



The Krier

Krapohl Senior Center Wellness in Aging Begins Here



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email:krapohlcenter@heartscs.org

Web: heartscs.org

Facebook:

www.facebook.com/KrapohlSeniorCenter

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A Publication of the Heart of Senior Citizen Services



Happy Holidays Everyone,

The end of another year is coming quickly and what a year it has been! People are getting out again and coming to the center. We have new people coming in everyday as well to ask about programs. As always, you are our best Ambassadors. Please make it one of your personal goals to bring at least one new person into the center during 2023. Also, remember that the staff is always looking for new program/event ideas and trips, so please share any that you have.

The Greenhouse is repaired, and we look forward to doing some community gardening and having our annual plant sale if all goes well. We need volunteers!

It is always hard to lose a member of our center family, but his past year has been a tough one. We lost some very close people. They will continue to be missed by us all.

Thank you to all of you, our staff, and our Board of Directors for your continued support and hard work to make this center welcoming and a resource to the community.

Merry Christmas, Happy New Year, Happy Hanukkah, and Happy Kwanza.

Karen



The Center is closed on

Friday, December 23rd and Monday,
December 26th and Friday, December 30th

We wish you all a Merry Christmas, Kwanzaa, Happy Hannukah and Happy New Year!



Holiday Party

Friday, December 9, 2022

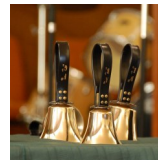
Dinner at 5:30 pm

Cost: \$13.00 per person

Menu:

Ham, Chicken, Potatoes, Vegetables

Salad and Dessert



Entertainment

Flushing Presbyterian Church Bell Choir
and the Bristol Road Church of Christ "Praise Team"

Must sign up by December 5th (no exceptions)

Call Krapohl Senior Center at 810-785-2270 to reserve your spot



Martin Luther King Jr. Day Annual Lunch

Monday, January 16, 2023

Cost: \$10.00 per person

Time: Noon

Lunch: Catfish, Mac & Cheese, Greens and Dessert

Call 810-785-2270 by January 12th to reserve your lunch

Lighted Bottles for sale

Have you ever needed a gift for that one person you forgot! This is a perfect gift, which has been made by the seniors here at Krapohl.

Price: \$5.00 each

Stop by the center and pick out the one you want.



Obituaries

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

Mary Lucille Thompson	10/21/22
Janine Metro	10/28/22
Jimmy Butler	10/31/22
Edward (Ed) Short	10/31/22
Hope LeGalley	11/04/22
Lela Marshall	11/06/22

Memorial Donations were made in Memory of

Hope LeGalley by Gayle Reed

Lela Marshall by Gayle Reed

Liz Climer by Dan & Sherry Loga

Memorial Christmas Tree

Our annual Memorial Christmas Tree honors our lost loved ones. Angels are \$5, \$10 or \$15 each. The name of whom the memorial is for will be printed on the angel and hung on the tree. We will put a picture of the tree on our Facebook page for all to see and remember. You can mail in the name for the angel and your check to the Krapohl Center.

The angel tree will be up December 1st and the angels will remain on the tree for the holiday season. Your angel may be picked up after Monday, January 3rd if you would like to take your angel home as a keepsake. For more information call 810-785-2270.

Our Christmas Angels sent from above watch over us and let us know they feel our love.

AARP Income Tax Program 2023 (Tax year 2022)

AARP Tax-Aide: IRS Certified Tax Counselors will be providing tax services at the Krapohl Senior Center. The first day to call and schedule an appointment will be on January 23, 2023 unless otherwise notified by AARP. Please **do not** call before this date. There will not be a waiting list this year. Services will be available by appointment only. More information will be available in January newsletter.

Angel Tree Order Form

Name: _____

Phone: _____

\$5 _____ \$10 _____ \$15 _____

Name on Angel _____

SENIOR WINTER GAMES IS BACK!!

Registration

Monday, November 7th to January 12th

Cost: \$ 12.00 per person

Includes: T-Shirt, Unlimited Events, Opening Ceremony with Entertainment and Closing Banquet Luncheon.

2023 Events:

Pie Eating	Bowling	Jigsaw Puzzle	Spades	Softball Toss
Bocce Ball	Soccer	Free Kick	Yahtzee	Hand Knee & Foot
Shuffle Board	Senior Grand Prix	Frisbee Toss	Ladder Golf	Recreational Ping Pong
Fitness Walk	Pickleball	Euchre	Free Throw	Sudoku
Baking	Pool	Cribbage	Pinochle	Line Dancing
Mexican Train	Dominoes	Spelling Bee	Arts & Crafts	Name that Song
Darts	Bean Bag Toss	Miniature Golf	Competitive Table Tennis	

Friday fun with

Bid Whist and Euchre

Save the Date!!

Christmas Party	December 9, 2022
Christmas Lights Trip	December 14, 2022
Motown & More-Zehnders	May 12, 2023
Eagles Tribute- Zehnders	June 9, 2023
Oldies Show Beach Boys -Zehnders	September 13, 2023





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!

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?

Good food and music on the Michigan Princess



Good fun with the Northern Tier Centers at our annual Pentathlon.



Oil Painters



Halloween Party



Annual Northern Tier Centers Progressive Dinner



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.

Medicare Part D

Annual 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.

Your Donations Help Us

with the rising cost of consumables and office supplies.

The following are greatly appreciated!

- Liquid Laundry Soap (fragrance free)
- Liquid Bleach
- Gallon Freezer Bags

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 does not 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 Stille 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.



Thank you for your service!!



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: No Book Club for December. **See you in**
Time: 11 am **January 2023**

Watercolor Painting

Date: No Class in Dec– **See you in January**

Time: 1 pm

Cost: \$8 includes supplies

Instructor: Karen

Minimum class size 5, Maximum 10

Must sign up . Call 810-785-2270.
No refunds

Woodcraft Class with Johnnie Sue

Date: No class in December - **See you in January**

Time: 10 am

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

Make your own Coat Rack (January)
Beginners welcomed. Maximum 4 people.

Call 810-785-227 to reserve your spot.

How We Grieve the Dead in America and Why It Matters

Date: December 15, 2022

Time: 1 pm

With the growing practices of Cremation, Memorials and “Celebration of Life” services, the way we grieve in America has changed . . . but is this a good thing?

Come and explore . . .

How grieving has changed over time and why it matters.
How Funerals, Memorials and Celebrations of Life impact grieving. How properly grieving enables us to move forward in life

Register for this workshop by emailing

sgonzales@harmonycare.com &

Sandy.Tucker@heartscs.org and indicate “Krapohl “ Senior Center”

Call 810-785-2270 to sign up.

Free Nutrition Education Program

Fresh Conversations

Fresh Conversations is a free nutrition education program designed to support healthy aging and independence. Gather with other Genesee County residents aged 60 and older to discuss current nutrition and health topics, taste low-cost healthy recipes, and discover new ways to stay active and independent. This is a 10 week course which can be attended in person.

Date: Wednesdays, November 2 - January 11, 2022

Time: 1:30—3:00 PM

Location: Krapohl Senior Center

Must call 810-785-2270 to register for the program.

Common Sense Self Defense

Learn some common sense techniques to keep you safer when you are at the store, or on a walk, etc. These techniques will prepare you for situations that are a threat to you. Taught by a retired Sargent of the Flint Police Department.

Date: Tuesday, December 13, 2022

Time: 1:00 pm

Cost: Free

Sleep Education for Everyone Program (SLEEP)

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

Time: 1-1:30pm

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

A total of 6, 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.

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, December 7, 2022

Time: 5:00 pm.

Podiatrist: Dr. Snyder

Limited appointments available

Haircuts

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

Date: Friday, December 16, 2022

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

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 lessons: 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 Time

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: No Bunco in December

Time: 12:45 pm

Cost: \$5

Back in January

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



Bid Whist!

Tired of the old card games?

Join us and try something new.

We 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

No Tournament in December

See you in January

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: Wednesday December 14, 2022

Place: Country Chef 2135 W Vienna Rd Clio

Time: 1:00 PM

Join us for our Christmas party.

Call Sue at 810-686-9385 to reserve your spot.



Restaurant Club

Date: Wednesday December 28th

Place: Gina's Restaurant

766 Chamberlain St. Flushing

Time: 3:30 pm

Bring a friend...Meet a friend!

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

Wednesday: December 28, 2022

Place: The Rye Bakery

127 Main St. Flushing

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.





Postage Stamps increase in

January 2023

The Post office will have a rate change, that will go into effect January 22, 2023. The Forever stamp will increase 3 cents, making the price go from 60 cents to 63 cents. A book of stamps will go from \$12.00 to \$12.60. Stock up at the center.

December Calendar 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	2 Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Nature Walk
5 Movin & Groovin 10 am GCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Nature Walk	6 BP/BS 10 am Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Nature Walk	7 Movin & Groovin 10 am GCCARD Lunch 12 n Fresh Conversations 1:30 pm Yoga 4 pm Nature Walk	8 Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	9 Movin & Groovin 10 am Sit & Get Fit 11 am Euchre 12:30 pm Bid Whist 1 pm Nature Walk
12 Movin & Groovin 10 am GCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Nature Walk	13 BP/BS 10 am Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Self Defense class 1 pm Nature Walk	14 Movin & Groovin 10 am GCCARD Lunch 12 n Ladies in Red 1 pm Dessert Club 1:30 pm Fresh Conversations 1:30 pm Yoga 4 pm Christmas Light & Dinner 4 pm Nature Walk Walmart shopping	15 No Soaring Eagle 9 am Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm How we Grieve 1 pm Country Dance 6:30 pm Nature Walk	16 Haircuts 10:30 am Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Nature Walk
19 Movin & Groovin 10 am GCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Nature Walk	20 BP/BS 10 am Hearing Solutions 9 am Wii Bowling 10:00 am HM Lunch 12n Woodcrafts 1 pm Nature Walk	21 Commodities 10 am Veteran Assistance 9 am Movin & Groovin 10 am Woodcraft class 10 am GCCARD Lunch 12 n Fresh Conversations 1:30 pm Yoga 4 pm Nature Walk	22 Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	23 <p style="text-align: center;">Center Closed</p> 
26 <p style="text-align: center;">Center Closed</p> 	27 BP/BS 10 am Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Nature Walk	28 Movin & Groovin 10 am GCCARD Lunch 12 n Fresh Conversations 1:30 pm Yoga 4 pm Restaurant Club 3:30 pm Nature Walk Kroger Shopping	29 Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	30 <p style="text-align: center;">Center Closed</p> 

December Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Chicken Thighs	2 Ham Steak w/ Pineapple
5 Baked Chicken Breast	6 Homemade Baked Spaghetti	7 Lasagna	8 Beef Dippers w/ gravy	9 Baked Fish
12 Chicken & Cheese Enchiladas	13 Homemade Tuna Noodle Casserole	14 HM Chicken & Penne Alfredo	15 Stuffed Green Pepper in Sauce	16 Antipasto Salad
19 Turkey Burger w/ Cheese	20 GCCARD RSVP by Dec 2nd Christmas Dinner Glazed Pork Loin Roasted Veggies Candied Yams Apple Crisps	21 Salisbury Steak in Broth	22 HM Chicken Parmesan	23 Center Closed 
26 Center Closed 	27 Homemade Chili	28 Steak Fajitas	29 HM Mac & Cheese	30 Center Closed 

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

Join us for a GCCARD 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; 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

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).

Chef Ron Iaquinto

Cost: \$5 per meal



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 call to cancel.

Travel

Casino Trips Soaring Eagle

Date: No Trip in December
Depart: Krapohl Center at 9 am
Return: approximately 6 pm
Cost: \$25



Trip must be paid for by:

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.

Christmas Lights and Dinner at Zehnder's Cafe

Date: Wednesday, December 14, 2022

Time: Leave at 4 p.m. and return at approximately 8 p.m.

Join us for a quick trip to Frankenmuth to enjoy the decorations, do a little shopping, and have a bite to eat. Dinner will be in the Zehnder's Café and is on your own. We have room for 18 people so sign up early.

Call 810-785-2270 for more information and to sign up. Last date to sign up is Monday December 12th or when the bus is full.



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.

2023 Trips to Zehnders of Frankenmuth

Motown & More - Featuring Soul Xpress

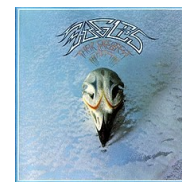
Dates: Friday, May 12, 2023
Cost: \$59.00 per person
Deadline to sign up is March 31, 2023



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: \$59.00 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.

Oldies Show – featuring Beach Party Boys

Date: Wednesday, September 13, 2023
Cost: \$59.00 per person
Deadline to sign up is July 28, 2023



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.



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

Table listing Board of Directors members and their roles: 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

- January 16, 2023
February 20, 2023
March 20, 2023

In the event of any changes to date, time or meeting venue every attempt will be made to notify the public of these changes. Please check website and Facebook for notices of meetings and or changes.

HSCS Staff

- Executive Director: Karen Reid
Assist. Director/Program Coordinator: Sandy Tucker
Social Work Technician: Roxann Braddock
Office Clerk: Sharon Benmark
Transporter/Maintenance: Emma Montague

Visit us through Social Media

Like us on our New Facebook:

www.facebook.com/Krapohl Senior Center

or check our website at

www.heartscs.org.



Krapohl Office Hours

Open 9 am- 5 pm

Monday—Friday

810-785-2270

US Postal Stamps



The rate for a First Class Mail Letter (1 oz.) for postage purchased at the Post Office is \$0.60 a stamp. Each additional ounce for First Class Mail will cost \$0.24, a book of stamps is \$12.00 a book.

Stamps will increase to \$.63 ea. Or \$12.60 a book in January.

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

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. 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!

