm

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

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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Center will be closed Labor Day Weekend
September 2 -4

Krapohl Senior Center

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

Call 785-2270



Stay Cool at the Krapohl Center

Stay out of the heat and join your friends in the happening air conditioned Krapohl Center.

Heat stroke is just as dangerous as frost bite or hypothermia.

Stay cool and be cool at the Krapohl Center.

NEED AIR?



"Taste of Fall"

Homemade Apple Dumpling Sale

Tuesday, Sept. 12 - Thursday, Sept. 21.

Fresh baked Michigan apples wrapped in a delicious pastry ready to eat when picked up or for freezing!

Pick up date is Saturday, September 23, 12 - 3 pm

Cost: \$5 / Dumpling or buy 5 get 1 FREE!

Call 785-2270 to place your order.

Annual Cookie Dough Sale

October 2 - October 31, 2017
Cookie Dough pick up in November.
More information next month.

Heart of Senior Citizen Services
Krapohl Center
G-5473 Bicentennial Dr.
Mt. Morris, Michigan 48458

Heart of Senior Citizen Svs
Standard Mail PAID
Carrier Route - Pre Sort
Mt. Morris Michigan 48458
Permit Number 30