



The Krier

Krapohl Senior Center Wellness in Aging Begins Here



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Web: heartscs.org

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www.facebook.com/KrapohlSeniorCenter

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A Publication of the Heart of Senior Citizen Services

Health Fair

**Get your Shot and/or Booster
October 11, 2022, 10 am - 2 pm**



Several area health related organizations will be here to answer your questions and/or introduce you to new programs.

Union Pharmacy will have flu shots, Covid Booster shots, Shingles and pneumonia shots available.

Please call 810-785-2270 to sign up for your shots. **Deadline to sign up is October 10th.**

It's that time again!!

Shredding Day

October 6th, 2022

10 am—1 pm

Looking for a safe way to get rid of all those old bank statements, medical papers, anything with your personal information on them?

Stop by the Krapohl Center and purchase a large bag for \$10, fill it up, seal it and watch it shred into pieces. If you don't need a large bag, you may use a paper grocery sack for a small fee of \$5.00.

Remember no clips, plastic, or bound books.

Hope to see you all on October 6th!!

4th Annual Blankets of Love Benefit Concert

Presented by Free2B Ministries

Date: Saturday, November 12th

Time: 6-9 pm

Please join us for a night of good music and a good cause. The admission cost is a lap blanket which will be given to area nursing home residents during December. We will have a donation box at the door from November 1st-26th.

Free2B Ministries is a non-profit organization whose members visit area nursing homes during the year and share their music with them. At Christmas time they will collect lap blankets for the seniors.

We hope to see you on the 12th!



Public Welcome

Psychic Fair

October 8th

10 am - 3 pm

Door Admission is \$5 per person

Palm Readers

Crystal Ball

Past Life Read

Riekie

Readings start at \$25 cash or \$30 credit card and may vary per vendor.



Obituaries

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

No one this month

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.

HALLOWEEN PARTY

Tuesday October 25, 2022

Time: 12 noon

1st, 2nd and 3rd place will be awarded for Best costume

Call 810-785-2270 to reserve your spot for lunch by Friday October 21.



Eat and Run

6th Annual Progressive Dinner

Presented by the Northern Tier Senior Centers

Date: Wednesday, November 9th

Tickets : \$15.00

Montrose 4:00- Krapohl 4:45- Thetford Twp.5:30 - Clio 6:15 and Forest Twp 7:30.

The 5 centers are hosting another Progressive Dinner to allow you to meet other seniors and see what each center has to offer

Tickets can be purchased at Krapohl Senior Center during normal business hours (9-5 pm) until Oct 30th.

You **MUST** bring your ticket with you to the event!

FEATURED: A 5-Course Meal!

(Appetizer, Soup, Salad, Entrée, and Dessert)

Call 810-785-2270 for more information

Save the Date!!

Shredding Day	October 6, 2022
The Myths of Hospice	October 6, 2022
Psychic Fair	October 8, 2022
Health Fair/ Flu Shot and Booster Clinic	October 11, 2022
Halloween Party	October 25, 2022
Progressive Dinner	November 9, 2022
Veterans Brunch	November 10, 2022
Blankets of Love Benefit Concert	November 12., 2022
Still Dreaming of a White Christmas	November 17, 2022

Life Stories

New Class starts in December

Call 810-785-2270 to sign up.

October is Fire Prevention Month

Knowing what to do in the event of a fire is particularly important for older adults. At age 65, people are twice as likely to be killed or injured by fires compared to the population at large. With our numbers growing every year - in the United States and Canada, adults age 65 and older make up about 12 percent of the population - it's essential to take the necessary steps to stay safe.

Safety Tips from the National Fire Protection Association

To increase fire safety for older adults, NFPA offers the following guidelines:

Keep it low

If you don't live in an apartment building, consider sleeping in a room on the ground floor in order to make emergency escape easier. Make sure that smoke alarms are installed in every sleeping area and outside any sleeping areas. Have a telephone installed where you sleep in case of emergency.

Sound the alarm

The majority of fatal fires occur when people are sleeping, and because smoke can put you into a deeper sleep rather than waking you, it's important to have a mechanical early warning of a fire to ensure that you wake up. If anyone in your household is deaf or if your own hearing is diminished, consider installing a smoke alarm that uses a flashing light or vibration to alert you to a fire emergency.

Do the drill

Conduct your own, or participate in, regular fire drills to make sure you know what to do in the event of a home fire. If you or someone you live with cannot escape alone, designate a member of the household to assist, and decide on backups in case the designee isn't home. Fire drills are also a good opportunity to make sure that everyone is able to hear and respond to smoke alarms.

Open up

Make sure that you are able to open all doors and windows in your home. Locks and pins should open easily from inside. (Some apartment and high-rise buildings have windows designed not to open.) If you have security bars on doors or windows, they should have emergency release devices inside so that they can be opened easily. These devices won't compromise your safety, but they will enable you to open the window from inside in the event of a fire. Check to be sure that windows haven't been sealed shut with paint or nailed shut; if they have, arrange for someone to break the seals all around your home or remove the nails.

Stay connected

Keep a telephone nearby, along with emergency phone numbers so that you can communicate with emergency personnel if you're trapped in your room by fire or smoke.



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 or webpage. Check out the Krapohl Senior Center website (heartscs.org). You can find the latest updates and even download the monthly newsletter! You can also hop over to Facebook and search Krapohl Senior Center to find us. We share center updates. Make sure you like our page before you leave to get the most recent updates!



Thank you Megan Ashley for repainting our sign!!

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.

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.

2nd Annual Christmas Wreath Sale
The sale starts on October 1st - October 31st
2nd Annual Fundraiser for Krapohl Senior Center

Wreaths \$30



Approx. 3'x 2'

Grave Pillows \$40



Name: _____

Phone: _____

Address: _____

Wreath \$30 _____ Grave Pillow \$40 _____

You can drop the form at the center or send a check to: Krapohl Senior Center
5473 Bicentennial Dr
Mt Morris, MI 48458

Items will be available to be picked up from the center in November. Date to be determined. If you have any questions please call Sandy at 785-2270 from 9am to 5pm, Monday thru Friday. Deadline to order is October 31st.

Medicare Part D

Open Enrollment

October 15 - December 7

Review your current plan for 2023 regarding your health plan, and your Part D drug plan.

Call Krapohl Senior Center 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.

Important Reminder!

Please make sure you scan in with your center scan card or your name and telephone number each time you come into the center! Also, if you attend more than one event make sure you select each activity you are here for and hit "Finish". We need the correct counts for the county. Thank you!

Your Donations Help Us

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

Chocolate and white cake mixes and frosting
12 pk cans of Coke, Diet Coke, Pepsi, Diet Pepsi

Thank you for your support!



Wear your colors on Thursday October 27th at 1pm and cheer for your favorite team. Let's see which team will show up. We will have snacks and punch.



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.

- | | |
|--|---|
| <p>For</p> <ul style="list-style-type: none"> ● People 60 + years of age ● Income less than \$1,473 for family of one ● \$1,984 for family of two | <p>Need</p> <ul style="list-style-type: none"> ● Proof of income ● Proof of family size ● 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.



In Honor of Veterans Day

We invite our Veterans to enjoy a free Brunch on us.

Brunch: Egg Casserole with ham, cheese, green peppers.
Hash browns and cinnamon roll.

Date: Thursday November 10, 2021


Time: 12:00 pm

Cost for Non Veterans : \$4.00

Please call 810-785-2270, to reserve your spot by Nov 7th

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.

Wednesday, October 26, 2022 Time: 11 am

This month’s book is: Olive Kitteridge

By Elizabeth Strout

For many years Henry Kitteridge was a pharmacist in the next town over, driving every morning on snowy roads, or rainy roads, or summertime roads, when the wild raspberries shot their new growth in brambles along the last section of town before he turned off to where the wider road led to the pharmacy. Retired now, he still wakes early and remembers how mornings used to be his favorite, as though the world were his secret, tires rumbling softly beneath him and the light emerging through the early fog, the brief sight of the bay off to his right, then the pines ...

Decrease Fat, Sugar & Salt

Date: Tuesday, October 18th

Time: 12:45pm

What is the difference between saturated, unsaturated, and trans fats? How do you decrease your salt and/or sugar intake? Many of us take in too much fat, salt, and sugar throughout our daily meals, which can lead to many health issues.

In this class you will learn:

Why and how to decrease your intake of fat, salt, and sugar throughout your day.

Tips and tricks to recognize fats, sugar, and salt on food labels.

Ways to cook healthier.

Call 810-785-2270 to sign up or for more information.

Prevent Falls at Home: Room to Room

Many falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are many changes you can make to your home that will help prevent falls and better ensure your safety.

We will talk about:

Floors, stairways, and hallways

Bedrooms, Bathrooms and Kitchens

Outdoor space and other living areas



Date: Tuesday October 25, 2022 **Time:** 1 pm

Call 810-785-2270 to sign up for the presentation.

Watercolor Painting

Date: October 29, 2022

Time: 1 pm

Cost: \$8 includes

Instructor: Karen

Minimum class size 5, Maximum 10

Call 810-785-2270 to sign up and pay.

Overcoming the Common Myths of Hospice Care

October 6, 2022

11:30 am

"Does morphine hasten death?" "Is Hospice care only for the last few days of life?" "Does Hospice mean giving up on life?" "Who pays the hospice bill?" "I think my loved one may need hospice, what do I do?"

This workshop addresses many of the commonly believed assumptions (and myths) about Hospice care. If you're considering Hospice care for a loved one now or soon down the road, put this 1-hour workshop on your calendar and bring family members and friends.

Call 810-785-2270 to register for this workshop or if you need more information.

Woodcraft Class with Johnnie Sue

Date: Wednesday, October 26, 2022

Time: 10 am

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

Make your own Coat Rack

Beginners welcomed. Maximum 4 people.

Call 810-785-227 by September 21st to reserve your spot.

Health

Foot Clinic

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

Date: Wednesday, December 7, 2022

Time: 5:00 pm.

Podiatrist: Dr. Snyder

Call to make an appointment in December. Appointments fill fast.

Haircuts

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

Date: Friday, October 28, 2022

Time: 10:30 am – 12:30 pm

Cost: Women \$10 Men \$8

Stylist: Chandel



Having fun at the Pentathlon games.

Great Job to all who attended.



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.

Exercise

Cornhole

Date: Thursdays

Time: 10:00 am

Cost: \$12 for
6 week session



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Must call 810-785-2270 by the Wednesday 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: M, W & F 10 am - 11 am

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



First lesson: that you observe or participate in is free
Next 15 lessons that you attend are \$2 per lesson
Next 30 lessons: whether you attend or not you must pay \$15 in advance. This equals to .50 cents a lesson.

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: 10:30 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

Bunco

Date: Monday, October 17, 2022

Time: 12:45 pm

Cost: \$5

Please call 810-785-2270 by 10 am the day of if you need to cancel. You must bring your own dice.



Bid Whist!

Tired of the old card games?

Join us and try something new.

We will 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 .**



Euchre Tournament

Sunday October 23, 2022

2:00 - 5:00 pm

Cash Prizes Lite Lunch

\$5 per person

Euchre

Monday & Friday @ 12:30 pm

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

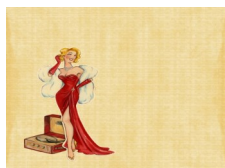


Ladies in Red

Date: To be determined

Place: Krapohl Senior Center

Time:



Restaurant Club

Date: Wednesday October 26, 2022

Place: Los Cabos Grill & Bar

11944 Saginaw St Mt. Morris

Time: 4:30 pm

Bring a friend...Meet a friend!



Nothing better than sharing a meal with a group of friends.

Join us each month at a different restaurant.

Meals are individually billed.

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 24 hour 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



Wednesday: October 12, 2022

Place: Fat Tony's Ice Cream Parlor

7513 N Bray Rd, Mt Morris, MI 48458

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.

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.

Flint Institute of Arts

Glassblowing Demonstrations

Would you like to learn more about how they do the glassblowing? Join us for a trip to the FIA to watch this demonstration and walk around and see what the FIA has to offer.

Date: Saturday October 22, 2022

We will have lunch at the center at 12 noon

Depart at 1pm

Return back approx. 4pm

Cost is free

Sign up soon as we only have 14 seats available.

If we have a good turn out, we will do this once a month.

Call 810-785-2270 for more information



October Calendar 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Movin & Groovin 10 am GCCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Life Stories 2 pm Nature Walk</p>	<p>4</p> <p>Wii Bowling 10:30 am HM Lunch 12 n Woodcrafts 1 pm Nature Walk</p>	<p>5</p> <p>Movin & Groovin 10 am GCCARD Lunch 12 n Yoga 4 pm Nature Walk</p>	<p>6</p> <p>Shredding Day 10 am Cornhole 10 am Myths of Hospice 11:30 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm Country Dance 6 pm Nature Walk</p>	<p>7</p> <p>Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Nature Walk</p> <hr/> <p>8</p> <p>Psychic Fair 10 am</p>
<p>10</p> <p>Movin & Groovin 10 am GCCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Life Stories 2 pm Nature Walk</p>	<p>11</p> <p>Health Fair 10 am Wii Bowling 10:30 am HM Lunch 12 n Woodcrafts 1 pm Nature Walk</p>	<p>12</p> <p>Movin & Groovin 10 am GCCARD Lunch 12 n Dessert Club 1 pm Yoga 4 pm Nature Walk Walmart shopping</p>	<p>13</p> <p>Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm Country Dance 6 pm Nature Walk</p>	<p>14</p> <p>Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Nature Walk</p>
<p>17</p> <p>Movin & Groovin 10 am GCCARD Lunch 12 n Bunco 12:45 pm Euchre 12:30 pm Quilters 1 pm Life Stories 2 pm Nature Walk</p>	<p>18</p> <p>Hearing Solutions 9 am Wii Bowling 10:30 am HM Lunch 12 n Decrease Fat 12:45 pm Woodcrafts 1 pm Nature Walk</p>	<p>19</p> <p>Commodities 10 am Movin & Groovin 10 am GCCARD Lunch 12 n Yoga 4 pm Nature Walk</p>	<p>20</p> <p>Soaring Eagle 9 am Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm Country Dance 6 pm Nature Walk</p>	<p>21</p> <p>Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Nature Walk</p> <hr/> <p>22</p> <p>FIA-Glass Blowing 12n</p>
<p>23</p> <p>Euchre Tournament</p> <hr/> <p>24</p> <p>Movin & Groovin 10 am GCCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Life Stories 2 pm Nature Walk</p>	<p>25</p> <p>Wii Bowling 10:30 am HM Lunch 12 n Halloween Party 12 n Fall Prevention 1 pm Woodcrafts 1 pm Nature Walk</p>	<p>26</p> <p>Veteran Assistance 9 am Movin & Groovin 10 am Woodcraft class 10 am Book Club 11 am GCCARD Lunch 12 n Yoga 4 pm Restaurant Club 4:30 pm Nature Walk Kroger Shopping</p>	<p>27</p> <p>Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm M VS MS 1 pm Country Dance 6 pm Nature Walk</p>	<p>28</p> <p>Movin & Groovin 10 am Haircuts 10:30 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Nature Walk</p> <hr/> <p>29</p> <p>Watercolor</p>
<p>31</p> <p>Movin & Groovin 10 am GCCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Life Stories 2 pm Nature Walk</p>				

For a meal reservation call 785-2270

October Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Country Style Chicken w/ gravy	4 HM Polish Sausage and Fried potatoes	5 HM Beef Goulash	6 Turkey & Cheese Sub	7 Santa Fe Salad w/ Chicken & Beans w/HM Roasted Corn Salsa
10 BBQ Pulled Pork	11 HM Lasagna and Garlic Bread	12 Creole Steak in Sauce	13 HM Chicken Parmesan Sandwich	14 Sweet and Sour Meatballs
17 Chicken Caesar Salad	18 HM Turkey Club Sandwich	19 Chef's Choice	20 HM Pork Chop w/Apples	21 Crusted Fish
24 HM Bean Soup w/ Turkey ham	25 HM Sloppy Joes	26 HM Sloppy Joes	27 BBQ Chicken	28 Breaded Turkey Sandwich
31 Chicken Salad Sandwich				



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

Join us for a GCARD lunch on Monday, Wednesday, Thursday, and Friday. 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, and you 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

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

Purchase a monthly punch pass for only \$20 - \$25 (based on number of weeks).

Cost: \$5 per meal

Chef Ron Iaquinto



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

If you cannot come, please cancel your reservation

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.

If you cannot come, please cancel your reservation.

Travel

Casino Trips Soaring Eagle

Date: Thursday, October 20, 2022

Depart: Krapohl Center at 9 am

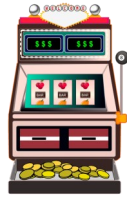
Return: approximately 6 pm

Cost: \$25

Trip must be paid for by Monday, Oct 17, 2022

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.



A Few Upcoming Trips for 2023

Motown & More - Featuring Soul Xpress

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. Members of the group have performed or opened with artists such as the Commodores, KC & the Sunshine Band, Rare Earth, Otis Day & the Knights, War, The Dramatics, Bobby Byrd, Martha Reeves & the Vandellas as well as Rock Legends such as Bad Company, Edgar Winter, Foghat and Davy Jones.

Dates: Friday, May 12, 2023

Eagles Tribute – Featuring Flatbed Ford

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.

Their spot-on reproductions of classic Eagles hits and select solo pieces from Don Henley, Glenn Frey and Joe Walsh will take you back to the peaceful easy Southern California sound of the early 70's, 80's and 90's. If you love the Eagles, you will love Flatbed Ford!

Date: Friday, June 9, 2023

Oldies Show – featuring Beach Party Boys

The Beach Party Boys are in their 10th year of non-stop touring – they have been described as the Ultimate Beach Party coming to life! They bring the fun fun fun of California's Summer Sun and the great music of The Beach Boys to life! The show is fast paced and interactive with a focus on lots of nostalgia to awaken the teenage hearts of all those who carried a transistor radio in the 60's! The authentic look, musical instrumentation, and detailed harmony of the Beach Boys are reproduced with a bang on representation of the real deal. The members of BPB have played in Beach Boys tribute concerts for over the past 25 years and some of those groups have been ENDLESS SUMMER and the KOKOMO BEACH BAND, heavy weights in their own right. If there ever was a Beach Boys tribute concert – this is it! You'll have the fun fun fun of your life! Beach Party Boys are the ULTIMATE BEACH PARTY!

Date: Wednesday, September 13, 2023

Still Dreaming of a White Christmas

Cornwell's original, filled with holiday classics, with book by Laura Brigham.

Date: Thursday, November 17, 2022

Location: Cornwell's Dinner Theatre

Cost: \$60.00 (included lunch)

Time: Leave center at 9:30 am

Approx. Return time: 6:30 pm

Deadline to sign up : November 10th



A sister act, two dashing song and dance men, and a whole lot of Christmas cheer can be found in this continuation of the beloved Christmas story. Now a successful foursome on the vaudeville touring circuit, the combined acts of the old war buddies and the sisters is getting a bit stale. To liven things up, one of the guys adds a sultry young singer to the lineup, which doesn't sit well with his partners. Featuring well-loved favorites such as "Cheek to Cheek," "Baby, It's Cold Outside" and "White Christmas," this stylish evening of 1940's standards will have you dreaming of a white Christmas as well!

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
Valorie Horton	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.

Using Amazon Smile helps all of us



Copy and paste the following link in your browser, <https://smile.amazon.com/ch/38-3409498> to sign up. Need help signing up, contact Krapohl Staff at 810-785-2270. .05% of your sale will automatically be donated to us at no cost to you.

HSCS Board Meeting Dates

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

November 21, 2022

January 16, 2023

February 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:

Transporter/Maintenance:.....Emma Montague

Visit us through Social Media

Like us on **New Facebook:**

[www.facebook.com/Krapohl Senior Center](http://www.facebook.com/KrapohlSeniorCenter)

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 **\$0.60 a stamp**. Each additional ounce for First Class Mail will cost \$0.24, a book of stamps is \$12.00 a book.

Books of postage stamps are available at the Krapohl Center for your convenience. Price \$12.00 / 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



Newsletter Donation Appreciated

As you know postal costs have increased as well as printing costs so we hate to ask but if you enjoy receiving the Krier, either by mail or email, we would appreciate a \$10 donation per year.

Please complete the following form and include it with your donation.

Name _____

Address _____

Email Address _____