



The Krier

Krapohl Senior Center Wellness in Aging Begins Here



Phone 810-785-2270

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email: krapohlcenter@heartscs.org

Web: www.heartscs.org

Facebook:

www.facebook.com/KrapohlSeniorCenter

March 2023 | Volume 45 Issue 3

A Publication of the Heart of Senior Citizen Services

Journey Toward Healing Workshop

Date: Thursday March 2, 2023

Time: 1 - 2:15 pm

RSVP: sandy.tucker@heartscs.org - Indicate "Krapohl Journey" or call 810-785-2270 to reserve your spot.

"The Journey of a thousand miles begins with a single step" – Lao Tzu

Loving and grieving are two sides of the same coin. We cannot experience one without the other. If we love deeply, we will grieve deeply. Our journey in life, even after loss, is about spending this coin. Learning to invest in others is one of the keys to experiencing healing from the intense pain of losing someone we love.

Come and learn to:

- Understand your grief and how to move forward in life
- Recognize symptoms of Depression vs. Grief and when to get help
- Enjoy (again) anniversaries and holidays with some practical ideas

Speaker: Rev. Steve Gonzales Harmonycares Hospice



Annual Irish Lunch

Tuesday, March 14, 2023

12:00 noon

\$10.00 per person

Deadline to sign up is Friday March 10, 2023

Share an American Irish Traditional lunch of Corned Beef, Colcannon, Soda Bread, Garden salad and dessert.

Participants Needed



AGE-FRIENDLY
WELLNESS
COUNCIL

Do you wish to improve your health and the health of other seniors?

Do you have unmet health needs?

Do you wish there were more resources for seniors?



Krapohl Senior Center is looking for eight individuals to:

- Participate in monthly meetings of the Age-Friendly Wellness Council
- Identify the health challenges of our membership
- Offer advice regarding resources that are needed
- Share recommendations to improve the healthcare services provided to our community.

Participants will receive

- Meal at the meetings
- Monetary gift

If interested, contact:
Karen or Sandy

Coffee & Conversations

Join State Representative Jasper Martus

This will be his first Coffee Hour at Krapohl. Coffee hours are a great way to ask questions, voice concerns and receive updates on the latest news in Lansing and our district.

The upcoming coffee hour will be held:

Date: Friday, March 3, 2023

Time: 10:30-11:30 a.m.

Location: Krapohl Senior Center

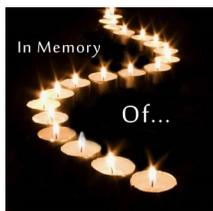
It is important to our office that community members and neighbors are always able to share their thoughts and concerns with me, so we hope to see you there! If you have any questions, please do not hesitate to reach out by email at JasperMartus@house.mi.gov or by phone at (517) 373-1786.

Obituaries

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

Judy Davis	Dec 15, 2022
Robert Warnock	January 2, 2023
William Anderson	January 24, 2023

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



Monetary donation given in Memory of

Robert Warnock by Hilda Warnock

In Memory Of

Memorial donations made to the Heart of Senior Citizen Services – Krapohl Center, help to provide funding for activities and services which assist seniors in remaining independent. As a non-profit organization, your donations enable these activities and services to be provided at little or no cost. What a wonderful way to remember those who meant so much by helping to provide for those who still care.

If you would like to make a Memorial Gift donation to the HSCS – Krapohl Center, on behalf of a friend or loved one, please mail (or drop off) your donation to Krapohl Center.

Save the Date!!

Journey Toward Healing Workshop	March 2, 2023
State Representative Jasper Martus	March 3, 2023
St. Patrick's Day Lunch	March 15, 2023
Red Wings Game	March 30, 2023
Hollywood Nights-Bob Seger Experience	March 31, 2023
Learning Kitchen	April 5, 2023
Sleep Program	April 13, 2023
Motown & More-Zehnders	May 12, 2023
Eagles Tribute- Zehnders	June 9, 2023

Flint Caskets And Memorials

Flintcasketsandmemorials.com

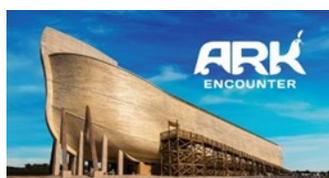
Headstones - Caskets - Obituaries-
Keepsakes -Burial Vaults-Cremation
Urns & Jewelry- Plaques - Caskets
Inserts, Much More .

Nationwide Shipping

810-931-6319 / 947-622-0293

Design your own homecoming. Funerals rank among the most expensive purchase many will ever make. Join us for a presentation from Flint Casket and Memorials.

Date: Thursday, March 9
Time: 1 pm



June 5 - 6, 2023 Monday - Tuesday

The Genesee County Northern Tier Senior Centers & Friends

Includes:

Tour the Creation Museum which brings the pages of the Bible to life,
Tour of the life-sized reconstruction of Noah's Ark at the Ark Encounter,
1 night stay at The Hampton Inn (Cincinnati South Airport),
1 breakfast; 1 luncheon buffet
Motor Coach Transportation
Escorted by Ann Anderson of Ann's Adventures

COST: \$268.00 per person double occupancy
\$338.00 (single); \$258.00 (per person triple occupancy)
Deposit \$75.00 will hold your seat, Remainder due by 5/5/23.
Optional: Cancellation Protection \$40.00 per person due with deposit

Casual dress throughout the trip. You will be taking your own bag to and from your room. Keep it light! Luggage tags will be handed out at the bus. This is an easy trip which calls for only an overnight bag. Bring a refillable water bottle.

Motorized carts are available for rent at each facility on a first come - first serve basis for those who may need it. Both facilities are easily walkable due to the ramps and elevators to get you from floor to floor.

Approximate Return to Clio is 8:30 pm

To reserve your seat!

Call Krapohl Senior Center 810-785-2270

Or

Ann's Adventures P O Box 279 Clio MI 48420
810-640-8303 aanderson@annsadventures.net

Sleep Education for Everyone Program (SLEEP)

Date: Thursday, March 30th to April 27th

Time: 1-1:30 pm

Sufficient sleep is essential for optimal health and wellbeing. The quality and quantity of your sleep affect the mental and physical health of people of all ages. The SLEEP program was developed by sleep researchers, a certified sleep medicine specialist, MSU Extension educators, and older adults living in the community.

A total of five, 30-minute sessions were created; topics for sleeping order by session include: introduction to sleep and health with a focus on recommended duration guidelines; sleep hygiene best practices, Stimulus Control Therapy, mindfulness and relaxation, relationships between sleep and physical activity, and sleep myths.



Spring Ahead

Don't forget to change your clock!

Time changes on

Sunday March 12th.

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



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.

Please submit only complete receipts to the front desk.

Double Up Food Bucks!

Do you have a Bridge Card? When you use your Bridge Card, Double Up matches your amount in fruits and vegetables dollar for dollar up to \$20 a day. How do you sign up for Double Up Food Bucks? You may apply at any participating location. You must have a valid Bridge Card and Government-issued ID with you when you apply. Don't lose out on the food dollars. Register soon. If you have questions or need to know participating locations, call 810-785-2270.

FREE SIX WEEK NUTRITION EDUCATION PROGRAM

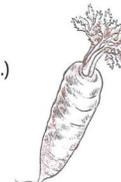


The Learning Kitchen

The Learning Kitchen is an innovative, adult nutrition education program for Genesee County Residents.

CLASSES INCLUDE:

- Weekly Recipe Tastings
- Weekly Nutrition Topics (MyPlate, Sugar, Salt, Meal Planning, etc.)
- Giveaways
- Physical Activity Demonstrations & more!



Date: Wednesdays, April 5 - May 10

Time: 1:30 - 3:00pm

Location: Krapohl Senior Center

Call 810-232-2228, email commit2fit@flint.org, or visit www.surveymonkey.com/r/TLK2022 to learn more and register.



GREATER FLINT HEALTH COALITION

This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation. This institution is an equal opportunity provider.

St. Patrick's Craft

It is craft day!! We will be making a St. Patty's Gnome. Come join us for some fun and laughter.

Date: Thursday March 16th

Time: 1 pm **Cost:** \$10

Call 810-785-2270 to sign up for the class



Important Reminder!

Please make sure you scan in with your center scan card or put your name and telephone number each time you come into the center, If you attend more than one event make sure you select each activity you are here for and hit "Finish".



STAY CONNECTED: Join us on our website and social media! Want to keep up with what is happening at the Center? Staying current is more important now than ever! The best way

to do that is by following our Facebook page (www.facebook.com/KrapohlSeniorCenter/) or our website. (www.heartscs.org). You can find the latest updates and even download the monthly newsletter. Make sure you like our page before you leave to get the most recent updates!

Garden Volunteers!!

We are getting the Greenhouse up and running. If you have some spare time and are ready to get your hands dirty, we would love to see you.

Call Sandy at 810-785-2270 for more information.

Cell Phone Policy

When you are in the Krapohl Senior Center, please put your cell phone on silent or vibrate. When taking a call please go outside as not to disrupt activities.

Thank you for your cooperation.

Your Donations Help Us

with the rising cost of
consumables and office supplies.
The following are greatly appreciated!

Sweet Relish

Box of Individual bags of Lay's chips, Doritos or Cheetos

Thank you to all who have donated. You know who you are!!

Transportation Services

Let us do the driving for you!

If you need a ride to the center, doctor or grocery store and live in the Mt. Morris service area call Krapohl Senior Center at 810-785-2270 to schedule a ride. You must give at least 24 hour notice to be put on the bus schedule. Availability is based on a first come, first serve system. Our bus is available between 9:30 am and 1:30 pm., Monday - Friday. The Krapohl Center is unable to provide transportation for persons with wheelchairs.

RECEIVE A DISCOUNT WITH A TRANSPORTATION PASS:

A ride from home to the center and home again is \$4 which equals \$40 for 10 trips. A transportation pass is \$30 for 10 trips. That's a \$10 savings with the pass. We offer an additional stop pass for those extra stops, for \$10.

Riders who need to make additional stops are charged \$.50 per stop that is not on your direct route. For example, If a rider comes to the center and then stops at the bank and then the store, the fee would be: $\$4 + .50 + .50 = \5.00 or 2 transportation punches and 2 additional stop punches.



Special Services

Ask the Attorney

Local attorney, Stephen Kennedy P.C .

He offers private consultations at the Krapohl Center every Thursday from 12:45 until 2 pm.

There is no charge for the 15 minute consultation.

Appointments are required. Call 810-785-2270.

Commodity Surplus Food Program

3rd Wednesday of the month **MUST** pick-up between 10 - 2 pm.

- | | |
|--|------------------------|
| For | Need |
| ● People 60 + years of age | ● Proof of income |
| ● Income less than \$1,473 for family of one | ● Proof of family size |
| ● \$1,984 for family of two | ● Proof of residency |
| | ● Photo Identification |

MMAP (Medicare / Medicaid Assistance Program)

If you need help determining MMAP qualifications make an appointment with Roxann by calling 810-785-2270.

Financial Requirements are:

2022 Extra Help Eligibility Low-Income Subsidy (LIS)

Individual \$1719 Assets \$15,510

Couple \$2309 Assets \$30,950

2022 Medicaid, Medicare Savings Program (MSP)

Single \$1549 Assets \$8400

Married \$2080 Assets \$12,600

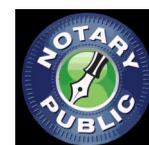
Notary Service

In need of a Notary?

We have one available.

Cost: \$5.00 per subject

Call 810-785-2270 and make an appointment with Sandy.



KISS



Keeping Independent Seniors Safe

Are you or your family and friends worried about you living alone?

The KISS program is a free telephone reassurance program for older adults who live independently and want to feel safer and more secure.

Call 810-249-6530 for more information and to sign up.

Veteran Benefit Assistance

John Stilley Department of Veterans Services
4th Wednesday of month at 9 am .

John is at the Krapohl Center to assist Veterans from any era. He will assist Veterans with benefits or answer questions.

Appointments are required! Call 810-785-2270



Veteran's Corner



We would like to honor a Veteran monthly. Please help us by sending in a picture and the branch you were in, years served and where you were stationed.



Elwyn Tomkinson was on US Vermillion From Norfolk, Virginia

Intellectual Wellness

“What’s Next” Book Club



Come join us for some great discussions on our monthly books. Call 810-785-2270 for more information and to reserve your book.

Date: Wednesday, March 22, 2023 **Time:** 11 am

This month’s book is: *These Old Shades*

By: Georgette Heyer

Fortune favours Justin Alastair, the uncanny and notorious Duke of Avon, casting in his way, one Paris night, the means to revenge himself on his enemy, the Comte de Saint-Vire. Avon literally collides with an abused boy, Léon Bonnard, whose red hair, deep blue eyes and (improbably) black eyebrows proclaim him a child of the Comte.

Not knowing the exact relationship between the boy and Saint-Vire, Avon purchases him from his brother, a tavern keeper. He takes the boy as his page, and as such can parade the boy throughout French high society, even at a party at Versailles held by Louis XV. The Duke displays Léon before the Comte's wife and his son and heir. He notes the resemblance of the son, Henri, to Léon's brother, Jean Bonnard, a tavern keeper. He also notes that the boy, Léon's age, prefers rural life, and wants to be a farmer. After this excursion to Versailles, the Comte becomes greatly interested in Léon and attempts to purchase him. Meanwhile, both Avon and his friend, Hugh Davenant, have realized that Léon is actually a girl, Léonie. Léonie is wildly devoted to Avon, seeing him as her savior from a life of abuse, rather than as dissolute and scandalous, as the rest of the fashionable world views him.

Computer Assistance

Need help with your computer or smart phone? Don't know if that text is real or a scam. Let us help you out. We offer one on one assistance to help you understand the technology world.

Date: Fridays **Time:** 1-3 pm by appointment only

Call 810-785-2270 to get an appointment.

Watercolor Painting

Date: March 18, 2023

Time: 1 pm

Cost: \$10 includes supplies

Instructor: Karen

Minimum class size 5, Maximum 10

Must sign up . Call 810-785-2270.

No refunds

Learn new tricks and techniques with a new drawing each month.



Woodcraft Class with Johnnie Sue

Date: March 22, 2023

Time: 10 am

Cost: \$15-\$20 Depending on the type of wood.

Make your own Clock

Beginners welcomed. Maximum 4 people.

Must call 810-785-227 to reserve your spot by Friday March 17th.



SWG
1st
Place
Bocce
Ball

Momma
And
Judy



SWG
2nd
Place
Bocce
Ball

Nancy
And
Sharon



SWG
3rd Place
Bocce Ball

Daryl and
Ronnie
←
Bocce
Ball
Winners



Health

Foot Clinic

Do your toenails need to be trimmed? Can't trim them yourself? Let Dr. Snyder do it for you. Call the center at 810-785-2270 for your appointment. Bring your photo ID and insurance card.

Date: Wednesday April 12, 2023

Time: 5:00 pm.

Podiatrist: Dr. Snyder

Limited appointments available

Haircuts

Appointment only. Call 810-785-2270 for an appointment.

Date: Friday, March 17, 2023

Time: 10:30 am – 12:30 pm

Cost: Women \$10 Men \$8



Blood Pressure & Diabetic Screening

Cost: Free

Date: Wednesdays

Time: 10 am – 12 pm

Call the center at 810-785-2270 for information

Back March 8th

New Day

Hearing Screening



Have trouble hearing conversations?

Have your hearing checked by the professionals.

Date: 3rd Tuesday of the month

Time: 9am—12 noon Bring your insurance card and ID.
Call 810-785-2270 for an appointment.

How much do you weigh?



Did you know that the Center has a scale? If you are trying to lose weight and want to monitor yourself, feel free to hop on the scale here. Or, maybe you haven't weighed yourself for a long time and just want to know if you've gained weight during the Pandemic. The scale is in a private area so that no one will know but you. The scale is available 9:30am – 4:30pm Monday - Friday.

Free covid tests are available again

You may get 4 test per household.

Go to <https://www.covid.gov/tests>.

If you need help registering, please call the center at 810-785-2270.

Exercise

Cornhole

Date: Thursdays

Time: 10:00 am

Cost: \$12 for
6 week session



shutterstock - 246276289

Must call 810-785-2270 by the Wednesday the day before to reserve your spot. Space is limited.

Chair Yoga for the Mind, Body & Spirit

Date: Wednesdays

Time: 4:00 pm **Instructor:** Brenda

Cost: \$5/class (\$10 discount if paying by punch card)

Call 810-785-2270 and register for the class.

Movin' & Groovin'

Time: W & F 10 am - 11 am

Cost: \$15 for 30 sessions or \$2.00 a session

No Monday class due to Tax season. Will resume on 4-17-23.

First lessons: that you observe or participate in is free

Next 15 sessions that you attend are \$2 per session

Next 30 sessions: whether you attend or not you must pay \$15 in advance. This equals to .50 cents a session.

Mondays will resume on 4-17-2023



Nature Walk

Time: Daily

Cost: Free

Grab a friend and come walk our nature trail. Don't forget to stop in the center to swipe your card and say hi.



Sit & Get Fit

Fridays: 11 am

Take back control of your health and improve your life through exercise. This will improve your balance and boost your metabolism.

Call 810-785-2270 to reserve your chair.

Wii Bowling

New bowlers always welcome.

Date: Tuesdays

Time: 10:00 am

Cost: \$5 for 8 weeks

Space is limited so reserve your spot by calling 810-785-2270.

The Fantastic

Admission \$5.00

Totally Country

If possible, Please bring exact change.

Easy Listening

COUNTRY EXPRESS BAND

You are invited to the Krapohl Center
Country Family music evening.

Food and Snacks available.

Thursdays 6:30 pm - 9:30 pm

Activities

Please call to let us know if you are unable to attend the activity.

Bunco

Date: 3rd Monday of the month

Time: 12:45 pm

Cost: \$5

Please call 810-785-2270 early if you need to cancel.



Bid Whist!

Tired of the old card games?

Join us and try something new.

We play every week as long as we have enough players.

Date: Friday

Time: 1 pm

This is a partnership trick-taking game. This means there will be 4 people in teams of 2. These teams will compete by betting and winning tricks. **Call 810-785-2270 by 11 am to let us know you are coming.**

Senior Grocery Shopping Service

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

Cost: \$4 Round trip

Walmart: 2nd Wednesday

Kroger: 4th Wednesday

Please schedule your ride at least 24 hours in advance.

Stitch in Time

Quilters

Mondays @ 1 pm

Cost: FREE

Anyone who is interested in learning how to hand stitch quilts is welcome.



Traveling Dessert Club

No meeting until May.

Time: 1:30 pm

Join us each month for a dessert or just a chance to meet new people. You are responsible for your own dessert.

Please call 810-785-2270 to reserve your spot.



Woodcrafts

Date: Tuesday & Thursday from 1pm –4 pm

Cost: Donation

Join skilled woodcrafters and work on your own project each week. Beginners welcomed. Maximum 4 people.

Line Dancing Beginners only

Date: Wednesdays

Time: 2:30-3:30 pm

Cost: Free

Instructor: Brenda

Come and join us for some fun and laughter.

Call 810-785-2270 for more information.



Chair Volley ball

Date: Tuesdays

Time: 3 pm - 4 pm

Cost: Free

Come join us!!

We have lots of fun

Need a Minimum of 12 people

Come join us for a weekly game and have more fun than you can possibly stand - while seated! Come enjoy this fun-filled game. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-eye coordination, and endurance. The game is played with a beach ball and a five foot high net. Rules are similar to regular volleyball except "cheeks on the chair!" Call 810-785-2270 for more information.



Euchre Tournament

Sunday, March 26, 2023

2:00 - 5:00 pm

Cash Prizes Lite Lunch

\$5 per person

Euchre

Monday @ 12 pm & Friday @ 12:30 pm

Call 810-785-2270 to let us know you want to play.



Ladies in Red

Date: March 22, 2023

Place: Krapohl Senior Center

Time: 1:00 PM

Join the Ladies in Red as we begin our new group. You only need to be 50 years old to join us. We will be planning new trips and events. Bring your ideas, smiling faces as we will have lots of fun. If you would like to have lunch before the meeting, please call 810-785-2270 to reserve your lunch by Tuesday March 21st.



Restaurant Club

Date: Wednesday, March 22, 2023

Place: Cracker Barrel 4140 Pier N Blvd, Flint, MI 48504

Time: 3:30 pm

Bring a friend...Meet a friend!

Deadline to sign up is Monday March 20, 2023

Please call 810-785-2270 to sign up—this help us to make a reservation.

Nothing better than sharing a meal with a group of friends. Join us each month at a different restaurant.



March Calendar 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Movin & Groovin 10 am GCCARD Lunch 12 n Line Dancing 2:30 pm Yoga 4 pm Nature Walk	2 Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Journey on Healing 1 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	3 Coffee with Jasper 10 am Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Computer Class 1 pm Bid Whist 1 pm Nature Walk
6 Taxes 9 am GCARD Lunch 12 n Euchre 12 n Quilters 1 pm Life Stories 2 pm Nature Walk	7 Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Chair Volleyball 3 pm Nature Walk	8 Movin & Groovin 10 am BP/BS 10 am GCCARD Lunch 12 n Line Dancing 2:30 pm Yoga 4 pm Nature Walk Walmart shopping	9 Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm Flint Caskets 1 pm Country Dance 6:30 pm Nature Walk	10 Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Computer Class 1 pm Bid Whist 1 pm Nature Walk
13 Taxes 9 am GCARD Lunch 12 n Euchre 12 n Quilters 1 pm Life Stories 2 pm Nature Walk	14 Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Chair Volleyball 3 pm Nature Walk	15 BP/BS 10 am Commodities 10 am Movin & Groovin 10 am GCCARD Lunch 12 n Line Dancing 2:30 pm Yoga 4 pm Nature Walk	16 Soaring Eagle 9 am Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm St Patrick Craft 1 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	17 Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Computer Class 1 pm Nature Walk
20 Taxes 9 am GCARD Lunch 12 n Euchre 12 n Quilters 1 pm Life Stories 2 pm Nature Walk	21 Hearing Solutions 9 am Wii Bowling 10 am HM Lunch 12n Woodcrafts 1 pm Chair Volleyball 3 pm Nature Walk	22 Veteran Assistance 9 am BP/BS 10 am Book Club 11 am GCCARD Lunch 12 n Wood Craft Class 1 pm Line Dancing 2:30 pm Yoga 4 pm Restaurant Club 3:30 pm Nature Walk Kroger	23 Cornhole 10 am Book Club 11 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	24 Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Computer Class 1 pm Nature Walk
26 Euchre 2 pm	28 Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Chair Volleyball 3 pm Nature Walk	29 Movin & Groovin 10 am BP/BS 10 am GCCARD Lunch 12 n Line Dancing 2:30 pm Yoga 4 pm Nature Walk	30 Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	31 Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Computer Class 1 pm Nature Walk
27 Taxes 9 am GCARD Lunch 12 n Euchre 12 n Quilters 1 pm Life Stories 2pm Nature Walk				

For a meal reservation call 810-785-2270

March Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BBQ Pulled Pork Baked Potato Mixed Vegetables Fresh Orange	2 Chicken Alfredo French Green Beans Vegetable Blend Dinner Roll	3 Pub Burger w/Cheese Potato Salad Peas & Carrots Fruit Cocktail
6 Smothered Pork Chops Mashed Sweet Potatoes Mixed Greens Honey Wheat Roll Pears	7 Homemade Shepherd's Pie Tossed Salad Roll Dessert	8 Cobb Salad w/Turkey, Cheese, Egg, Bacon Pasta Salad Peaches	9 Miss Donna's Oven Fried Chicken Chuck Wagon Blend Oven Roasted Potatoes Fresh Orange	10 Korean Beef Bowl w/Rice w/Snap Peas, Pepper, Onions & Broccoli Peas & Carrots Pineapples
13 Roasted Turkey & Gravy w/Mashed Potatoes Southern Green Beans Warm Peaches Biscuit	14 Homemade Irish Lunch Corned beef Colcannon Soda Bread, Salad Dessert	15 Chicken Fried Steak w/ gravy Steamed Broccoli Roasted Veggies Mixed Fruit	16 Stuffed Peppers Steamed Beets Cauliflower Applesauce Dinner Roll	17 Pecan Crusted Tilapia Au Gratin Potatoes Corn Pineapples
20 Western Frittata w/Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin	21 Homemade BBQ Pulled Pork Sandwich- Coleslaw Chips Dessert	22 Boneless BBQ Riblet Mixed Vegetables Redskin Potato Wedges Fruit Cup	23 Chicken Salad Sandwich Pasta Salad Fresh Banana Cookie of the month	24 Artisan Mac & Cheese French Cut Green Beans Sliced Carrots Fruit cocktail
27 Spaghetti & meatballs Sweet Peas Italian Veggie Blend Garlic Bread	28 Homemade Ground Beef Stroganoff Noodles Green Beans Roll Dessert	29 Salisbury Steak w/gravy Mashed Potatoes Sliced Carrots Tropical Fruit Salad	30 Beef Fajitas w/Pepper/ Onion Mexican Rice w/Corn & Tomatoes Black Beans Fruit Cocktail	31 BBQ Chicken Tenders Mixed Veggies Potato Wedges Pineapples

Don't know what you want for lunch? Maybe you are just tired of cooking.

Join us for a GCCARD lunch on Mondays, Wednesdays, Thursdays, and Fridays. Bring your friends or meet here at the center and have lunch with us. You can stay and join in the activities of the day. The meals are good; just come in and we serve you. Call the day before by noon to order your lunch for the next day.

A \$3.00 donation per meal is requested for anyone 60 years and older. For anyone, under 60 years of age or living outside Genesee County, the cost is \$6.00



Home Cooking by Chef Ronnie

Nutritious home cooked meals are on the lunch menu for Tuesdays.

Purchase a monthly punch pass for only \$24 - \$30 (based on number of weeks).

Cost: \$6 per meal

Must sign up by Friday for lunch on the next Tuesday! No exceptions.

Chef Ron Iaquinto



For your Birthday



If you're 60+, join us during the month of your birthday for a free Tuesday lunch and receive your individual birthday cake. Call 810-785-2270 by the Friday prior to the Tuesday you would like to have lunch and reserve your spot.

Travel

Casino Trips Soaring Eagle

Date: Thursday, March 16, 2023

Depart: Krapohl Center at 9 am

Return: approximately 6 pm

Cost: \$25

Trip must be paid for by: Friday March 10th

Includes: Round trip transportation on the center bus, casino and gaming package if available. Only 14 seats available, so book early. You must pay at time of booking.



Bus leaves at 9am sharp. No refund if you miss the bus.

2023 Trips to

Zehnders of Frankenmuth

Motown & More - Featuring Soul Xpress

Dates: Friday, May 12, 2023

Cost: \$62.00 per person

Deadline to sign up is March 31, 2023



Soul XPress Band is a rambunctious 7-piece funk/soul band that features a line-up of respected musicians. The band's mastery of soul music stems from absorbing the real deal of years of experience.

Maple Syrup Festival

Shepherd, Mi

Date: Saturday - April 29, 2023

Depart: Krapohl Center 8:30 am

Return: Approximately 5 pm

Cost: \$21



Pancake & Sausage brunch included

Reserve early as seats go fast!

Deadline: Cost must be paid for on or before April 21st.

Visit the Arts & Craft Fair, Flea Market, Quilt Show, wood carving exhibits, petting zoo plus much.

Eagles Tribute – Featuring Flatbed Ford

Date: Friday, June 9, 2023

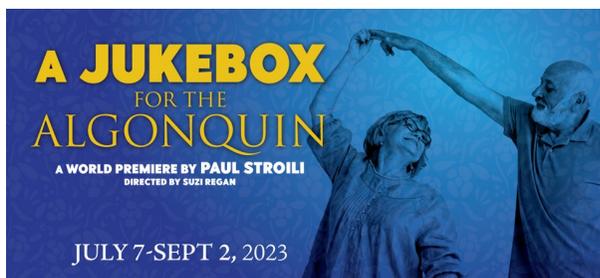
Cost: \$62.00 per person

Deadline to sign up is April 28, 2023



The Eagles brought you amazing song writing, amazing harmonies and vocals, and amazing guitar interplay. And now Flatbed Ford brings it all to you again with their meticulous recreations of the classic Eagles songs and sound.

Sit back and enjoy the stellar musicianship of Flatbed Ford as they take you on a musical journey through the legendary sound of The Eagles.



Purple Rose Theater presents "A Jukebox"

Date: Wednesday, July 12, 2023

Cost: \$43.00 per person

Lunch on your own

At a senior living community in the Adirondacks, a small group of residents decide they're not quite ready to "go gentle into that good night." This band of displaced former city dwellers from Brooklyn and The Bronx hatch a plot to prove that aging is not a New York state of mind. A Jukebox for the Algonquin is a tale about those who will not be forgotten – a serious comedy about sex, drugs, and rocking chairs.

**Contains adult language & content.*

Call 810-785-2270 for more information

Shredding Day

April 19, 2023 10 am to 1 pm

Bags available at center. \$10 each

Travel Refund Policy

Refunds are only given if cancellation is within three days prior to the trip. Time must be allowed to contact people who may be on a waiting list.

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.

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

Johnnie Sue Petrich	President
Deacon Jim Brown	Vice President
Ken Sies	Secretary
Brenda Ashley	Treasurer
Larry Green	Executive Trustee
Lynn DeVoll	Trustee
Dale Daron	Trustee
Ingrid Lewis	Trustee
Elizabeth Melchor	Trustee
Ronda Simpson	Trustee
Rubina Tevis	Trustee

Executive Director: Karen Reid

The Krapohl Center does not discriminate against anyone 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 nonprofit agency funded through donations, fundraisers, grants, Mt. Morris Township, Federal Community Development Block Grants, Michigan Department of Transportation, Mt. Morris Consolidated Schools and the Genesee County Senior Millage.

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

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



Amazon has ended its charity donation program called “Amazon Smile” Thank you to all that participated in this program which donated .05% to our center. We are grateful for you support.

HSCS Board Meeting Dates

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

- March 20, 2023
- May 15, 2023
- July 17, 2023
- September 18, 2023
- November 20, 2023

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:** Sandy Tucker
- Social Work Technician:** Roxann Braddock
- Office Clerk:**Sharon Benmark
- Transporter/Maintenance:**.....Emma Montague

Visit us through Social Media

Like us on our **New Facebook:**

www.facebook.com/Krapohl Senior Center

or check our website at

www.heartscs.org.



Krapohl Office Hours

Open 9 am- 5 pm

Monday—Friday

810-785-2270

US Postal Stamps



The rate for a First Class Mail Letter (1 oz.) for postage purchased at the Post Office is \$0.63 a stamp/ \$12.60 a book.

For your convenience, books of postage stamps are available at the Krapohl Center. Cost is \$12.60 a book.

Need to get rid of Old Medication?

The following items are accepted at:

Union Prescription, 11830 N Saginaw Rd, Mt. Morris 48458

Non-controlled drugs/substances

Over-the-counter drugs

Medicated cough drops

Cold and flu medications

Vitamins and supplements

Prescription drugs

Pet medications

Medication samples

NO LIQUIDS or NEEDLES

You must take pills out of the bottles and put in a plastic zip lock bag.

There is a drop off box inside the store by the pharmacy. If you have any questions call 686-2900.

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Krapohl Senior Center

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

Call 785-2270



Brr...It is Cold out there!!

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 the weather conditions present a health or safety hazard such as large snowfall, ice or subzero weather the Krapohl Center will close. If the Mt. Morris, Beecher and /or Westwood Heights School Districts are closed, so are we. Before venturing out in bad weather, be sure to call the center at (810)785-2270 or tune in to the TV Stations, Channel 12 or 25. You can also check our Facebook page and website for updates concerning the center!

