



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



Phone 810-785-2270  
fax 810-785-9973  
email: [krapohlcenter@heartscs.org](mailto:krapohlcenter@heartscs.org)  
web : [Heartscs.org](http://Heartscs.org)  
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**A Publication of the Heart of Senior Citizen Services**

## Twas the Night Before Christmas

by Clement Clarke Moore: December 23, 1823  
Original Version

‘Twas the night before Christmas, when all thro’ the house,  
Not a creature was stirring, not even a mouse;  
The stockings were hung by the chimney with care,  
In hopes that St. Nicholas soon would be there;  
The children were nestled all snug in their beds,  
While visions of sugar plums danc’d in their heads,  
And Mama in her ‘kerchief, and I in my cap,  
Had just settled our brains for a long winter’s nap—  
When out on the lawn there arose such a clatter,  
I sprang from the bed to see what was the matter.  
Away to the window I flew like a flash,  
Tore open the shutters, and threw up the sash.  
The moon on the breast of the new fallen snow,  
Gave the lustre of mid-day to objects below;  
When, what to my wondering eyes should appear,  
But a miniature sleigh, and eight tiny rein-deer,  
With a little old driver, so lively and quick,  
I knew in a moment it must be St. Nick.  
More rapid than eagles his coursers they came,  
And he whistled, and shouted, and call’d them by name:  
“Now! Dasher, now! Dancer, now! Prancer, and Vixen,  
“On! Comet, on! Cupid, on! Dunder and Blixem;  
“To the top of the porch! to the top of the wall!  
“Now dash away! dash away! dash away all!”  
As dry leaves before the wild hurricane fly,  
When they meet with an obstacle, mount to the sky;  
So up to the house-top the coursers they flew,  
With the sleigh full of Toys - and St. Nicholas too:  
And then in a twinkling, I heard on the roof  
The prancing and pawing of each little hoof.  
As I drew in my head, and was turning around,  
Down the chimney St. Nicholas came with a bound:  
He was dress’d all in fur, from his head to his foot,  
And his clothes were all tarnish’d with ashes and soot;  
A bundle of toys was flung on his back,  
And he look’d like a peddler just opening his pack:  
His eyes - how they twinkled! his dimples how merry,  
His cheeks were like roses, his nose like a cherry;  
His droll little mouth was drawn up like a bow,  
And the beard of his chin was as white as the snow;  
The stump of a pipe he held tight in his teeth,  
And the smoke it encircled his head like a wreath.  
He had a broad face, and a little round belly  
That shook when he laugh’d, like a bowl full of jelly:  
He was chubby and plump, a right jolly old elf,  
And I laugh’d when I saw him in spite of myself;

A wink of his eye and a twist of his head  
Soon gave me to know I had nothing to dread. He spoke not a word,  
but went straight to his work,  
And fill’d all the stockings; then turn’d with a jerk,  
And laying his finger aside of his nose  
And giving a nod, up the chimney he rose.  
He sprung to his sleigh, to his team gave a whistle,  
And away they all flew, like the down of a thistle:  
But I heard him exclaim, ere he drove out of sight—  
Happy Christmas to all, and to all a good night.

## Memorial Christmas Tree

We are hosting a Memorial Christmas Tree this year to honor our lost loved ones.

Starting on Dec 1st on our tree for the Holiday we will be selling Christmas Season. You may pick up your Angels for \$5, \$10, \$15 Angel after January 5th to take each. The name of who home for a keepsake. For the memorial is for more information please will be printed on the angel. The angels will hang call 785-2270.



## Christmas & Holiday Party

December 15, 2017

5 - 7:30 pm

Catered Dinner

Entertainment - Flint Institute of Music

Honor String Quartet

Join friends & family

\$12 pp



RSVP by Dec 11th

# Sign Up Now for the 2018 Senior Winter Games

Join in the fun as we celebrate 40 years of games and friendship.  
Registration is November 6, 2017 – January 11, 2018

For only \$12 you can participate in as many games as you like, receive a 40th Anniversary T-Shirt, a pin, and attend the Closing Ceremony! Pick up your registration form here at Krapohl and let's get ready to beat the winter blues!

## Events

Jan 29	Opening Ceremony	Davison Senior Center
	Pie Eating	Davison Senior Center
Jan 30	Bowling	Richfield Bowl
Jan 31	Jigsaw Puzzle	Eastside Senior Center
	Spades	Eastside Senior Center
Feb 1	Softball Toss	Soccer Zone
	Lawn Bowling	Soccer Zone
	Soccer - Free Kick	Soccer Zone
Feb 2	Cribbage	Krapohl Center
	Pinochle (Double Deck)	Krapohl Center
Feb 5	Name That Song	Eastside Senior Center
	Darts	Forest Twp Sr Center
	Bean Bag Toss	Forest Twp Sr Center
Feb 6	Shuffleboard - Mens	Davison Senior Center
	Shuffleboard - Womens	Davison Senior Center
Feb 7	Ladder Golf	Carman Ainsworth Senior Center
	Baking	Burton Senior Center

- Feb 8 Fitness Walk
- Free Throw
- Volleyball
- Feb 9 Archery
- Euchre
- Feb 12 Frisbee Toss



- Hand, Knee, & Foot
- Feb 13 Pool - Mens
- Pool - Womens
- Feb 14 Sudoku
- Yahtzee
- Feb 15 Line Dancing
- Karaoke
- Feb 16 Dominoes (Mexican Train)
- Arts & Crafts
- Feb 19 Pickleball
- Feb 20 Table Tennis
- Michigan Trivia Game
- Feb 21 Miniature Golf
- Feb 22 Closing Ceremony

- Kettering University
- Kettering University
- Kettering University
- Flint Bowmen Inc
- Grand Blanc Sr Cntr
- Carman Ainsworth Senior Center
- Burton Senior Center
- Sharky's Sports Bar
- Sharky's Sports Bar
- Thetford Senior Cntr
- Thetford Senior Cntr
- Grand Blanc Sr Cntr
- Grand Blanc Sr Cntr
- Flushing Senior Cntr
- Swartz Creek Sr Cntr
- Loose Senior Center
- Davison Senior Center
- Montrose Twp Sr Cntr
- Clio Senior Center
- Knights of Columbus Hall - Davison

## Robo Calls from the Center

The Krapohl Center has begun using technology to keep you better informed. From time to time you will receive a robo call from us announcing or reminding you of an upcoming program or event. Birthday wishes will also be sent by a robo call.

You do not need to respond to these calls unless the message states to call to make a reservation.

We hope that these reminder calls will be of a benefit to you as you plan your daily activities.



## Income Tax Preparation Call beginning January 15th to make a February appointment

The Krapohl Senior Center will be providing tax assistance through the AARP program again this year.

The program will begin on Monday, February 5. People who have education and or daycare credits appointments will begin in March.

## Weather Related Closing Policy

It is the policy of the Heart of Senior Citizen Services to place the health, safety, and welfare of the participants of the Krapohl Center first and foremost. Therefore, when weather conditions present a health or safety hazard such as large snow falls or subzero weather the Krapohl Center will close. To encourage participants of the Krapohl Center to leave the safety and warmth of their home go out into below zero temperatures or snow piled streets to come to the center is to be irresponsible.

Older adults especially those on cardiovascular drugs, antidepressants, and blood thinners are subject to frost bite and hypothermia in just a matter of minutes. Frost bite can occur in the amount of time it takes to scrape ice and snow off ones car or in the amount of time it would take to warm up a car.



## Weather Closings

The Krapohl Center will announce all weather related closings on TV12, 25 & 5. A good rule to remember: if you do not have to get out when the roads are snow covered and icy then don't!

Stay Safe! Stay Warm!

Watch TV 12, 5 or 25 for center closings.





Valley Area Agency On Aging

**ARE YOU READY FOR MORE!**



MOTT COMMUNITY COLLEGE

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.

# Physical Wellness

## Massage Therapy

Date: 2nd Thursday of each month

Time: 10 am - 3 pm

Therapist: Patrick

Cost: \$1/minute or \$45/60 min

Please call for appointment time.

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



## Foot Clinic

Date: February 1

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.



## Blood Pressure & Diabetic screening

Cost: FREE

Wednesdays 9 - 11 am

Performed by: Patty Taylor



## Hearing Screening

Date: Dec 19

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.



## Stay Mindful with 4 Tips for Holiday Eating

The holidays are a time to enjoy friends, family and food. And, contrary to popular belief, you can have all three without putting on the extra pounds!

On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

In preparation for a big holiday party or feast, do not skip meals throughout the day as this may result in overeating

It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation.

Using a smaller plate, allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts.

Finally, after dinner, get some physical activity. This is a great time to go for a walk

## Fit-Firm & Fun

Now is the time to put your mind and body in a good place.

Cost: \$3

Date: Saturdays @ 10 am

Instructor: Darci

Come join us for a fun time of...

- ♦Stretching
- ♦Balance
- ♦Posture
- ♦Tai Chi

A chair can be used to help you with your workout and you can go at your own pace.



## 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 always welcomed.

## 30 Minute Manicures

Cost: \$10

Fridays: December 1 & 15

Manicurist: Stephanie Uhlmeier

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



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

50-50 raffle.... Food...Fun

\$4 admission at the door



## Line Dancing

Cost: \$3 per class

Tuesdays:

Beginners @ 4:30 pm

Intermediate @ 5:30 pm

Instructor: Darci

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: December 27 @ 4 pm

Gina's Pizzeria in Flushing

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 \$1,307 for family of one | ● Proof of Family Size |
| ● \$1,760 for family of two                  | ● 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

- 5th Lemon Chicken  
Sticky Rice  
Broccoli  
Garden Salad
- 12th Stuffed Cabbage Casserole  
Green Beans w/ peppers  
Garden Salad
- 19th Chili  
Garden Salad
- 26th Closed

**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

## December Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Menus typed in "italics" are freshly prepared at the center.</i>				1 Vegetable Lasagna
4 Chicken & Dumplings	5 <i>"Lemon Chicken"</i>	6 Turkey Tetrazzini	7 Boneless Pork Chop	8 Beef Pasty w/gravy
11 Salisbury Steak	12 <i>"Stuffed Cabbage Casserole"</i>	13 Beef Barley Soup	14 Meatloaf w/gravy	15 Pecan Crunch Tilapia
18 Stuffed Green Pepper	19 <i>"Chili"</i>	20 Bean Soup w/ham	21 Pork Loin w/gravy	22 Swiss Steak
25 Christmas	26 <i>"Closed"</i>	27 Boiled Turkey Ham	28 Fire Braised Chicken Thigh	29 Turkey Cutlet
				4

# 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: December 11 @ 1:30 pm



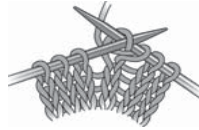
Each month make a pre-designed nickel free bracelet and earrings.

## Knitting & Crocheting

Cost: FREE

Instructor: Francesca Keim

Thursdays at 1 pm



## Watercolor Painting

Cost: \$8 includes supplies

When: December 9 @ 1 pm

Instructor: Karen Aiello

Minimum class size 5 Maximum 10

Learn a new painting each month.

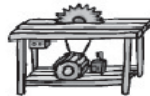


## Woodcrafts

Cost: donation

Tuesdays & Thursdays @ 1 pm

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



## Stitch in Time

### Quilters

Cost: FREE

Mondays @ 1 pm



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

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

## Long Term Health Care

Presented by: Staff from Morgan Stanley

Wednesday: December 13 @ 1 pm

Hear about the benefits of long term health insurance.

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

## Attorney General Senior Program

Investment Fraud & Reverse Mortgages

Cost: FREE

Instructor: Gloria McCrackin; Attorney General's

Date: Wednesday, Dec 6 at 1 pm

Don't become a victim of Investment Fraud. Learn about the benefits and dangers of Reverse Mortgages.

## Holiday Baking Competition

Get out the eggs, flour and vanilla to make your family's favorite cookies or candy. Make a batch and enter your Holiday goodies in the center's Holiday Baking Competition. You may enter only one item per category. Call to sign up!

December 22nd @ 2 pm

Categories:

Cookies  
Bars  
Fudge  
Candies



Items are to be brought to the center between 1 & 1:30 pm. Please bring enough to be judged and then shared with other contestants.

# Spiritual Wellness

## Bring Peace and Grace to Your Holiday Season

Holidays are about gatherings—first of family but also of events that embrace community and nation. It's therefore easy to feel, on the negative side, that you have little or no control over what's happening around you. Swept up in holiday rituals that are simply a given, surrounded by squabbling family members and old tensions, you can easily be overwhelmed.

The way out is by centering yourself and being clear, first on the inside, of what you intend your holiday season to be. A helpful exercise is to sit quietly with eyes closed and say to yourself, "I want joy. I want peace. I want grace and love." As you say each phrase, pause and feel what joy, peace, love, and grace are like. It doesn't matter how you arrive at the feeling. Putting your attention on your heart is often helpful, or seeing a soft light in that region.

No one can intend these things except you, and when you feel

them inside, you don't depend on others quite as much. Try repeating this exercise every day during the holiday season. You can go a step further, too. Instead of seeing this as a defense against holiday stresses, why not commit yourself to making the holidays a time for your own evolution? In other words, by asking for joy, peace, love, and grace, your intention is to arrive at the new year renewed in spirit.

*Let There Be Peace*



## Creating Confident Caregivers

A program for family members caring for a loved one with dementia and/or memory loss.

Provided by



### About the program

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. Two hour sessions are held once a week for six weeks and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

### Testimonial -

*"After the first class, I felt a weight had been lifted. I learned so much. It's helpful to know what I'm experiencing is normal and I'm not alone."*  
Family Caregiver

### What's In It For You?

Learn about -

- Dementia and its effects on the brain
- Caregiver resources
- Managing behaviors
- Improving caregiving skills
- How to handle everyday activities more easily
- Taking care of yourself to better care for your loved one

### Free Respite Care

Care for your family member with memory loss can be provided free of charge so you may attend the sessions.  
Call Jennifer Joyner at 810-239-7671 Ext 281.

### Classes Offered

Wednesdays:

**Jan 17 - Feb 21, 2018**

**1:00 pm - 3:00 pm**

Meeting 2 hours each week for 6 wks

Location:

Krapohl Senior Center  
5473 Bicentennial Dr. Mt. Morris, MI 48458

**To register for this class contact:  
Krapohl Senior Center at (810) 785-2270**

Paid for with funding from Valley Area Agency on Aging VAAA and the Aging and Adult Services Agency (AASA). If you would like additional information, please call Abbie Mars at Valley Area Agency on Aging at 810-600-0633.

## Obituaries

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

Judith Jacobs; October 20, 2017  
Nathaniel Massey; October 24, 2017  
Monkota Karnes; November 2, 2017  
Richard Baker; November 6, 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.



30th Anniversary of the Krapohl Center.

## 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

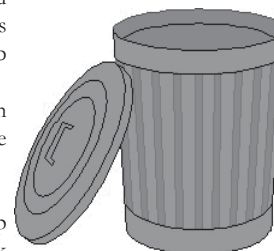


## Need help putting out the Trash?

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.



# December 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
				<b>1</b>	<b>2</b>
				Movin' & Groovin' 10 am Manicures 10 am Penny Bingo 12:30 pm Gospel 5 pm	Fit-Firm & Fun 10 am Hand Knee & Foot 4 pm
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Movin' & Groovin' 10 am Quilting 1 pm Bunco 1 pm Canasta 1:30 pm	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	BP & Sugar 9 - 11 am Movin' & Groovin' 10 am Atty General 1 pm	Open Enrollment Ends 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	Movin' & Groovin' 10 am Penny Bingo 12:30 pm	Fit-Firm & Fun 10 am Watercolors 1 pm Hand Knee & Foot 4 pm
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Movin' & Groovin' 10 am Quilting 1 pm Beaded Jewelry 1:30 pm Canasta 1:30 pm See the Lights 5 pm	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	BP & Sugar 9 - 11 am Walmart Shopping 9am Movin' & Groovin' 10 am Texas Hold'em 12:30 pm Longterm Care 1 pm Ladies in Red 1 pm	Massage 10 - 3 pm 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	Movin' & Groovin' 10 am Manicures 10 am Christmas / Holiday Party 5 pm	Fit-Firm & Fun 10 am No Hand Knee & Foot
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Movin' & Groovin' 10 am Quilting 1 pm Canasta 1:30 pm Board Meeting 4 pm	Wii Bowling Hearing Screen 10 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	BP & Sugar 9 - 11 am Commodities 9 am Movin' & Groovin' 10 am Ice Cream Social 1 pm	Soaring Eagle 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	Movin' & Groovin' 10 am Penny Bingo 12:30 pm Holiday Baking Competition 2 pm	Closed 
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Closed 	Closed 	BP & Sugar 9 - 11 am Krogers Shopping 9am Movin' & Groovin' 10 am AARP Meeting 1:30 pm Restaurant Club 4 pm	Foot Clinic 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	Movin' & Groovin' 10 am Penny Bingo 12:30 pm	Fit-Firm & Fun 10 am Hand Knee & Foot 4 pm
					<b>7</b>

# Social Wellness

## Jigsaw Puzzles

Date: Daily

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



## Penny Bingo

Fridays

12:30 pm

\$0.10 per card



No Monday Bingo until further notice

## 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: December 4 @ 1:30 pm

Cost: \$5

Cash Prizes & snacks

Enjoy playing this fun dice game.



## Euchre Progressive Tournament



Sunday, January 28

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: December 13, 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



## Ladies in Red

Christmas Party is Dec. 13th

at 1 pm at LaVilla's in Mt Morris on

Saginaw St.



# 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!

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

## K.I.S.S.

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

For information call 249-6530.

## Cookie Dough

We have extra Cookie Dough for sale. If you need cookies in a hurry for holiday company you can do it with Homestyle Cookie Dough. \$13 per tub. Each tub can make up to six dozen cookies.

Stop into the center now and purchase your cookie dough.

## Looking for Senior Winter Games Volunteers

Senior Winter Games of Genesee County is in need of seniors who are willing to volunteer to assist at event sites. If you are interested in volunteering, please contact Melinda Soper at the Swartz Creek Senior Center (810) 635-4122 or Misty Moen at the Grand Blanc Senior Center (810) 695-3202.

## Lunch Servers Wanted

Volunteers are needed to help serve lunch. Must be willing to commit to one day a week from 8:30 am - 1:30 pm. Volunteers are required to be tested for TB.

Interested persons should contact Karen at 785-2270.





# Travel

## Casino Trips

### Soaring Eagle

**Date: December 21, 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. ←

## **Zehnder's Snowfest**

**January 25, 2018**

**Cost: \$47 pp**

**Payment Due: January 11th**

**First 5 sign-up pay only \$45. Sign up now. Trip limited to 19.**

Depart: Krapohl Center at 10:00 am      Return approximately: 3:00 pm

Enjoy a 2-piece chicken Luncheon and then be entertained by top notch musicians and comedians.

You are invited to see the newest rage in interactive entertainment ... "Dueling Pianos" - a modern day vaudeville act! These two pianists are your ringmasters for the day and will play the rockin' oldies hits of yesterday and today. They run the show and will get you clapping, laughing and singing.

## **Beauty & the Beast**

**Lebowsky Center in Owosso**

**February 24, 2018**

**Cost: \$32 pp**

**Payment Due: February 10th**

**Lunch on Your Own at Lula's**

**First 5 sign-up pay only \$30. Sign up now. Trip limited to 19.**

Depart: Krapohl Center at 11 am      Return approximately: 5:30 pm

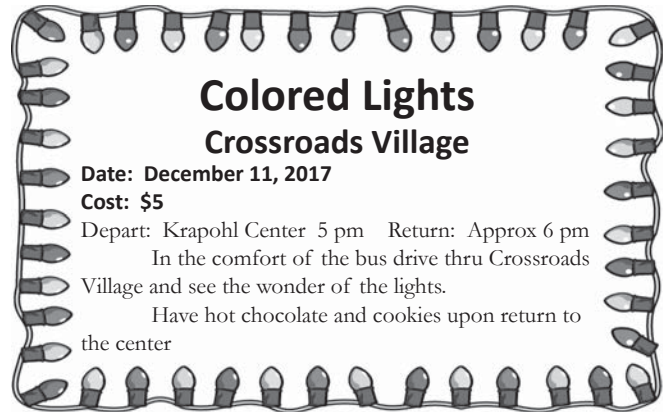
Step into the enchanted world of this beloved musical. Guaranteed to entertain all audiences. A cold-hearted Prince, who has been transformed into an ugly beast, finds true love with the bright and beautiful Belle just in time to break the spell.

## **2018 Trips and Tours Being Planned**

Spring Casino Trip

Murder Mystery Train

Send us your suggestions for 2018 Tours and Fun Places to Go. (Places within reason.)



## **Colored Lights**

### **Crossroads Village**

**Date: December 11, 2017**

**Cost: \$5**

Depart: Krapohl Center 5 pm      Return: Approx 6 pm

In the comfort of the bus drive thru Crossroads Village and see the wonder of the lights.

Have hot chocolate and cookies upon return to the center

## **Michigan Military &**

### **Space Museum**

**Frankenmuth, MI**

**January 19, 2018**

**Cost: \$11 pp**

**Payment Due: January 17th**

**Lunch on Own at Slobones**

Depart: Krapohl Center at 10 am      Return approximately: 2:00 pm

Michigan's Military & Space Heroes Museum is unique in that it is the only museum devoted to the wartime experiences of men and women from the state of Michigan. The museum's mission is to Honor, Respect, and Remember the memories of Michigan men and women who answered the call to military service during America's seven foreign wars, from the Spanish-American War to the War on Terrorism. With over 140 displays and a collection of over 700 exhibits, the museum hosts stories devoted to Michigan's Governors, 15 Astronauts and 31 individual Medal of Honor Recipients, making it the nation's largest Medal of Honor collection on display.

## **Skies Over Michigan**

**Longway Planetarium**

**March 15, 2018**

**Cost: \$20 pp**

**Lunch on Your Own at Luigi's**

**First 5 sign-up pay only \$18. Sign up now. Trip limited to 19.**

Depart: Krapohl Center at 11 am      Return approximately: 4:30 pm

Trip includes transportation, time at Sloan Museum and show at the Planetarium.

## **Sherlock Holmes**

**The Adventure of the Elusive Ear**

**April 18, 2018**

**Cost: \$42 pp**

**Payment Due: April 4th**

**Lunch on Your Own at Cleary's Pub**

**First 5 sign-up pay only \$40. Sign up now. Trip limited to 19.**

Depart: Krapohl Center at 11 am      Return approximately: 5:30 pm

London. December 1888. 221 B Baker Street. The notorious and as-yet undiscovered genius Vincent Van Gogh present the master-sleuth Sherlock Holmes with a most unusual case.



## 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 Wednesday to Walmart

and 4th Wednesday to Krogers in Mt Morris.

## 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 Lewis	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

- 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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**Closed December 23, 24, 25, & 26th**

## Krapohl Senior Center

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

Call 785-2270

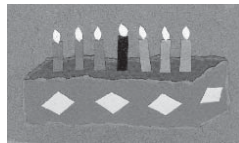


**Merry Christmas**

**Happy Holidays**

**Joyous Hanukkah**

**Blessed Kwanza**



**From the Staff & Board of Directors**



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