



The Krier

Krapohl Senior Center Wellness in Aging Begins Here



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Facebook:

www.facebook.com/KrapohlSeniorCenter

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A Publication of the Heart of Senior Citizen Services

The Senior Centers of

Clio, Forest Township, Krapohl, Montrose, and Thetford



Presents the **6th Annual**



Northern Tier

Pentathlon



\$12.00

1 pm -3 pm

Grab a partner and join us for five days of fun in five (5) events. Represent the Krapohl Senior Center as we join our neighboring centers to see who will bring home the trophy!

- September 11- Clio- Mini Golf
- September 12 – Krapohl - Bocce Ball
- September 13 – Thetford - Ladder Golf
- September 14 -Montrose - Ring Toss
- September 15 - Forest Twp- Cornhole

Followed by the Cowboy Cookout

Bring your lawn chair, sunscreen and a fun attitude!
Lunch is available at each center before the event. You **MUST preregister. Please see center for more details.

September 15th 3:00pm - 5pm

Cowboy Cookout w/all the fixin's

Pulled Pork, Salads & Desserts

See your center for details!



DEADLINE TO SIGN UP IS SEPTERMER 8TH!

10 Warning Signs of Alzheimer's

Do you wonder how to tell if someone you love has Alzheimer's or dementia? This class will help answer your questions. Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn 10 common warning signs and what to watch for in yourself and others.

Date: Wednesday, September 13, 2023

Time: 11:00 am

Instructor: Ellen

Cost: Free

Call Krapohl at 810-785-2270 and sign up or for more information.

Annual Health Fair

Date: Tuesday, October 10, 2023

Time: 10-2 pm

It is that time of year again!!

Talk with vendors and get information on Senior Programs

Matt from Union Pharmacy will be here to give

Flu Shots and Covid Boosters. Shingle and Pneumonia shots will also be available.

Bring your Insurance and Covid Vaccination Cards

You MUST register for shots by Friday, October 7th.

Call 810-785-2270 now to sign up.

Making the News

Presented by Megan from the Mt. Morris Herald

Have you ever wondered what it takes to produce a Newspaper? Where do reporters and writers find the information to write about? Come meet Megan and learn what she does.

Date: Thursday September 7, 2023

Time: 11 am

Please call 810-785-2270 to sign up or for more information



The Center will be closed on September 4th in observance of Labor Day.

Have a fun but safe holiday!!

Obituaries

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

Carol Faye Allard
Charlotte Finkbiner

July 23, 2023
Unknown

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.



Krapohl Psychic Fair

October 7, 2023

11am - 4 pm \$5.00 door admission

The public is welcome for our annual Psychic fair at Krapohl Senior Center. Stop in for a massage, shop the various items from moon water to beautiful jewelry, pillows, purses, oils and more. Back by popular demand is our tarot, oracle, akashic, numerology, crystal ball, intuitive touch and empathic readers. Reader fee starts at \$25.

We have a few vendor spots are still available. A table is \$25. All vendor table fees go to helping Krapohl. Contact Sandy at Krapohl - 810-785-2270. All reading tables are full.



Disposal of the American Flag

American Flags that are tattered or torn can be placed in our drop box at the Krapohl Center.

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.



Senior Fresh Coupons can be used until October 31st.

Senior Fresh coupons are a free booklet worth \$25. The coupons can be used at participating Farmer's Markets for qualifying seniors. You may use the coupons to purchase Michigan-grown fresh fruits and vegetables.

Eligibility

Must be a resident of Genesee County

Household income

\$26,973 /yr. - \$2248 monthly for a family of one

\$36,482 /yr. - \$3041 monthly for a family of two

Must be 60 years of age or older

Have not gotten Senior Fresh Coupons this year at another location

Call 810-785-2270 for more information or to make an appointment to receive your coupons.



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, September 11, 2023

Time: 1 pm - 3pm

Please call 810-785-2270 to register for the class, so we can have enough supplies.

Save the Date!!

Soup Friday	October 6, 2023
Psychic Fair	October 7, 2023
Health Fair	October 10, 2023
Shredding Day	October 12, 2023
Michigan Princess Fall River Cruise	October 12, 2023
Women of Country - Zehnder's	October 18, 2023
Cirque Dreams Holiday	November 18, 2023
Holiday Show-3 Men and a Tenor at Zehnder's	November 29, 2023

Krapohl Fall Fundraiser



MUMS



Your order in for your Fall Mums will be ready soon for you to pick up

Delivery Date: Approximately September 15, 2023

To check on you order, call the center at 810-785-2270.

Thank you to all that participated and to your support to our center.

****All proceeds from this fundraiser help support programs and services for the Genesee County residents.****

We are getting a new look!!

The front office, exercise area and the back offices are getting new flooring. In order for this to be done,

The Krapohl Center will be tentatively closed at 1 pm Wednesday, September 20th, through Monday September 25th. We will let you know if anything changes.

Sorry for any inconvenience to our members.



Your Donations Help Us

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

Clear Thin Cable Zip ties - 6-8 inches/ Twine/
Glue sticks/ Holiday Flowers

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



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.

Shredding Day

**October 12th, 2023
10 am—1 pm**

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

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

Remember no clips, plastic, or bound books.

Christmas Wreaths and Grave Pillows

The sale is October 1st - October 31st
Call the center 810-785-2270 for more information.



Wreaths \$30

**Krapohl Center
Winter Fundraiser**



**Grave Pillows \$40
Approx. 3'x 2'**



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/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!

US Postal Stamps

NEW PRICE



The rate for a First Class Mail Letter (1 oz.) for postage purchased at the Post Office is \$0.66 a stamp/ \$13.20 a book.

For your convenience, books of postage stamps are available at the Krapohl Center. Cost is \$13.20 a book.

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 12:45 until 2 pm.

There is no charge for the 15 minute consultation.

No September appointments. Call the center for more information.

810-785-2270

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:

2023 Extra Help Eligibility Low-Income Subsidy (LIS)

Individual \$1843 Assets \$16,660

Couple \$2485 Assets \$33,240

2023 Medicare Savings Program (MSP)

Single \$1660.25 Assets \$9000

Married \$2238.50 Assets \$13,630

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 |

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.

TEFAP Supplemental Food Program

You now have to pick up your box at GCCARD
2727 Lippincott Blvd, Flint, MI 48507

TEFAP is an supplemental commodity program that is distributed quarterly (March, June, September, and December) on the 3rd Wednesday of the month. TEFAP has a higher income qualification. **Income qualifications are:**

Family of 1 - \$2,265/monthly Family of 2 - \$3,052/monthly

Veteran Benefit Assistance

John Stille Department of Veterans Services
4th Wednesday of the 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

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, September 27, 2023

Time: 11 am

This month’s book is: Pachinko

By: Min Jin Lee



“A new tour de force from the bestselling author of Free Food for Millionaires, for readers of The Kite Runner and Cutting for Stone. PACHINKO follows one Korean family through the generations, beginning in early 1900’s Korea with Sunja, the prized daughter of a poor yet proud family, whose unplanned pregnancy threatens to shame them all. Deserted by her lover, Sunja is saved when a young tubercular minister offer to marry and bring her to Japan. So Begins a sweeping saga of an exceptional Family in exile from its homeland and caught in the indifferent arc of history. Through desperate struggles and hard-won triumphs, its members are bound together by deep roots as they face enduring questions of faith, family, and identity.”

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: September 16, 2023

Time: 1 - 3:30 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.



Movie Day A Man named Otto



When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down. (movie run approx. 2 hours 15 minutes.)

Date: Thursday, September 28, 2023

Time: 1 pm -3:15 pm

Popcorn and water will be provided.

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

Woodcraft Class with Johnnie Sue

Date: September 27, 2023

Time: 10 am

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



Make your own Foot Stool.

Beginners welcomed. Maximum 4 people.

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

Wonder what you might eat over the weekend?

Ask us about our “Soup Fridays”

“Soup Fridays” are for you! You will receive a 32 oz container of soup and crackers. There are two choices every week. You will need to put your order in by the Wednesday before. Call 810-785-2270 to order. **Cost: \$8.00 per container**

October 6th - Vegetable or Cheesy Broccoli

October 13th - Chicken Noodle or Taco Soup

October 20th - Beef Barley or Chicken Gnocci

October 27th Tomato Bacon or Cheeseburger Soup



September Craft Door Signs

Date: Thursday September 7, 2023

Time: 1 pm

Cost: \$20 includes all materials



Come make your fall yard sign. We have 3 designs to choose from. Please let us know which one you want when you sign up.

To sign up call 810-785-2270. Payment is due at time of registration.

Krapohl T-Shirts for Sale

T-Shirts (Crew Neck) S-XL \$15 2XL - 4XL \$18

Full Zippered Hoodie S-XL \$30 2XL -4XL \$40

Polo Shirts S-XL \$18 2XL - 4XL \$25

Available in White, Gray, Blue and Red

Name: _____

Phone# _____

Circle one: T-Shirt Hoodie Polo

Size: _____ Color _____

Samples are at the center, Call 810-785-2270 for more information. Any special orders please call Sharon.

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, October 18, 2023

Time: 5:00 pm.

Podiatrist: Dr. Snyder

Limited appointments available

Haircuts

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

Date: Friday, September 29, 2023

Time: 10:30 am – 12:30 pm

Cost: Women \$10 Men \$8



Blood Pressure & Diabetic Screening

Cost: Free

Date: Wednesdays

Time: 10 am – 12 pm

Call the center at 810-785-2270 for information

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.

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. A 100% real nail polish formula with base coat, color and top coat all in one. There is a variety of different colors to choose from. Call now to make your appointment.

Date: Tuesday, September 5th & 19th **Time:** 11 am – 1 pm

Cost: \$10

Call 810-785-2270 to make your appointment.

Exercise

Cornhole

Date: Thursdays

Time: 10:00 am

Cost: Free



shutterstock - 246276289

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

Chair Yoga for the Mind, Body & Spirit

Date: Wednesdays

Time: 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: 3rd Monday of the month

Time: 12:45 pm

Cost: \$5

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



Bid Whist!

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.**

Line Dancing Beginners only

Date: Mondays

Time: 11:15 am -12:15 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.



Restaurant Club

Date: Wednesday, September 27, 2023

Place: Whitey's Restaurant

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

Bring a friend...Meet a friend!

Deadline to sign up Tuesday, September 20th. Please call 810-785-2270 to sign up—this helps us make a reservation. The Bus is available to ride. Seating is limited to 14. Please call to get your seat and so we can make a reservation. 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

Must schedule your ride at least 24 hours in advance. Please call 810-785-2270.

Stitch in Time

Quilters

Mondays @ 1 pm

Cost: FREE

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



Traveling Dessert Club

Date: Wednesday, September 13, 2023

Place: Fat Tony's Ice Cream

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 810-785-2270, by Monday September 11th to let us know who is going.



Euchre

Monday & Friday @ 12:30 pm

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



Euchre Tournament



Sunday, September 27, 2023

2:00 - 5:00 pm

Cash Prizes Lite Lunch

\$5 per person



Tuesday Card Corner

Euchre, Pinochle or HKF



NEW

Pick your game - Pick your corner!

Date: Tuesdays

Time: 3-7 pm

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

Must have 8 people for HKF

Join the Krapohl Ladies in Red

Date: Wednesday, September 27, 2023

Place: Krapohl Center

Time: 1:00 pm



We will be having a meeting and doing a craft.

If you would like to have lunch before the meeting, please call 810-785-2270 by September 18th to sign up. Lunch is served at 12:00 pm.

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.



September Calendar 2023

Monday	Tuesday	Wednesday	Thursday	Friday
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				1 Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1:00 pm Computer Class 1:00 pm Nature Walk
4 <p style="text-align: center;">Centered Closed</p> 	5 Wii Bowling 10 am Mani & Grannies 11am HM Lunch 12 n Woodcrafts 1 pm Tai Chi 1 pm Nature Walk Card Corner 3-7 pm	6 Movin & Groovin 10 am BP/BS 10 am GCCARD Lunch 12 n Dessert Club 1:30 pm Yoga 3:45 pm Nature Walk	7 Cornhole 10 am Making the News 11 am GCCARD Lunch 12 n Woodcrafts 1 pm September Craft 1 pm Country Dance 6:30 pm Nature Walk	8 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
11 Movin & Groovin 10 am Line Dancing 11:15 am GCARD Lunch 12 n Euchre 12:30 pm Cards for Kindness 1 pm Pentathlon 1 pm Quilters 1 pm Nature Walk	12 Hearing Solutions 9 am Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm NO Tai Chi 1 pm Pentathlon 1 pm Nature Walk Card Corner 3-7 pm	13 BP/BS 10 am Movin & Groovin 10 am 10 Warning Signs 11 am GCCARD Lunch 12 n Pentathlon 1 pm Dessert Club 1:30 pm Yoga 3:45 pm Nature Walk Walmart Shopping	14 Cornhole 10 am GCCARD Lunch 12 n Pentathlon 1 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	15 Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Pentathlon 1 pm Computer Class 1 pm Bid Whist 1 pm Nature Walk <hr/> 16 Watercolor 1 pm
17 Euchre 2 pm <hr/> 18 Movin & Groovin 10 am Line Dancing 11:15 am GCARD Lunch 12 n Euchre 12:30 pm Bunco 12:45 pm Quilters 1 pm Nature Walk	19 Wii Bowling 10 am Mani & Grannies 11am HM Lunch 12n Tai Chi 1 pm Woodcrafts 1 pm Nature Walk Card Corner 3-7 pm	20 No Activities other than what is listed. Veteran Assistance 9 am Commodities 10 am GCCARD Lunch 12 n	21 Tentatively Closed for maintenance	22 Tentatively Closed for maintenance
25 Tentatively Closed for maintenance	26 Wii Bowling 10 am HM Lunch 12n Woodcrafts 1 pm Tai Chi 1 pm Nature Walk Card Corner 3-7 pm	27 Woodcraft Class 10 am BP/BS 10 am Movin & Groovin 10 am Book Club 11 am GCCARD Lunch 12 n Ladies in Red 1 pm Restaurant Club 4:30 pm Yoga 3:45 pm Nature Walk Kroger Shopping	28 Cornhole 10 am GCCARD Lunch 12 n Woodcrafts 1 pm Movie Day 1 pm Country Dance 6:30 pm Nature Walk	29 Movin & Groovin 10 am Haircuts 10:30 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Computer Class 1 pm Bid Whist 1 pm Nature Walk

For a meal reservation call 810-785-2270

September Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Meatball Sub Vegetable Blend Potato Wedges Fresh Apple
4 Center Closed 	5 Homemade Tomato Soup Grilled Cheese Dessert	6 Oven Fried Chicken Southern Green Beans Potato Salad Pineapple Tidbits	7 Peppered Beef Steak w/ gravy Mashed Potatoes Chopped Broccoli Potato Roll Mango & Papaya Fruit mix	8 Chicken Marsala Chopped Spinach Glazed Carrots Fruit Cocktail
11 Pulled BBQ Sandwich Baked Beans Green Beans Diced Pears	12 Homemade Chili & Cornbread Dessert	13 Pub Burger w/cheese Cauliflower Florets Mixed Vegetables Apple	14 Chicken Breast Sliced Marinated Beets Fars East Veggie Blend Roll Birthday Cake	15 Baked Fish w/ sauce Tuscan Asiago Vegetables Sweet Peas Roll Strawberry Applesauce
18 Beef Fajitas Sweet Corn w/Peppers Spanish Rice Apple	19 Homemade Perogies Sauerkraut Dessert	20 Chicken & Dumplings w/Stewed Vegetables Cut Green Beans Roll Peaches	21 Center Closed	22 Center Closed
25 Center Closed	26 Homemade Polish Sausage Potatoes Salad Dessert	27 Turkey Tetrizzini Winter Blend Crinkle Cut Carrots Corn Muffin Berry Blend Applesauce	28 Sloppy Joes Diced Potatoes Lima Beans Golden apple	29 Sweet & Sour Chicken Peas & Carrots Brown Rice Mixed Fruit Cup Roll Fortune Cookie

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

Join us for a GCCARD lunch on Mondays, Wednesdays, Thursdays, and Fridays. Bring your friends or call us for a ride and have lunch at the center. 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 and ride for the next day.

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



Home Cooking by Chef Ronnie

Nutritious home cooked meals are on the lunch menu for Tuesdays. **Purchase a monthly punch pass for only \$24 - \$30 (based on number of weeks).**

Cost: \$6 per meal

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

Chef Ron Iaquinto



For your Birthday



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

Travel

Casino Trips Soaring Eagle

Date: Thursday, September 21, 2023

Depart: Krapohl Center at 9 am

Return: approximately 6 pm

Cost: \$25



Deadline to sign up September 7, 2023. Trip must be paid at time of registration.

Includes: Round trip transportation on the center bus, casino and gaming package if available. Only 14 seats available, so book early. Call 810-785-2270 for more information.

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.



Midland Center for the Arts Presents Cirque Dreams Holidaze

Cirque Dreams Holidaze dazzles with a brilliant and whimsical family holiday spectacular. This annual tradition wraps a Broadway-style production around an infusion of contemporary circus arts. As lights dim and the music swells, audiences will have visions of sugarplums dancing in their heads as a fantastical cast of holiday storybook characters come to life on stage. With an original music score, twists on holiday classics sung live, and new sets, scenery, and storylines, this ultimate holiday gift for the entire family will surely put a twinkle in your eye!

Date: Saturday, November 18, 2023

Time: 12:15 pm (leave center)

The show starts at 2:00 pm

Cost: \$50 (includes bus ride)

The deadline to sign up is Wednesday, November 15th.

We will stop for dinner on the way home (place to be determined) which is on your own.

Zehnder's of Frankenmuth Trips

Women of Country

Date: Wednesday, October 18, 2023

Cost: \$62.00 per person

Deadline to sign up is August 28, 2023

First come, First serve basis with deposits required at sign up.

Sign up early, tickets will go quickly.

When you hear the names Patsy, Loretta, Reba, Dolly, Martina, Wynonna and Miranda what comes to mind? Only the BEST female country singers EVER!

Holiday Show featuring 3 Men and a Tenor

Date: Wednesday, November 29, 2023

Cost: \$62.00 per person

Deadline to sign up is October 17, 2023

First come, First serve basis with deposits required at sign up. Enjoy a great Zehnder's Holiday Luncheon and then sit back for a fun-filled Holiday Show with lots of humor and some sentiment moments for all.



Michigan Princess Fall River Boat Cruise

As summer fades away, and you start to feel the crisp cool air and you know it is time for the leaves to change. Come join us on the River Boat and enjoy a relaxing trip down the Grand River.

Date: Thursday, October 12, 2023

Cost: \$92.00 (includes ticket, lunch and bus)

Depart from Center: 9:30 am

Return to Center: 3:30 pm

We are taking a Blue Lakes 34 passenger bus, so sign up early as the seats will go quickly. **Payment due at time of sign up reserve your seat.** Call 810-785-2270 for more information.

Tinsel & Turkey: Turkeyville's Holiday Spectacular!

Date: Thursday, November 15, 2023

Cost: \$68.00 (includes dinner and show)

Depart: 9:30 am

Return: 6:30 pm

The dinner includes turkey, sage dressing, salad, soup, rolls cranberry relish, a vegetable or two and dessert!

Cornwell's kicks off the holidays in style with a no-holds-barred celebration that features a cast of sequin-clad performers shaking their tail feathers and turning up the heat as the snow starts to fall on the farm. Including all your holiday favorites, and setting a new bar for toe-tapping Christmas cheer, this musical revue is the perfect recipe for serving up the holidays on silver platter!

HEART OF SENIOR CITIZEN SERVICES

Krapohl Senior Center

Wellness in Aging Begins Here

Our Mission: HSCS is a non-profit 501(c)3 organization dedicated to helping older residents of Genesee County accept and maintain the dimensions of “Wellness”, Independence and Dignity as their life-style.

Our Vision

To be the community leader and resource for addressing the diverse needs of older adults.

Board of Directors

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

Executive Director: Karen Reid

The Krapohl Center does not discriminate against anyone requesting services or programs. Should you have a concern about the programs and services we provide, please write or call the Executive Director.

The HSCS is a private 501(c)3 nonprofit agency funded through donations, fundraisers, grants, Mt. Morris Township, Federal Community Development Block Grants, Michigan Department of Transportation, Mt. Morris Consolidated Schools and the Genesee County Senior Millage.

The Heart of Senior Citizen Services shall not discriminate against any person on the basis of age, race, color, sex, religion, physical handicap, national origin, or any other basis provided in federal, state, or local law, regarding any service performed by or for the HSCS.”

Title VI Coordinator, (810) 785-2270



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

2			5				9	
1		5			9			6
		7		1		5		2
		6			5			9
	1		2			4		
	4		7		6		1	
							8	
	5		8	6			4	

See Sandy for
Sudoku
solutions

HSCS Board Meeting Dates

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

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:.....Emma Montague

Maintenance:Pam Green

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

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



Did you get a new phone number??



Have you moved to a new location??

When any of these happen, please let us know so that we can update your information. We don't want you to miss out on all the fun activities going on here at Krapohl. It also makes it easier to sign in if the right phone number is in My Senior Center. All you need to do is call us at 810-785-2270 or stop in and let us know.