



The Krier

Krapohl Senior Center Wellness in Aging Begins Here



Phone 810-785-2270
fax 810-785-9973
email: krapohlcenter@heartscs.org
Web: www.heartscs.org
Facebook:
www.facebook.com/KrapohlSeniorCenter
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A Publication of the Heart of Senior Citizen Services

FREE GIFT

VAA
Valley Area Agency On Aging
Answers, Action & Advocacy for All Things Senior

TO-GO LUNCH PROVIDED
on a first come first serve basis,

Senior Power Day 2024
Wednesday, May 22, 2024
9:00 a.m. - 2:00 p.m.
Crossroads Village
6140 Bray Rd., Flint

Tickets \$5.00

Available at your local Senior Center in Genessee, Lapeer and Shiawassee Counties

For information about ticket purchase locations, please call (810) 239-7671 or visit <https://valleyareaaging.org/resources/senior-centers/>

Ticket includes Lunch, Train Ride, Resources, and Legislative updates that affect Seniors and Caregivers.



If you want to ride the bus for Senior Power Day 2024 call the center at 810-785-2270 by May 17th to sign up.

SPRING WHEELS CAR SHOW
Saturday May 18th
10 am - 2pm

Calling all Car Enthusiasts!
Join us for a day of cool cars, good music and food!

Door prizes
Music by DJ Marc

50/50 drawing

Free to the Public

Krapohl Senior Center
5473 Bicentennial Dr.
Mt. Morris, MI 48458
Just west of Clio Rd off Coldwater Rd
810-785-2270

Trophies awarded at 1 p.m.

Greenhouse is opening May 18th. Stop in and check out our Plant Sale.

Opening May 18th

PLANT SALE
Assorted Flowers & Vegetables
Grown at the Krapohl Senior Center Greenhouse

Flats (48) Plants \$18.00
(Veggies and Flowers, can mix & match)
Hanging Baskets \$18.00
Porch Pots \$18.00
4 Count Cell Pack \$2.50
4" Pots \$2.50

OPEN M – F 10AM – 4PM
Krapohl Senior Center
5473 Bicentennial Dr.
Mt. Morris, MI 48458
PH 810-785-2270



*Proceeds from plant sale to benefit senior programming and special events.



Cinco de Mayo, the fifth of May, is a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War.

Join us for a fun lunch

Date: Friday May 3rd
Time: 12 noon
Cost: \$6.00
Menu: Tacos, Spanish Rice, and Sopapilla cheesecake for dessert.
R.S.V.P by Thursday May 2nd. Call 810-785-2270 to sign up.



Obituaries

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

Earline Loucks March 31, 2024
Countee Gibson Sr. April 9, 2024

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.

Memorial/Tribute Donations

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.



Handmade cards can lift the human heart and spread happiness. We are looking for people who like to make cards. Everything is supplied for you. If you have never made a card, we will show you how.

We will make handmade cards in the needed themes, (blank inside) We then send them to Cards for Kindness, and they distribute the cards to cancer foundations, hospitals, shelters, retirement homes, children's homes, and other organizations in need. The cards are used by nurses, doctors, staff members, counselors, parents, and volunteers who add handwritten messages of encouragement and love before giving them to patients, children, and other people in need.

Many of these cards will become very special mementos that will be kept and cherished for years or even decades to come.

Date: Monday, May 20, 2024
Time: 1 pm - 3 pm
Please call 810-785-2270 to register for the class, so we can have enough supplies.

Save the Date!!

Appraisal Event	June 8, 2024
Genesee County Office of Senior Services	
Shredding Day at Clio Sr Center	June 26, 2024
Turkeyville-Escanaba in the Moonlight	July 10, 2024
Scavenger Hunt	July 24, 2024
Detroit Princess	July 25, 2024
Purple Rose-What Springs Forth	August 20, 2024
Gun Lake Casino Trip	September 26, 2024



A BIG Thank You
to the
AARP Tax Foundation
Volunteers

There would be no tax assistance program for our seniors without these volunteers

We were able to serve nearly 300 seniors this year.



Oak Street Health presents
“Partner with your Doctor”

Learn how to Partner with your Doctor.
It’s your health!
Learn how to make the most of your doctor’s appointments!
Join Oak Street Health to learn how to take advantage of your doctor appointments.

Date: Tuesday, May 21, 2024
Time: 12:45 pm
Call 810-785-2270 for more information and to sign up.



Our Greenhouse
Needs A Name!



The Greenhouse at the Krapohl Senior Center will be opening on Saturday, May 18th for its annual flower and vegetable sale. Our senior volunteers have been busy planting and nurturing thousands of seedlings, but they need YOUR HELP to come up with a fun name for our greenhouse!



The Winner will receive a
\$50 gift certificate
towards any Greenhouse purchase



Deadline to submit your entry is May 3, 2024
Winner will be announced on May 18, 2024

Please Email your suggestion(s) to: greenhousename2024@gmail.com and please be sure to include your name and phone number.

OR

Drop off your suggestion(s) in person at the
Krapohl Senior Center, 5473 Bicentennial Drive, Mt. Morris, MI 48458



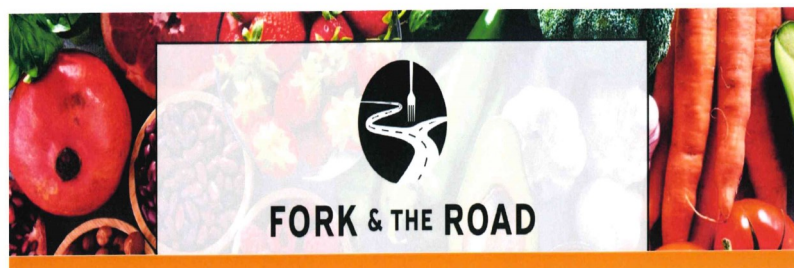
Thank you to our panel of judges who will determine the winner of the contest!



Pastor Chad Short
Resilient Hope Church
2115 W. Mt. Morris Rd.

Bobbieann Karas
Bob Kern’s Auto Repair
7195 N. Saginaw St.

Pam Wycoff
Outdoor Solutions
8008 N. Clio Road



FREE NUTRITION EDUCATION PROGRAM Fork & The Road

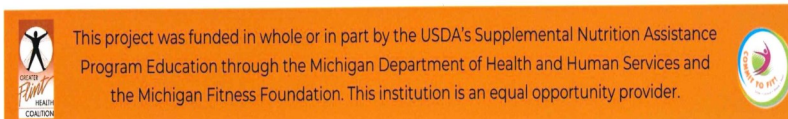
Fork & the Road is a free program for Michiganders 60 years of age and older designed to support healthy aging. Participants learn about hot topics in health & nutrition while sharing personal experiences and meeting others interested in healthy aging.

DATE: WEDNESDAYS, MAY 22 - JUNE, 26 2024 (WEEKLY)

TIME: 1:30-2:30PM

LOCATION: KRAPOHL SENIOR CENTER

**TO REGISTER, SIGN UP WITH THE SENIOR CENTER
OR CALL 810-232-2228**



<https://mail.google.com/mail/u/0/#search/mkalakay%40flint.org?projector=1>

1/2

Your Donations Help Us

**with the rising cost of
consumables and office supplies.**

The following are greatly appreciated!

Popcorn kernels, Popcorn oil
Decaf Coffee, French Vanilla Creamer

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

Want to pass all your memories to your grandchildren?

Learn how to write your Life Stories.

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 is 10 sessions and will help you learn techniques and pointers to document your life story.

Sessions are on Tuesdays

Time: 3 - 5 PM

We need a minimum of 4 people for the class.

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

Advanced Life Stories Class

Did you have more stories to add to your Life Stories? People who took the beginning class, are invited to come and complete your stories.

Date: Friday, May 10th & 24th, 2024

Time: 3-5 pm

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



Are you stressed? Is it time to pamper yourself?

**Relax with Lacey from Fenton Massage Co.
You can enjoy a 15-minute, or longer chair
massage and let the stress melt away.**

Date: Friday, May 17, 2024

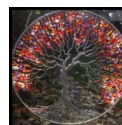
Time: 3:00-5 pm

Cost: \$15 for 15 minutes

(extra time is \$1 a minute)

(50 yrs. or older)

Appointment only. Call 810-785-2270 to sign up.



It's Craft Day! Bring a friend and make a dream catcher.



Tree of Life Dream catcher
All supplies are included.

Date: Friday, May 3, 2024

Time: 1pm

Cost: 8" tree is \$25

Must pay when you sign up. Call 810-785-2270 to sign up.



**Do you want to know what is happening in our
township, but can't get to the board meetings?**

Just go to "You Tube" then type in Mt. Morris

**Twp. Board meeting. You can either watch it live or at a
later time or day. If you don't have anyway of watching, we
will replay the meetings on Wednesday following the
meeting at 1 pm. Feel free to stop in and watch.**

Volunteers Needed



If you have three (3) hours a week and like people, we are looking for "greeters" to welcome people to the center and help them sign in on MySenior System. You can choose morning or afternoon from 9:30 a.m. to 12:30 p.m. or 12:30 p.m. to 3:30 p.m. Bingo helper on Wednesdays 1pm -3 pm. We always need greeters for our special events.

Serve lunch to the seniors. Choose Monday, Wednesday, Thursday, or Friday between 10:30 a.m. – 1:00 p.m.
A negative TB shot is required.

Call 810-785-2270 ask for Karen or Sandy



US Postal Stamps

The Post Office rate for a First Class Mail Letter (1 oz.) is \$0.68 stamp/ \$13.60 a book..



For your convenience, books of postage stamps are available at the Krapohl Center.

Recycle Household Batteries

Drop off your household batteries at the Krapohl Center.

We take AA, AAA, C, D, 9V, CR123A, button batteries, all other alkaline batteries.

Please tape both ends of button batteries so ends Do Not touch other batteries.

NO Lead Acid Batteries, No Electronic Waste and No Lithium Batteries. We will properly dispose of your batteries.

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.



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 12:30 until 2 pm.

There is no charge for the 15 minute consultation.

Appointments are required. Call 810-785-2270.

MMAP (Medicare Assistance Program)

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

Financial Requirements are:

2024 Extra Help Eligibility Low-Income Subsidy (LIS)

Individual \$1902 Assets \$17,220

Couple \$2575 Assets \$34,360

2023 Medicare Savings Program (MSP)

Single \$1714.25 Assets \$9430

Married \$2319.50 Assets \$14130

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.



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 \$1580 for family of one	● Proof of family size
● \$2137 for family of two	● Proof of residency
	● Photo Identification



Appointments Available Veteran Services

Genesee County Department of Veteran Services (810) 257-3068, will be holding appointments at these local senior centers to ensure that you get the benefits you're entitled to. This includes Agent Orange, Burial Allowance, Disability Compensation, Former POW, Persian Gulf Veterans, PTSD, and VA Home Loans. centers.

You may go to these centers for Veteran Services.

Swartz Creek Area Senior Center (810) 635-4122

Flushing Area Senior Center (810) 659-4735

Grand Blanc Senior Center (810) 695-3202

Loose Senior Center (810) 735-9406

Davison Senior Center (810) 658-1566

Clio Senior Center (810) 687-7260

Call us at 810-785-2270 and we can set up an appointment for you.

Intellectual Wellness

"What's Next" Book Club

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

Date: Wednesday, May 22, 2024

Time: 11 am

Book: "Maisie Dobbs" by Jacqueline Winspear

Maisie Dobbs isn't just any young housemaid. Through her own natural intelligence - and the patronage of her benevolent employers - she work her way into college at Cambridge. When World War 1 breaks out, Maisie goes to the front as a nurse. It is there that she learns that coincidences are meaningful and the truth elusive. After the War, Maisie sets up on her own as a private investigator. But her very first assignment, seemingly an ordinary infidelity case, soon reveals a much deeper, darker web of secrets, which will force Maisie to revisit the horrors of the Great War and the love she left behind.



Get out your drumsticks and catch the beat!!

This class combines traditional aerobic movements with the powerful beat and rhythms of the drums that will also improve your physical health and neurological well-being. It is a great upper body exercise and it can be done sitting in a chair

Date: Monday May 6, 2024

Time: 3:30 - 4:30 pm

Cost: \$3 if you have your own equipment - \$5 if you need to rent our equipment.

Instructor: Tory

Call 810-785-2270 to sign up.



Axe Throwing

(No, they are not the real ones, but still lots of fun!!)

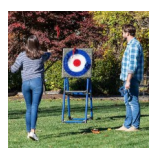
How good is your eye-hand coordination?

Ready to try the new game of Axe Throwing? Let's get some teams together and have some fun!

Date: Thursdays

Time: 12 pm to 1 pm

The cost is free. Call the center at 810-785-2270 for more information..



Get your friends together and let see who can hit the BULLSEYE!



Computer Assistance

Need help with your computer or smart phone? Don't know if that text is real or a scam. Do you want to learn how to use Kroger or Meijer apps? 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: No Class in May

Time: 1 - 3:30 pm

Back in June

Cost: \$10 includes supplies

Instructor: Karen

Minimum class size 5, Maximum 10

Must sign up and pay by

Call 810-785-2270.

No refunds

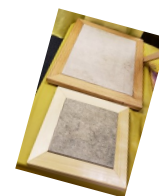
Learn new tricks and techniques with a new drawing each month.

Woodcraft Class with Johnnie Sue

Date: Wednesday, May 29, 2024

Time: 10 am

Cost: \$20



Make your own Trivet . Beginners welcomed.

Maximum 4 people.

Call 810-785-2270 to reserve your spot and what item you want to make.

When is the last time you tried your hand at Ceramics?

We are partnering with the Clio Center for the Arts to do a ceramics class. You will pick out a ceramic pieces like a vase or even a mug and then paint on the glaze, then into the kiln it goes to be fired. No experience is needed. We will be taking the bus to the Art center.

Cookies and coffee will be provided.



Date: Friday, May 17, 2024

Time: 11- 1 pm

Cost: \$10.00

Call 810-785-2270 to sign up and pay by May 15th.

May Make and Take Cards with Rosemary

Would you like to try your hand at card making?

You will make and take home 4 different style cards with envelopes. Supplies are provided.

Date: Thursday, May 23, 2024

Time: 12 noon to 3 PM.

Cost: \$10

Must pay and sign up by April 22th. Call 810-785-2270 for more information.



Health

Foot Clinic 1

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. Medicare pays for this service every nine weeks.

Date: Wednesday, June 12, 2024 (Full - No appointments)
Time: 4:30 pm.
Podiatrist: Dr. Snyder

Foot Clinic 2

Date: Monday, May 1, 2024 (New clients only)
Time: 5:30 pm

Limited appointments available




Blood Pressure & Diabetic Screening

Cost: Free
Date: Wednesdays
Time: 10 am – 12 pm
Call the center at 810-785-2270 for information

Haircuts

Appointment only. Call 810-785-2270 for an appointment.
Date: Friday, May 17, 2024
Time: 10:30 am – 12:30 pm
Cost: Women \$10 Men \$8
Stylist: Chandell



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.

Mani & Grannies

Do you have trouble painting your own nails?


Color Street is nail polish in a strip. It is an easy, one-step application for a brilliant, salon-quality manicure in minutes.

Date: Tuesday May 7th & 21st **Time:** 11 am – 1 pm
Cost: \$10
Call for an appointment 810-785-2270

Exercise

Cornhole

Date: Thursdays
Time: 10:00 am
Cost: Free



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


Chair Yoga for the Mind, Body & Spirit

Date: Wednesdays
Time: 3:45 pm **Instructor:** Brenda
Cost: \$5/class (\$10 discount if paying by punch card)
Call 810-785-2270 and register for the class.

Movin' & Groovin'

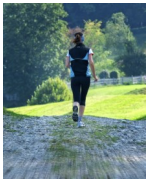
Time: M, W & F 10 am - 11 am
Cost: \$15 for 30 sessions or \$2.00 a session.

First session 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.



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: Monday, May 20, 2024

Time: 12:45 pm

Cost: \$5

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



Bingo is Back

Bring your dauber and let's play Bingo!!

Date: Wednesday (No Bingo on May 22nd)

Time: 1 – 3pm

Cost: 7 sheets of 6 cards for \$2.00 Extra sheets \$.25 each.

Call 810-785-2270 for more information

Bid Whist!

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

Date: Fridays

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, May 19, 2024

2:00 - 5:00 pm

Cash Prizes Lite Lunch

\$5 per person

Please call ahead for a lunch count!

Play starts promptly at 2 pm

Euchre

Mondays & Fridays @ 12:30 pm

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



Tuesday Game Corner

Euchre, Double Pinochle or HKF

Looking for people to play Double Pinochle.

Pick your game - Pick your corner!

Date: Tuesdays

Time: 3-7 pm

Call 810-785-2270 to let us know that you are coming. This will help us with the set up.

Join the Krapohl Ladies in Red



Date: Wednesday, May 15, 2024

Place: Krapohl

Time: 1:00 pm

If you would like to eat lunch (12 noon) before the meeting, please call 810-785-2270 to reserve your lunch. (Must call by Tuesday, May 16th at noon.)

Line Dancing Beginners only



Date: Thursdays

Time: 1-2 pm

Cost: \$3.00

Instructor: Rosalie

Come and join us for some fun and laughter.

Call 810-785-2270 to reserve your spot, or for more information.

The bus is available for the Restaurant and Dessert Clubs.

You must call and sign up so we can make the bus available for your group and to let the venue know how many are coming.

Restaurant Club



Date: Wednesday, May 29, 2024

Place: Luckey's Steakhouse

Time: 4:30 pm (bus leaves center at 4 pm)

Bring a friend...Meet a friend!

Please call by Monday May 24th at 810-785-2270 to sign up, this helps us make a reservation. Meals are individually billed.

Traveling Dessert Club



Date: Wednesday, May 8, 2024

Place: Big Boy - Clio

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 bill.

Please call by Monday, May 6th at 810-785-2270 to let us know who is going.

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.

Available times are from 10 am to 1:30 pm.

Cost: \$4 Round trip

Walmart: 2nd Wednesday

Kroger: 4th Wednesday

Meijer: 4th Friday

Must schedule your ride at least 24 hours in advance.

Call 810-785-2270.

Stitch in Time

Quilters

Mondays @ 1 pm

Cost: FREE



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

Woodcrafts

Date: Tuesdays & Thursdays from 1pm - 4 pm

Cost: Donation

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

May Calendar 2024

Monday	Tuesday	Wednesday	Thursday	Friday
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<div>Please sign up for GCCARD lunch so that we can continue our congregate lunch meals.</div> <div>If we don't have 10 people signed up, they won't deliver.</div>		<div>1</div> <div>BP/BS10 am</div> <div>Movin & Groovin10 am</div> <div>Bingo1 pm</div> <div>Chair Yoga3:45 pm</div> <div>Nature Walk</div> <div>Foot Clinic5:30 pm</div>	<div>2</div> <div>Cornhole10 am</div> <div>Axe Throwing12 pm</div> <div>Ask the Lawyer12:30 pm</div> <div>Woodcrafts1 pm</div> <div>Line Dancing1 pm</div> <div>Country Dance6:30 pm</div> <div>Nature Walk</div>	<div>3</div> <div>Movin & Groovin10 am</div> <div>Sit & Get Fit11 am</div> <div>Cinco De Mayo12.00 pm</div> <div>Euchre12:30 pm</div> <div>Bid Whist1 pm</div> <div>Craft Class1 pm</div> <div>Nature Walk</div>
<div>6</div> <div>Movin' & Groovin10 am</div> <div>Euchre12:30 pm</div> <div>Quilters1 pm</div> <div>Drums Alive3:30 pm</div> <div>Nature Walk</div>	<div>7</div> <div>Wii Bowling10 am</div> <div>Mani & Grannies11 am</div> <div>Woodcrafts1 pm</div> <div>Life Stories3 pm</div> <div>Game Corner3 pm</div> <div>Nature Walk</div>	<div>8</div> <div>BP/BS10 am</div> <div>Movin & Groovin10 am</div> <div>Bingo1 pm</div> <div>Dessert Club1:30 pm</div> <div>Chair Yoga3:45 pm</div> <div>Nature Walk</div> <div>Walmart Shopping</div>	<div>9</div> <div>Cornhole10 am</div> <div>Axe Throwing12 pm</div> <div>Ask the Lawyer12:30 pm</div> <div>Woodcrafts1 pm</div> <div>Line Dancing1 pm</div> <div>Country Dance6:30 pm</div> <div>Nature Walk</div>	<div>10</div> <div>Zehnder's Bob Seger9:30 am</div> <div>Movin & Groovin10am</div> <div>Sit & Get Fit11 am</div> <div>Euchre12:30 pm</div> <div>Bid Whist1 pm</div> <div>Adv. Life Stories3 pm</div> <div>Nature Walk</div>
<div>13</div> <div>Movin & Groovin10 am</div> <div>Euchre12:30 pm</div> <div>Quilters1 pm</div> <div>Drums Alive3:30 pm</div> <div>Nature Walk</div>	<div>14</div> <div>Wii Bowling10 am</div> <div>Woodcrafts1 pm</div> <div>Life Stories3 pm</div> <div>Game Corner3 pm</div> <div>Nature Walk</div>	<div>15</div> <div>BP/BS10 am</div> <div>Movin & Groovin10 am</div> <div>Commodities10 am</div> <div>Bingo1 pm</div> <div>Ladies in Red1 pm</div> <div>Chair Yoga3:45 pm</div> <div>Nature Walk</div>	<div>16</div> <div>Cornhole10 am</div> <div>Ask the Lawyer12:30 pm</div> <div>Axe Throwing12 pm</div> <div>Woodcrafts1 pm</div> <div>Line Dancing1 pm</div> <div>Country Dance6:30 pm</div> <div>Nature Walk</div>	<div>17</div> <div>Haircuts10 am</div> <div>Movin & Groovin10 am</div> <div>Sit & Get Fit11 am</div> <div>Ceramics- Clio11 am</div> <div>Euchre12:30 pm</div> <div>Computer Class1 pm</div> <div>Bid Whist1 pm</div> <div>Massage3-5 pm</div> <div>Nature Walk</div> <div>18</div> <div>Car Show10 - 2 pm</div> <div>Plant Sale10- 2 pm</div>
<div>19</div> <div>Euchre2 pm</div>	<div>21</div> <div>Wii Bowling10 am</div> <div>Mani & Grannies11 am</div> <div>HM Lunch12 n</div> <div>Partner w/ your Dr12:45 pm</div> <div>Woodcrafts1 pm</div> <div>Life Stories3 pm</div> <div>Game Corner3 pm</div> <div>Nature Walk</div>	<div>22 Senior Power Day</div> <div>BP/BS10 am</div> <div>Movin & Groovin10 am</div> <div>Book Club</div> <div>NO Bingo</div> <div>Fork & the Road1:30 pm</div> <div>Chair Yoga3:45 pm</div> <div>Kroger Shopping</div> <div>Nature Walk</div>	<div>23</div> <div>Cornhole10 am</div> <div>Make & Take card12 pm</div> <div>Axe Throwing12 pm</div> <div>Ask The Lawyer12:30 pm</div> <div>Woodcrafts1 pm</div> <div>Line Dancing1 pm</div> <div>Country Dance6:30 pm</div> <div>Nature Walk</div>	<div>24</div> <div>Movin & Groovin10 am</div> <div>Sit & Get Fit11 am</div> <div>Euchre12:30 pm</div> <div>Bid Whist1 pm</div> <div>Computer Class1 pm</div> <div>Chair Massage3 pm</div> <div>Adv. Life Stories3 pm</div> <div>Meijer-Birch Run</div> <div>Nature Walk</div>
<div>27</div> <div>memorial DAY</div>	<div>28</div> <div>Wii Bowling10 am</div> <div>HM Lunch12 n</div> <div>Woodcrafts1 pm</div> <div>Life Stories3 pm</div> <div>Game Corner3 pm</div> <div>Nature Walk</div>	<div>29</div> <div>BP/BS10 am</div> <div>Woodcraft class10 am</div> <div>Movin & Groovin10 am</div> <div>Bingo1 pm</div> <div>Fork & the Road1:30 pm</div> <div>Chair Yoga3:45 pm</div> <div>Restaurant Club4:30 pm</div> <div>Kroger Shopping</div> <div>Nature Walk</div>	<div>30</div> <div>Cornhole10 am</div> <div>Axe Throwing12 pm</div> <div>Ask The Lawyer12:30 pm</div> <div>Woodcrafts1 pm</div> <div>Line Dancing1 pm</div> <div>Country Dance6:30 pm</div> <div>Nature Walk</div>	<div>31</div> <div>Movin & Groovin10 am</div> <div>Sit & Get Fit11 am</div> <div>Euchre12:30 pm</div> <div>Bid Whist1 pm</div> <div>Computer Class1 pm</div> <div>Nature Walk</div> <div>8</div>

Tired of eating alone? Would you like some company for lunch? Our bus is available if you need a ride.



Come visit the Krapohl Kafe' for lunch on Monday, Wednesday, Thursday and Friday. Bring your friends. If you need a ride call us. You can stay and join in the activities of the day. The meals are good. You must call the day before by noon to order your lunch and a ride for the next day.

A \$3.00 donation per meal is requested on Monday, Wednesday, Thursday and Friday 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!!

Tuesday Home Cooking by Chef Ronnie

"Lunch becomes a feast when shared with friends who bring joy to the table."

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 Iaquito

If you cannot come, please cancel your reservation. 810-785-2270

CONGREGATE MEAL MENU - MAY 2024 Tuesday is Homecook meals - Please call by the Friday before to sign up

Menu Subject to Change Based on Product Availability and Quality Standards

 		1	2	3
		Tangerine Chicken Shrimp Fried Rice Winter Blend Veggies Pineapple Cup Margarine Flatbread Milk	Meatloaf w/Gravy Mashed Potatoes Sweet Peas Cinnamon Applesauce Wheat Roll Margarine 100% Fruit Juice	Pub Burger w/Cheese Leaf Lettuce & Sliced Tomato Cole Slaw Ranch Potato Wedges Fruit Salad Whole Wheat Bun Margarine Milk
6	7	8	9	10
Beef Tacos w/HM Pico Vegetable Blend Corn & Black Beans Diced Peaches Margarine Milk 	Meatloaf Sandwich Green Beans Tossed Salad Dessert	Chinese Pepper Steak Sicilian Veggie Blend Succotash Fruit Cocktail Brown Rice Wheat Roll Margarine Milk	Breaded Chicken Sandwich Diced Potatoes Winter Blend Veggies Wheat Bun Margarine 100% Fruit Juice 	Baked Herb Pork Chop Green Bean Casserole Sweet Corn Potato Roll Mixed Fruit Cup Margarine Milk
13	14	15	16	17
Ravioli W/Beef & Sauce Roasted Brussel Sprouts Steamed Cauliflower Potato Roll Margarine Fresh Pear Milk	HM Turkey Ala King and Rice Applesauce Dessert	HM Beef Chili Chuck Wagon Blend Italian Vegetables Peach Cup Corn Muffin Margarine Milk	Chicken & Penne Alfredo French Cut Green Beans Diced Carrots Crunchy Breadsticks Fresh Apple Margarine 100% Fruit Juice Birthday Cake 	Glazed Ham Steak Mixed Greens Mashed Sweet Corn Bread Fruit Salad Margarine Milk
20	21	22	23	24
Citrus Teriyaki Salmon Bowl Lo Mein Noodles Onions, Peppers, Pineapples Broccoli Florets Crunchy Bread Stick Fresh Pear Margarine Milk	HM Lasagna Garlic Bread Tossed salad. Dessert	Chef's Choice 	Chicken Caesar Wrap Romaine Lettuce Cucumber Slices Spinach Tortilla Shell Fruit Cocktail Caesar Salad Dressing 100% Fruit Juice Cookie of the Month 	HM Spaghetti & Meatballs Steamed Broccoli Italian Veggie Blend Garlic Bread Cinnamon Applesauce Margarine Milk
27	28	29	30	31
Center closed 	HM Tater Tot Casserole Tossed Salad Dessert	HM Sloppy Joes Garden Pasta Veggie Blend Cauliflower Fresh Apple WG Bun Margarine 100% Fruit Juice	HM Beef Stroganoff Egg Noodles Garlic Veggie Blend Fresh Orange Wheat Roll Margarine Milk	Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantaloupe Chunks WG Bun Ketchup & Mustard 100% Fruit Juice 

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 call to cancel your reservation.



Travel

Turkeyville

ESCANABA IN DA MOONLIGHT *By Jeff Daniels*

Date: Wednesday, July 10, 2024
Leave: 9:30 am
Return: 5:30 pm
Cost: \$60.00 per person
Deadline to sign up: June 1, 2024



When the Soady clan reunites for the opening day of deer season at the family's Upper Peninsula camp, 35-year-old Reuben Soady brings with him the infamous reputation of being the oldest Soady in family history never to bag a buck. In a hunting story to beat all hunting stories, *Escanaba* spins a tale of humor, horror and heart as Reuben goes to any lengths to remove himself from the wrong end of the family record book.

Zehnder's Lunch Show

Pure Am Gold
Date: Friday, June 7, 2024
Time: 10:30
Cost: 63.00 per person
Departure time: 10:15 am



Enjoy this 8-piece horn band with impeccable vocals as they take you back to the GOLDEN age of the 60's and 70's AM radio with their fantastic song selections and remembrances of great days passed. Featuring hits by Burt Bacharach, The Mamas and the Papas, Tony Orlando and Dawn, Neil Diamond, The Monkees, Artists of the British Invasion and many others!

Only 24 tickets are available, so get your tickets soon.
Must pay at the time of sign-up. Call 810-785-2270 to sign-up

Purple Rose Theater

"What Springs Forth"—A World Premiere by Carey Crim

Date: Tuesday, August 20, 2024
Leave: 11:00 am
Return: 6:30 pm
Cost: \$60.00 per person
Deadline to sign up: July 25, 2024

Three middle-aged women, friends since college, embark on what was billed as a high-end wellness spa retreat only to discover one of them, with the help of her new business partner, has changed the itinerary to a wilderness survival camp. Can their friendship survive bears, forest toilets and one another? (Contains adult language & subject matter)

Lunch is on your own. There will be time for shopping as the show starts at 3 pm.

Gun Lake Casino Bus Trip Fundraiser

Date: Thursday, September 26, 2024
Cost: \$57.00 Per Person



Sign up by September 9, 2024

Trip Includes:

- Round-trip motor coach transportation to Wayland, MI
- 4 hours of gaming at Gun Lake Casino
- Each person to get back \$10 in gaming and \$10 in Food from the Casino

- Must pay by September 9th /No Refund after September 9th.
- Must be 21 years of age with a valid Government Issued Picture ID
- Casino incentives subject to change without notice.

For Reservations, please contact the Center at 810-785-2270

Detroit Princess Luncheon Cruise



Cruises are generally 2-3 hours long, journeying from Hart Plaza past the Ambassador Bridge, just past to Belle Isle, and back to the dock. The lunch menu features a bountiful buffet including Tender Beef Tips in Gravy, Baked Chicken, Marinated Portabella Mushrooms, Cheese Tortellini in Pesto Crème Sauce, Mashed Potatoes with Gravy, Mixed Vegetables, Michigan Tossed Salad, rolls, dessert, coffee, and iced tea. Also, sit back and enjoy live musical entertainment.

Date: Thursday, July 25, 2024
Cost: \$100.00 per person

Depart: 10 am **Return:** 4:00 pm – Krapohl Senior Center
11:15 am to 2:30 pm – Detroit Princess Riverboat

All payments must be paid by June 17th and No refunds after June 17th

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.

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
Larry Green	Vice President
Ken Sies	Secretary
Brenda Ashley	Treasurer
Deacon James Brown	Executive Trustee
Dale Daron	Trustee
Lynn DeVoll	Trustee
Ingrid Lewis	Trustee
Belinda Mack	Trustee
Elizabeth Melchor	Trustee
Ronda Simpson	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, Community Development Block Grants, Michigan Department of Transportation, 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.

HSCS Board Meeting Dates

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

May 20, 2024
July 15, 2024
September 16, 2024

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:.....Emma Montague
Maintenance:Pam Green

Visit us through Social Media

Like us on our New Facebook:

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

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.

Important Reminder!

Please make sure you scan in with your center scan card or with 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 then 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/KapohlSeniorCenter) 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!

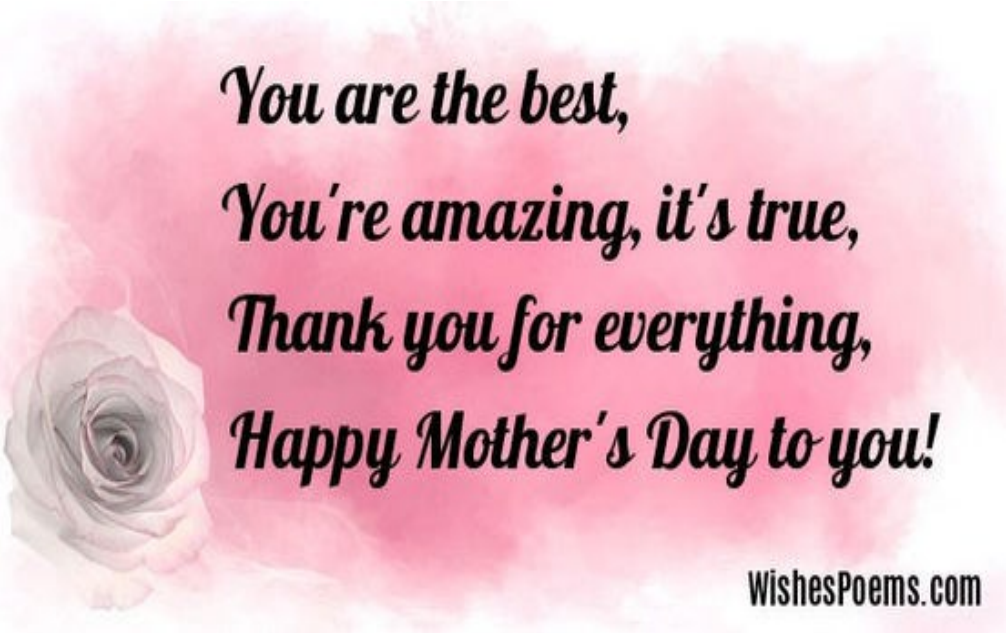
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Krapohl Senior Center

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

Call 785-2270



Did you get a new phone number or Have you moved to a new location??
When any of these happen, please let us know so that we can update your
information. All you need to do is call us at 810-785-2270 or stop in and let
us know.