



Senior Services
Wellness in Aging Begins Here
Krapohl Senior Center



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Mid-Eastern Dinner

June 16th @ 5 pm
\$15 pp

Olives and chickpeas are frequently used in cooking, and flatbreads such as pita are popular. Since most countries in the Middle East are primarily Islamic, certain dietary rules are observed. Alcohol is prohibited in many countries, as are pork products. Chicken, beef and lamb are popular protein choices, and chunks of these meats are sometimes skewered with vegetables and cooked as kebabs. Yogurt and cheeses are specially made and used in cooking. Soups and side dishes made with lentils, beans, peppers or other vegetables are often served with a main course. Typically, Middle Eastern food is flavorful and aromatic, and uses spices such as cumin, nutmeg, turmeric and caraway to achieve strong flavors that are unique to the cooking of the region.

- Menu: Deboned Chicken
Meat or Spinach Pie
Fattoush Salad (greens with herbs, cucumbers, tomatoes & pita)
Tabbouli Salad (bulgar , parsley, tomatoes, mint, & onion)
Hummus
Rice
Dessert



Entertainment: To be announced.

Must purchase ticket by June 9th

Stan Eckstein Retiring but not Leaving

Stan Eckstein after 15 + years as the Krapohl Center's transportation coordinator has decided to retire. Over the years Stan has driven our bus and van from one to five days a week, scheduled maintenance, assisted and trained new drivers as well as purchasing and donating a van.



Stan also volunteers at the center doing whatever needs to be done.

We are happy for Stan even though he enjoyed driving seniors around he will now take time to do the many things that interest him and further enjoy his retirement.

Fathers then and now

Fathers of 1900 didn't have it nearly as good as fathers of today; but they did have a few advantages:



In 1900, fathers prayed their children would learn English.

Today, fathers pray their children will speak English.

In 1900, if a father put a roof over his family's head, he was a success. Today, it takes a roof, deck, pool, and 4-car garage. And that's just the vacation home.

In 1900, a father waited for the doctor to tell him when the baby arrived. Today, a father must wear a smock, know how to breathe, and make sure film is in the video camera.

In 1900, fathers could count on children to join the family business. Today, fathers pray their kids will soon come home from college long enough to teach them how to work the computer and set the VCR.

In 1900, a father smoked a pipe. If he tries that today, he gets sent outside after a lecture on lip cancer.

In 1900, fathers shook their children gently and whispered, "Wake up, it's time for school."

Today, kids shake their fathers violently at 4 a.m., shouting: "Wake up, it's time for hockey practice."

In 1900, a father came home from work to find his wife and children at the supper table.

Today, a father comes home to a note: "Jimmy's at baseball, Cindy's at gymnastics, I'm at adult-Ed, Pizza in fridge."

In 1900, fathers and sons would have heart-to-heart conversations while fishing in a stream.

Today, fathers pluck the headphones off their sons' ears and shout, "WHEN YOU HAVE A MINUTE..."

In 1900, when fathers entered the room, children often rose to attention. Today, kids glance up and grunt, "Dad, you're invading my space."

In 1900, fathers threatened their daughters suiters with shotguns if the girl came home late.

Today, fathers break the ice by saying, "So...how long have you had that earring?"

In 1900, fathers were never truly appreciated.

In 2017, fathers are never truly appreciated.

Tornado Safety

National Weather Service

It is important to have a plan of action in the event a tornado threatens and to rehearse that plan frequently. Such a plan should include what you should do when at home, work, school, or outdoors. The time spent planning now could determine whether or not you survive a tornado.

Plan Ahead

First, know the county in which you live. Severe weather warnings are issued for counties, or for portions of counties. By keeping a highway roadmap nearby, you can follow storm movements, and better determine if you are threatened.

Have a NOAA Weather Radio handy at all times. Make sure your model has an tone-alarm feature, which will activate the radio when warnings or watches are issued for your area. If you are planning to be outdoors for an extended period of time, keep up with the latest weather information from your local National Weather Service office.

If you see a tornado, or hear that the National Weather Service has issued a Tornado Warning for your location...

Know Where to Go

- In a home or a building, move to a pre-designated shelter, preferably the basement or the lowest floor of your home. Don't worry about opening your windows first - that would be a mistake, just get to the basement, and get under a sturdy piece of furniture or workbench. Grab blankets to cover yourself with, which will protect you from flying debris.

- If an underground shelter (basement) is not available, move to an interior room or hallway on the lowest floor, and crouch down close to the floor. Again, grab extra blankets to protect yourself from flying debris. Stay away from windows - as they can shatter due to flying debris and the force of the wind.

- If you are in a mobile home: Immediately move to a substantial shelter.

- If you are caught outdoors and cannot get to a safe building. As a last resort, you should:

- Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.

- If your vehicle is hit by flying debris while you are driving, pull over and park.

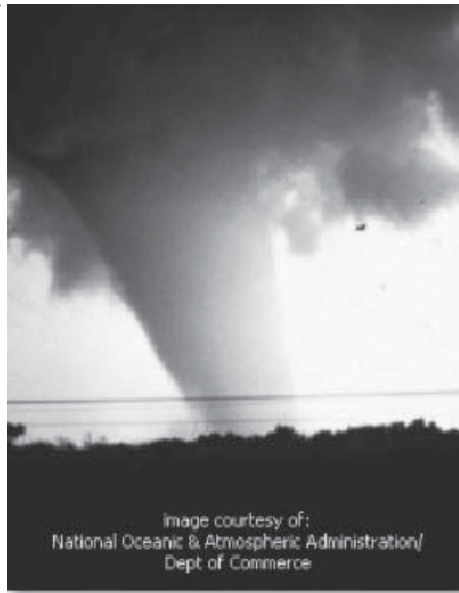
- Stay in the car with the seat belt on. Put your head down below the windows; cover your head with your hands and a blanket, coat or other cushion if possible.

Why do tornadoes move so erratically?

-They are dizzy

Receive Your Krier by E-Mail

If you have an e-mail address please e-mail Krapohlcenter@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.



- If you can safely get noticeably lower than the level of the roadway, leave your car and lie in that area, covering your head with your hands. Your choice of whether to stay in your car should be driven by your specific circumstances. Your best choice remains getting to a secure building with a basement or safe room.

- If you find yourself outside or in a car with a tornado approaching and you are unable to get to a safe shelter, you remain at risk whether you stay in your car or seek shelter in a depression or ditch, both of which are last resort options that provide little protection. The safest place to be is in an underground shelter, basement or safe room.

- If you are at the Krapohl Center move out the back door and proceed to the basement. If unable to go to the basement then move to the hallway and crouch down close to the floor. Stay away from windows.

Beecher Tornado Anniversary

June 7th @ 6 pm

Prayers and reading the names of persons who died as a result from one of the deadliest tornados in history will be conducted in the center's gazebo.



BEGINS JUNE 2017

Call 785-2270 for an appointment

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.

Seniors who receive the Government Surplus Foods or have a Bridge Card are automatically eligible.

What foods are available through Senior Project Fresh? Fresh, nutritious, unprocessed fruits and vegetables can be purchased. Michigan limits sales to Michigan grown produce in order to encourage support to Michigan farmers.

Ride the bus to the Farmer's Market every Thursday at 11 am. \$4 round trip must call day ahead to schedule.

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.

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, 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.

"Love is a fruit in season at all times, and within reach of every hand."

- Mother Theresa

Physical Wellness

Foot Clinic

Date: Thursday, July 22

Time: 9 - 12 p.m.

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.



Therapeutic Massages

2nd Monday by appointment

Therapist: Tom Hendricks

Cost: \$15 for 1/2 hour

\$25 for full body massage

\$10 for 15 min. Chair Massage



30 Minute Manicure

Cost: \$10

Fridays: Back in September

Manicurist: Stephanie Uhlmeier

Pamper yourself and have your fingernails shaped and polished.

Please call by Thursday for an appointment.

BACK IN SEPTEMBER



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.



Blood Pressure & Diabetic screening

Cost: FREE

Wednesdays 9 - 11 am

Performed by: Patty Taylor



Hearing Screening

Date: June 20th

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



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 @ 5:30 pm

Instructor: Pat Dominy

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: June 28 @ 4 pm
Golden Corral on Miller Rd.

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 |
| ● People 60 + years of age | ● Proof of income |
| ● Income less than \$1,276 for family of one | ● Proof of Family Size |
| ● \$1,726 for family of two | ● Proof of residency |
| | ● Photo Identification |



When: Monday - Friday 9 - 4 pm

Assisted by: Cheryl Lynn

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 Cheryl Lynn 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

Cost: \$4 per meal

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

- | | |
|------|--|
| 6th | Pancakes
Bacon
Fresh Fruit Cup |
| 13th | Chicken Strip Salad
Yeast Roll |
| 20th | Foot Long Hotdog
Corn & Tomato Salad
Cole Slaw |
| 27th | Salmon Patties
Creamed Potatoes
Roasted Vegetables
Garden Salad |

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!

- | | |
|------------------|---------------------------------|
| Laundry Soap | Decaf Coffee |
| Foam Plates 10" | Foam plates 6" |
| Paper Towels | Tall Kitchen Bags |
| 8 oz coffee cups | 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

June Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Grilled Turkey Burger	2 Veal Steak w/sauce
5 Chicken Tenderloins	6 <i>"Pancakes"</i>	7 Salisbury Steak w/gravy	8 Turkey Tetrazzini	9 5 Cheese Beer Lasagna
12 Charboiled Steak Fingers	13 <i>"Chicken Strip Salad"</i>	14 Philly Cheese Steak	15 Jumbo Chicken Wings	16 Baked Fish
19 Breaded Chicken Breast	20 <i>"Footlong Hotdog"</i>	21 Sloppy Joe	22 Turkey Steak	23 Baked Macaroni & Cheese
26 Country Style Chicken	27 <i>" Salmon Patties"</i>	28 Mesquite Grilled Chicken	29 Ravioli w/ Meat Sauce	30 BBQ Chicken

Intellectual Wellness

Beaded Jewelry

Cost: \$5 supply fee

Instructor: Pam Donlan

Monday: June 19 @ 1:30 pm



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

Stitch in Time

Quilters

Cost: FREE

Mondays @ 1 pm



Knitting & Crocheting

Cost: FREE

Instructor: Francesca Keim

Thursdays at 1 pm



Watercolor Painting

Cost: \$8 includes supplies

When: Saturday, June 10 @ 1 pm

Instructor: Karen Aiello

Minimum class size 5 Maximum 10

Learn a new painting each month.

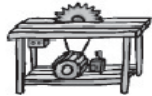


Woodcrafts

Cost: donation

Tuesdays & Thursdays @ 1 pm

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



Wood craft with Johnnie Sue

Back Scratcher

Cost: \$6

Facilitator: Johnnie Sue Petrich

Date: Wed, June 28 @ 10 am

Make your own wooden back scratcher



Nature Discovery Series

Cost: \$3 per class

Instructor: For-Mar Nature Preserve Staff

Date: Wednesday June 21 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.



6 Alzheimer's Topics

Cost: FREE

Instructor: Mid Michigan Alzheimer's Association Staff

Date: Wednesday June 7 at 1:30 pm

Once a month for six months the Alzheimer's Association will give a presentation on such topics as early detection, memory loss, activities of daily living etc. Join us for these informative sessions.

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.

Hearing Health

June 26 @ 1:30

Presented by: Lynn Shawl from Miracle-Ear

Hearing well means living well.

When we do not hear all the wonderful sounds of life, we are not truly enjoying life to its fullest. If you have questions about hearing reduction and how hearing aids can help, this is a great opportunity to learn more about the Importance of Hearing Well, and how hearing aids can help improve your quality of life.

This is a free, no obligation event. There is nothing to purchase only an opportunity to ask questions about hearing reduction and have your hearing screened for FREE.



MTA Your Ride & Same Day Service

Monday, June 12th @ 1 pm

MTA's Your Ride service is available Monday - Friday for you to maintain your independence. If you go to the Krapohl Center every day at 10 am and go home at 2 pm you can be set up on a subscription ride so they will pick you up regularly.

Find out what the requirements for the new Same Day Service and how to get a ride when needed.



Northern County Senior Fun

Save the week of September 11 - 15 for fun, activities and some friendly competition with our neighboring senior centers of Clio, Thetford, Montrose, and Forest Township.

Competitive games are being planned for your fun ending with a shake your leg Hoedown at the Clio Center.

More information to come !!!!!

Genesee County Fair

Save the Date

Tuesday, August 22

for Senior Day at the Fair



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 making a person feel valued and welcomed.

If willing to volunteer 4 hours once 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.

Meet the Board

Pam Iaquinto

Pam Iaquinto has been a familiar face at the Krapohl Center for many years. Her first visits were as part of her job marketing a home health agency. She worked many years as a RN for several doctors in the area before she went into home health care.

Having lived in the Mt. Morris area all her life she had a special affection for the Krapohl Center and began teaching yoga. Once she retired she became more and more involved. Not only did she become involved but she recruited her husband, mother-in-law and grandsons to volunteer also.

She and her husband, Ron volunteer preparing meals for special events such as Tuesday's lunches, ethnic dinners and other events.

Pam became a member of the board in 2010 and has served as secretary for the past few years. She sits on the fund raising committee and is always looking for ideas and volunteers.

Thank you Pam.

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?



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.

Joseph Gauthier: April 23, 2017

James Jobin: April 27, 2017

William Koch; May 5, 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.

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.

Wii Bowling Awards Ceremony



June 20th

1:30 pm



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

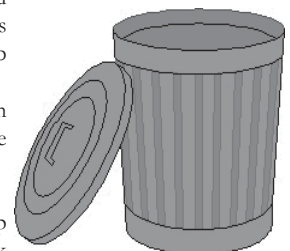


Need help putting out the Trash?

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.



June 2017

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday /
Sunday

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
			1 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	2 Movin' & Groovin' 10 am Penny Bingo 1 pm Canasta 1:30 pm Gospel 5:30 pm	3 Tai Chi 10 am Greenhouse Pjt 10 am Hand Knee & Foot 4 pm
5 Movin' & Groovin' 10 am Quilting 1 pm Canasta 1:30 pm Bunco 1:30 pm Penny Bingo 5 pm	6 Wii Bowling Home Cooking 12 n Woodcrafts 1 pm Mexican Train Dominoes 1 pm Pinochle 1 pm Line Dance 5:30 pm	7 BP & Sugar 9 - 11 am Movin' & Groovin' 10 am Alzheimers 1:30 pm Gentle Yoga 5:30 pm	8 Farmers Market 11 am Ask the Lawyer 12:30 pm Knitting/Crocheting 1 pm Ladies in Red 1 pm Woodcrafts 1 pm Karaoke 4 pm Country Express 6:30 pm	9 Jackson Prison Tour Movin' & Groovin' 10 am Penny Bingo 1 pm Canasta 1:30 pm	10 Tai Chi 10 am Greenhouse Pjt 10 am Watercolors 1 pm Hand Knee & Foot 4 pm
12 Movin' & Groovin' 10 am Quilting 1 pm Massages 1 pm Canasta 1:30 pm Penny Bingo 5 pm	13 Wii Bowling Home Cooking 12 n Woodcrafts 1 pm Mexican Train Dominoes 1 pm Pinochle 1 pm Line Dance 5:30 pm	14 BP & Sugar 9 - 11 am Grocery Shopping 9am & 1:30 pm Movin' & Groovin' 10 am Texas Hold'em 12:30 pm Gentle Yoga 5:30 pm	15 Soaring Eagle Trip Bon Worth Shopping Trip 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	16 Movin' & Groovin' 10 am Penny Bingo 1 pm Canasta 1:30 pm Mid-Eastern Cultural Dinner 5 pm	17 Tai Chi 10 am Hand Knee & Foot 4 pm
19 Movin' & Groovin' 10 am Quilting 1 pm Canasta 1:30 pm Beaded Jewelry 1:30 pm Board Meeting 4 pm No Penny Bingo	20 Wii Bowling Hearing Screen 9 am Home Cooking 12 n Woodcrafts 1 pm Mexican Train Dominoes 1 pm Pinochle 1 pm Wii Bowling Ceremony 1:30 pm Line Dance 5:30 pm	21 BP & Sugar 9 - 11 am Commodities 9 am Movin' & Groovin' 10 am Ice Cream Social 1 pm Nature Discovery Series 1:30 pm Gentle Yoga 5:30 pm	22 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	23 Movin' & Groovin' 10 am Penny Bingo 1 pm Canasta 1:30 pm Dbl Deck Pinochle 5:30 pm	24 Tai Chi 10 am Greenhouse Pjt 10 am Hand Knee & Foot 4 pm
26 Movin' & Groovin' 10 am Quilting 1 pm Massages 1 pm Hearing Health 1 pm Canasta 1:30 pm Penny Bingo 5 pm	27 Veteran Assistance 9 am Wii Bowling Home Cooking 12 n Woodcrafts 1 pm Mexican Train Dominoes 1 pm Pinochle 1 pm Line Dance 5:30 pm	28 BP & Sugar 9 - 11 am Grocery Shopping 9am & 1:30 pm Back Scratcher 10 am Movin' & Groovin' 10 am AARP Meeting 1:30 pm Restaurant Club 4 pm Gentle Yoga 5:30 pm	29 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	30 Movin' & Groovin' 10 am Penny Bingo 1 pm Canasta 1:30 pm	25 Euchre Tournament 2 pm

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

Wii Bowling

Cost: \$5 for 8 weeks

Tuesdays Starting a new season

New bowlers welcomed.



Karaoke

Thursdays from 4 - 5:30 pm.

Led by Sharon Huntley



Ladies in Red

Ladies in Red next meeting will be in June 8, 1 pm at the Krapohl Center



Mexican Train

Dominoes

Tuesdays @ 1 pm



Single Deck Pinochle

Tuesdays @ 1 pm



Euchre Progressive Tournament



Sunday, June 25

2:00 - 5:00 pm

\$5 per person

- CashPrizes
- Lite Lunch
- door prizes

Dbl Deck Pinochle Tournament

Friday: June 23

\$3 /person

5:30 - 8:30 pm

Bring a snack

Texas Hold'em

Wednesday: June 14th 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.

Bunco

Monday: June 5 @ 1:30 pm

Cost: \$5

Cash Prizes & snacks

Enjoy playing this fun dice game.



Gospel Sing-a-long is Back

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

1st Friday of the month

5:30 pm



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

July 24 @ 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.

Van Drivers Wanted

If you have a good driver's record and a free day each week we need you to become a volunteer van /bus driver for the center.



Life is short.
break the **RULES**
FORGIVE quickly,
KISS slowly, **LOVE** truly,
LAUGH uncontrollably,
and **NEVER REGRET**
anything that made
you **SMILE.**

Travel

Casino Trips

Soaring Eagle

Date: June 15 2017

Depart: Krapohl Center at 9 am Return approximately: 6 pm

Cost: \$20

Deadline: May 12

Includes: Round trip transportation, on the center's bus casino and gaming package if available. Need 18 for package. Minimum of 12 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.

"The Old" Jackson Prison Tour

June 9, 2017



Cost: \$72 pp

Depart: 8 am

Return: Approximately 5 pm

You'll be surprised and delighted at this humorous and informative tour of the old Jackson Prison. Tour includes lunch and round trip motor coach transportation. Lots of resting areas.

Enjoy listening to ghost stories in the historical theatre and tour the historical prison, and view the prison art.

Naval Ship Museum

July 14, 2017



Cost: \$15 pp

Depart: 8:30 am

Lunch: on your own at Hooligan's

The Saginaw Valley Naval Ship Museum in Bay City features the Viet Nam Era Navy Destroyer USS Edson DD-946.

Applewood Estate Gardens & House Tours

Date: July 27 & August 31

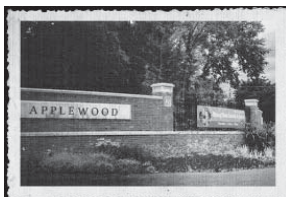
Cost: \$8 each pp

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

Return: approximately 2:30 pm

Tour the Applewood Gardens and first floor of the mansion on July 27th.

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. Next we will have a wine or chocolate tasting.

Las Vegas

September 11-14, 2017



Cost: \$646 pp

Down Payment: \$170 at time of sign up

To guarantee this price, sign up quickly as price is subject to change from the airlines.

Tour includes: airfare from Detroit to Las Vegas, transfers and insurance plus 3 nights lodging at "The D." on Fremont St.

Hawaii

January 24 - February 5, 2018



Cost: \$3,518 all inclusive excluding meals

Make 2018 the year you visit paradise and discover the "Aloha Spirit", with a fascinating Pearl Harbor experience, four different island tours, a river cruise, plus a Farewell Feast.

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 !

In Memory of

Joe Gauthier

from

Cheryl Ruppel

Joyce Sowa

Deborah McKillop

Judy Schlanhart

Linda & Mark Rice

Phyllis Kotowicz

Larry & Jeanie Kotowicz

Gayle Reed

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.

Care 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!

Fare Fee Changed January 1, 2017

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 doctors, 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

Krogers in Mt Morris

9 am - 12 n.

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 will begin Monday, May 22nd. Hours will be 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

June 19, 2017

July 17, 2017

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.

HSCS Staff

Executive Director: Karen Reid

Assist. Director/Program Coordinator:Cherylynn Kreider

Social Work Technician: Roxann Braddock

Office Clerk: Linda DeFlorio

Staff Assistant: Pat Dominy

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.

Information Index

Mid Eastern Dinner	pg 1
Fathers then and now	pg 1
Stan Eckstein is retiring	pg 1
Email Requests	pg 2
Tornado Safety	pg 2
Project Fresh	pg 2
Spiritual Wellness	pg 3
Physical Wellness	pg 3
Home Cooking on Tuesdays	pg 4
Lunch Menu	pg 4
Donations Needed	pg 4
Intellectual Wellness	pg 5
Hearing Health	pg 5
MTA Same Day Service	pg 5
Meet the Board	pg 6
Obituaries	pg 6
Beecher Tornado Anniversary	pg 6
Environmental Wellness	pg 6
Calendar	pg 7
Social Wellness	pg 8
Emotional Wellness	pg 8
Travel	pg 9
Transportation Services	pg 10
Let Roxann Help	pg 10
Veteran Benefits	pg 10
HSCS Board Meetings	pg 11
Center Behavior	pg 12



Krapohl Senior Center

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

Call 785-2270



Center Behavior

The Krapohl Center has long been known for its cultural diversity. In addition to cultural differences we have many different personalities and behaviors. It's who we are. With differences often there will be clashes with one another. Respect then becomes the rule and is expected. Nothing good comes from hurtful comments so please keep them to yourself.

When confronted with inappropriate actions or words please bring it to the attention of the staff. We have so many wonderful people who call the Krapohl Center their home away from home. When everyone works together and respects each other our home continues to be a place of joy and peace.

Thank you for treating others as you wish to be treated.

