



The Krier

Krapohl Senior Center Wellness in Aging Begins Here



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February 2023 | Volume 44 Issue 2

A Publication of the Heart of Senior Citizen Services

February is Black History Month. During Black History Month, the FIA is presenting a 4-part “Art a la Carte” series on The Black Church. The video series is hosted by Henry Louise Gates, Jr. **This series is free** and each one is 54 minutes long. You are encouraged to bring your own lunch, or you may purchase something at the Palette Café. Coffee, tea, and cookies will be provided.

February 1, 2023

The Black Church – Part 1

The Black Church, hosted by Henry Louis Gates, Jr. chronicles the rich history of an institution at the heart of the African American experience. In this first of four installments, Gates explores the roots of African American religion from slavery until just before the Civil War.

February 8, 2023

The Black Church – Part 2

Henry Louis Gates, Jr. traces the history of the institution through the Civil War, Emancipation, Reconstruction, and the Jim Crow era.

February 15, 2023

The Black Church – Part 3

Henry Louis Gates, Jr. takes us on a journey through the Church’s expansion to address social inequality during the Civil Rights movement.

February 22, 2023

The Black Church – Part 4

Henry Louis Gates, Jr. explores the history of the Church from the tragic assassination of Reverend Martin Luther King, Jr. through the Black Lives Matter movement of today

We will leave Krapohl at 11:15 am and return at approximately 3 pm. We will take the bus. Call 810-785-2270 to sign up. If you want to carpool or drive yourself, please let us know, so we can accurately count who will be going. This is a free event.

Crime Stoppers - Your Voice Matters

Presentation

February 21, 2023

1:00 pm

Julie Lopez is the Director of Crime Stoppers of Flint & Genesee County, the Coordinator for Bay County Crime Stoppers, and the Regional Director for Crime Stoppers USA (CSUSA), covering Illinois, Indiana, Michigan, and Ohio. She became involved with Crime Stoppers after her father-in-law, Pablo Lopez, a U.S. Air Force Veteran and active community member, had been shot and killed while sleeping in his Flint home in July 2011. During this time, Julie and her family worked closely with law enforcement, the media, and Crime Stoppers in an effort to find Pablo’s killer. This experience showed her firsthand the trauma and tribulations that impact victims of crime and their families.

As the investigation into her father-in-law’s murder unfolded, Julie learned a great deal about Crime Stoppers and what it could offer victims and their families in the pursuit of justice. She knew she could be an asset to the organization and to other families whose lives have been affected by violent crime. Although Pablo’s murder remains unsolved, she is a believer in the Crime Stoppers program and is devoted to helping families in their search for justice.

Prior to becoming a part of the Crime Stoppers family, Julie received an associate’s degree in horticulture from Ferris State University and enjoyed a 25-year career in the horticulture industry. She managed premier garden centers and nurseries, as well as owned and operated her landscape designing and consulting business. What Julie enjoyed most was teaching gardening classes and helping others create beautiful landscapes. She and her husband have raised three wonderful sons, who provide daily inspiration as she tries to make this world a better place, finding peace and justice for victims of crime.

Reserve your spot by calling 810-785-2270.

February 2nd
Ground Hog
Day!



Obituaries

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

Thankfully none at this time

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.

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!!

Senior Winter Games	February 6, 2023
Crime Stoppers-Your Voice Matters	February 21,2023
Elvis is Back	February 24, 2023
Journey Toward Healing Workshop	March 2, 2023
St. Patrick's Day Lunch	March 15, 2023
Red Wings Game	March 30, 2023
Hollywood Nights-Bob Seger Experience	March 31, 2023
Motown & More-Zehnders	May 12, 2023
Eagles Tribute- Zehnders	June 9, 2023

THE KING AT KRAPOHL

FEATURING  **BRYAN DICKSON**
 **AS ELVIS**

KRAPOHL SENIOR CENTER
5473 BICENTENNIAL DR.
MT MORRIS, MI 48458



FRIDAY FEBRUARY 24, 2023
7-9 PM

COST: \$12.00

TICKETS INCLUDE

HOT DOG

CHIPS

WATER

ALL TICKETS MUST BE
RESERVED BY

FEBRUARY 20TH.

POP \$1

FREE POPCORN

TICKETS AVAILABLE AT THE CENTER
CALL 785-2270 FOR MORE INFORMATION

Journey Towards Healing Workshop

Presented by Harmony Cares

Date: Thursday March 2, 2023

Time: 1 pm

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 experience 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.

No Scents Make Sense!

Scented Products such as Perfume or Aftershave
Can trigger health problems for some people with
medical conditions,

Like Asthma, migraines, or COPD



Be Sensitive to Others

Please Do not wear scented products in this area.
Your Cooperation is appreciated.

SENIOR WINTER GAMES BEGIN!

February 6, 2023

Come and cheer on your seniors participants. There will be lots of fun and laughter. Call your center for the location of the events.

Opening Ceremony - Monday, February 6th at 1 pm at Davison Senior Center, 10135 Lapeer Rd., Davison, MI

Closing Ceremony -Monday, March 6th at 11 am at St. John's Parish Hall, 450 Dayton St., Davison, MI

Annual Irish Lunch



Friday March 15, 2023

12:00 noon

\$10.00 per person

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

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".

A special message to the "Snowbirds" - please come visit us and say hello and let us know when you will be leaving for warmer states. Do you want to stop your newsletter?

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.



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!

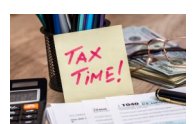
AARP Income Tax Program 2022

(Tax year 2022)

The AARP Income Tax program begins Monday, January 30, 2023. You may call 810-785-2270, to set up an appointment. We only do taxes on Mondays.

If you do not bring any of the following items that apply to your appointment, we will not be able to do your taxes.

- Photo proof of identification
- Social Security cards for you, your spouse and all dependents to be included on the return. An individual Taxpayer identification number (TIN) assignment letter may be substituted for you, your spouse and/or your dependents if you do not have a Social Security number.
- Birth dates for you, your spouse and dependents on the tax return.
- Copy of 2021 Tax returns
- Wage and earning, pension or other retirement income statements (Forms W-2, W-2G, 1099-R, 1099-Misc) from all employers/payers
- Brokerage statements
- Interest and dividend statements from banks (Forms 1099-INT and -DIV)
- No Bit coin
- Health Insurance Exemption Certificate, if received
- A blank check for proof of bank account routing and account numbers for direct deposit.
- Total paid for day-care provider and the day-care provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Forms 1095-A, B, or C Affordable Health Care Statements
- Social Security benefit statement
- Property tax statement if claiming property tax credit. Mortgage statements are not acceptable. **Must** have copy of property tax. You must go to your taxing body and pick up a copy of your property taxes (summer and winter of current year for property tax credit). We need the information on that sheet; the amount provided on your interest statement is not enough.
- Years Rent statement by the month, landlord's name and address if claiming Rent Credit
- Consumer's energy statements for the year if claiming Heating credit
- If you live in a mobile Home Park bring rent breakdown of how much is rent and water. Also name, and address of your landlord.
- Name and address of landlord if renting
- Copy of your car insurance papers.



Looking for our Garden Volunteers!!

We are looking for anyone who is interested in our Garden Club and getting their hands dirty. It is almost time to get those seedlings planted. Our Greenhouse has been repaired, but needs some work on the inside. Join us at the meeting and meet some new people and enjoy some outdoor time.

Date: February 9, 2023 **Time:** 2 pm

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!

We are good for now!

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. 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.

- | | |
|--|---|
| <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

3rd 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: Thursday February 23, 2023 **Time:** 11 am

Change to Thursday for this month only

This month’s book is: Sweet Hallelujah

By: Elaine Hussey

Dying of cancer, former jazz singer Betty Jewel Hughes takes out a want ad seeking a loving mother for her 10-year-old daughter, which, despite the racial tensions of 1955, garners the attention of an outspoken white housewife who desperately wants to help them.

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:** 1-3pm by appointment only

Call 810-785-2270 to get an appointment.

Watercolor Painting

Date: February 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.

Sleep Education for Everyone Program (SLEEP)

Date: Thursday, January 19th to February 23rd, 2023

Time: 1-1:30 pm

Sufficient sleep is essential for optimal health and wellbeing. The quality and quantity of your sleep affects 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 six, 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.

Call Krapohl at 810-785-2270 to sign up.



Woodcraft Class with Johnnie Sue

Date: No class this month

Time: 10 am

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

Make your own

Beginners welcomed. Maximum 4 people.

Call 810-785-227 to reserve your spot.

Life Stories Class

Have you ever wanted to write your memories or just get some of your good stories written down for future generations? This is for people who would like to preserve their stories for their children and grandchildren. This class is not about genealogy but about a written history of your life.

This class will be 10 sessions which will help you learn techniques and pointers to document your life story.

Next session starts January 9, 2023

Mondays 2-4pm

Call 810-785-2270 for more information.

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, February 8, 2023

Time: 5:00 pm.

Podiatrist: Dr. Snyder

Limited appointments available

Haircuts

No appointments in February

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: Tuesdays

Time: 10 am – 12 pm

Call the center at 810-785-2270 to make your appointment

On hold

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



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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: 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



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.

No Bunco this month. See you in March.



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.**

Euchre Tournament



Sunday, February 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: February-Call for next meeting date

Place: Krapohl Senior Center

Time: 1:00 PM

***We are looking for new people to join our group. Come join us at our meeting and find out what we are all about. If you would like to eat lunch (12 noon) before our meeting, call 810-785-2270 to sign up.



Restaurant Club

Date: Wednesday, February 22, 2023

Place: Ruggero's 5311 Corunna Rd, Flint, MI

Time: 3:30 pm

Bring a friend...Meet a friend!

Deadline to sign up is Monday February 20, 2023

Please call 810-785-2270 to sign up—this will 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.

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 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

NEW

Date: Wednesdays, starting on February 1.

Time: 2:30-3:30

Cost: Free

Instructor: Brenda

Come and join us for some fun and laughter. All levels are welcome. Call 810-785-2270 to sign up.



Chair Volley ball

NEW

Date: Tuesdays, starting February 7.

Time: 3 pm –4 pm

Cost: Free

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.

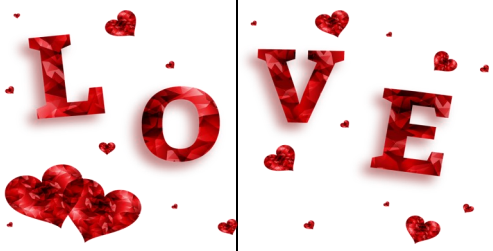




February Calendar 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Movin & Groovin 10 am FIA Black History Trip 11am GCCARD Lunch 12 n Rec-Connect 1:30 pm Line Dancing 2:30 pm Yoga 4 pm Nature Walk	2 Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Sleep Program 1 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	3 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 FIA Black History Trip 11am GCCARD Lunch 12 n Rec-Connect 1:30 pm Line Dancing 2:30 pm Yoga 4 pm Nature Walk Walmart shopping Foot Clinic 5pm	9 Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm Sleep Program 1 pm Garden Club 2 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 Veteran Assistance 9 am Commodities 10 am Movin & Groovin 10 am FIA Black History Trip 11am 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 Sleep Program 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 <hr/> 18 Watercolor 1 pm
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 Crime Stoppers 1 pm Woodcrafts 1 pm Chair Volleyball 3 pm Nature Walk	22 SWG 9 am FIA Black History Trip 11am GCCARD Lunch 12 n 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 Sleep Program 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 Elvis 7 pm
26 Euchre 2 pm <hr/> 27 Taxes 9 am GCARD Lunch 12 n Euchre 12 n Quilters 1 pm Life Stories 2pm Nature Walk	28 Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Chair Volleyball 3 pm Nature Walk			

For a meal reservation call 810-785-2270

February Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Turkey Tetrizzini Chuck Wagon Veggies Key West Vegetable Blend Strawberry Applesauce Potato Roll	2 Asian Chicken Bowl Brown Cilantro Rice w/peppers, Onions & Pineapples Apricot Veggie Blend	3 Open Face Pot Roast Sandwich Mashed Potatoes Sliced Carrots Tropical Fruit Salad
6 HM Beef Stew w/Stewed Vegetables Green Beans Warm Peaches Biscuit	7 Homemade Fish Sandwich Fries Salad	8 Pub Burger w/cheese Leaf lettuce/Tomato Potato Salad Peas & Carrots Fruit Salad	9 Beef Lasagna Steamed Beets Cauliflower Applesauce	10 Chef G's Choice
13 Cheese Ravioli w/meat sauce Italian Veggie Blend Roasted Potatoes Fresh Pear Potato Roll	14 Homemade  Spaghetti Garlic Bread Salad	15 Chicken Parm Sandwich Potato wedges Mixed Veggies Diced Pears	16 HM Potato Soup Sweet Corn Croissant Fresh Apple Cookie of the month	17 Baked Salmon w/Cream Sauce Veggie Blend Roasted Brussel Sprouts Mixed Fruit Salad Roll
20 GCCard Closed Mystery Lunch	21 Homemade Mac & Cheese Green Beans Fruit Salad	22 Tangerine Chicken in Stir Fry Vegetables Peas & Carrots Brown Rice Diced Pineapples	23 Baked BBQ Chicken Loaded Potato Salad Southern Green Beans Fresh Orange	24 Artisan Mac & Cheese Stewed Tomatoes Steamed Broccoli Diced Pears Roll
27 Meatloaf w/gravy Redskin Mashed Potatoes Sweet Green Peas Fresh Apple	28 Homemade Chicken Salad in a Pita Chips Veggies			

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



Place your meal reservation by noon for a meal the next day. No exceptions!!

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).

Chef Ron Iaquinto



Cost: \$6 per meal

Must sign up by Friday for lunch

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, February 16, 2023

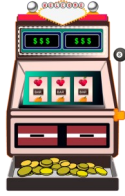
Depart: Krapohl Center at 9 am

Return: approximately 6 pm

Cost: \$25

Trip must be paid for by: Friday February 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.

Red Wings Game

Date: Thursday, March 30, 2023

Cost: \$115.00 per person

Departure: 4:45 p.m. from the Clio K-mart

Our seats this year are on the lower level in section 114. The cost includes motorcoach transportation and the ticket to the game against the Carolina Hurricanes. We will plan to eat at the stadium.

Bags, purses & clutches must not be larger than 4" x 6" x 1.5". Larger bags must be left on the coach. My suggestion is to use your lanyard (name tag) and put your cash and/or credit card in there. A reminder that the Hockey arena has gone cashless. You must use a card to pay for your meals. If you bring cash, they do have machines that will convert it to a card which you can use to pay for any purchases. The card can be used elsewhere if you don't use the money you put on there.

Dress warm, the ice seems to make it feel cooler in the arena than it really is. The cost includes the game ticket and the motorcoach.

Call 810-785-2270 for more information.

Hollywood Nights - Bob Seger Experience

Date: Friday, March 31, 2023

Cost: \$90.00 per person

Departure: 4:30 p.m. from the Clio Kmart

America's ultimate tribute to Bob Seger and the Silver Bullet Band, "Hollywood Nights" sets out to recreate everything about Seger and his music. Determined to leave no stone unturned, this nine piece New Jersey-based powerhouse hits the stage with a baby grand piano performing all-time Seger favorites "Against the Wind," "Old Time Rock and Roll," "Turn the Page," "Still the Same" and many more. If you are a true Bob Seger fan, you won't want to miss "Hollywood Nights!"

The cost includes the motorcoach and main floor tickets for the 7:30 p.m. performance at the Macomb Center for Performing Arts. There will be a light supper stop on the way to the show which will be on your own.

Call 810-785-2270 for more information.

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.

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.

♥ happy ♥
Valentine's
♥ day ♥

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

- 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](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 **\$0.63 a stamp**. A book of stamps is \$12.60 a book.

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

Price \$12.60 / 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, 5 or 25. You can also check our Facebook page and website for updates concerning the center!

