



# The Krier

## Krapohl Senior Center Wellness in Aging Begins Here



Phone 810-785-2270

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email:krapohlcenter@heartscs.org

Web: www.heartscs.org

Facebook:

www.facebook.com/KrapohlSeniorCenter

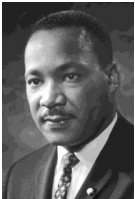
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The center will be closed on January 2nd for a day of rest. We will be back on January 3rd and waiting to see all your smiling faces!

### 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

### Sleep Education for Everyone Program (SLEEP)

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

Time: 1-1:30 pm

Sufficient sleep is essential for optimal health and wellbeing. The quality and quantity of your sleep 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 six, 30-minute sessions were created; topics for sleeping order by session include: introduction to sleep and health with a focus on recommended duration guidelines; sleep hygiene best practices, Stimulus Control Therapy, mindfulness and relaxation, relationships between sleep and physical activity, and sleep myths.

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

### WEATHER RELATED CLOSING POLICY IT'S THAT TIME AGAIN...



It is the policy of the Heart of Senior Citizen Services to place the health, safety and welfare of the participants of the Krapohl Center first and foremost. Therefore, when weather conditions present a health or safety hazard such as large snow fall, ice or subzero weather the Krapohl Center will close. If Mt. Morris, Beecher and/or Westwood Heights School Districts are closed, so are we. A good rule to remember is if you do not have to get out when the roads are snow covered and icy then don't. Stay safe and stay warm this winter!!!

### All Season 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: \$8.00 each

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



### 2023 Changes

- \* Due to increased food costs, Tuesday lunches will go to \$6.00 per person.
- \* Stamps will go up to \$.63 on January 22, 2023.
- \* We are no longer able to recycle batteries until further notice.

## Obituaries

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

Kenneth "Fred" Burch 11/20/2022  
 Shirley Hartkopf 12/01/2022

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 Donations were made in Memory of

*Hope LeGalley* by Brenda Ashley & Debbie Muron

*Lela Marshall* by Debbie Muron

*Lela Marshall* by Jennifer Kaczmarczyk and family

## Save the Date!!

Senior Winter Games	February 6, 2023
Crime Stoppers-Your Voice Matters	February 21, 2023
Red Wings Game	March 30, 2023
Hollywood Nights-Bob Seger Experience	March 31, 2023
Motown & More-Zehnders	May 12, 2023
Eagles Tribute- Zehnders	June 9, 2023
Oldies Show Beach Boys -Zehnders	September 13, 2023

# REC-CONNECT™

## FREE PHYSICAL FITNESS



## DEMO CLASSES!

Date: January 18, 2023 - February 8, 2023

Time: 1:30-3:00pm

Location: Krapohl Senior Center



Rec-Connect™ is a 4-week physical fitness demo class offered by Commit to Fit. Get active through a variety of fun physical activity demonstrations. No experience necessary!

- Chair Bingo
- Chair Yoga
- Strength Bands
- Chair Aerobics



This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation. This institution is an equal opportunity provider.



## SENIOR WINTER GAMES IS BACK!!

### Registration Dates

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	

### Opening Ceremony

Monday, February 6, 2023 at 1:00 pm  
 Davison Senior Center  
 10135 Lapeer Rd. Davison

### Closing Banquet

Monday, March 6, 2023  
 St. John's Parish Hall  
 450 Dayton St., Davison



## Looking for our Garden Volunteers!!

We are looking for anyone who is interested in working with plants and dirt. It is almost time to get those seedlings planted. Our Greenhouse has been repaired, but needs some work on the inside. Please join us at our 1st meeting to get the cleaning and planting scheduled. Come meet some new people and enjoy some outdoor time.

**Date:** Thursday January 19, 2023      **Time:** 2 pm  
Call Sandy at 810-785-2270 to let us know if you can attend.

### Important Reminder!

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

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

## Let VG's "direct your dollars" to the Krapohl Center

Every time you shop at VG's save your complete receipt and encourage your friends and family to do the same. Once we've collected \$150,000 in VG's receipts we can turn those slips of paper into a \$1,000 check for the Krapohl Center.



### Double Up Food Bucks!

Do you have a Bridge Card? When you use your Bridge Card, Double Up matches your amount in fruits and vegetables dollar for dollar up to \$20 a day. How do you sign up for Double Up Food Bucks? You may apply at any participating location. You must have a valid Bridge Card and Government-issued ID with you when you apply. Don't lose out on the food dollars. Register soon. If you have questions or need to know participating locations, call 810-785-2270.



**STAY CONNECTED:** Join us on our website and social media! Want to keep up with what is happening at the Center? Staying current is more important now than ever! The best way

to do that is by following our Facebook page ([www.facebook.com/KrapohlSeniorCenter/](http://www.facebook.com/KrapohlSeniorCenter/)) or our website. ([www.heartscs.org](http://www.heartscs.org)). You can find the latest updates and even download the monthly newsletter! . Make sure you like our page before you leave to get the most recent updates!

## AARP Income Tax Program 2022

(Tax year 2022)

The AARP Income Tax program begins Monday, January 30, 2023. You may begin calling 810-785-2270, Wednesday, January 4, 2023, for your appointment. **No appointments will be made before this date.**

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

- Photo proof of identification
- Social Security cards for you, your spouse and dependents - all to be included on the return. An individual Taxpayer identification number (TIN) assignment letter may be substituted for you, your spouse and/or your dependents if you do not have a Social Security number.
- Birth dates for you, your spouse and dependents on the tax return.
- Copy of 2021 Tax returns
- Wage and earning, pension or other retirement income statements (Forms W-2, W-2G, 1099-R, 1099-Misc) from all employers/payers
- Brokerage statements
- Interest and dividend statements from banks (Forms 1099-INT and -DIV)
- Health Insurance Exemption Certificate, if received
- A blank check for proof of bank account routing and account numbers for direct deposit.
- Total paid for day-care provider and the day-care provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Forms 1095-A, B, or C Affordable Health Care Statements
- Social Security benefit statement
- Property tax statement if claiming property tax credit. Mortgage statements are not acceptable. **Must** have copy of property tax. You must go to your taxing body and pick up a copy of your property taxes (summer and winter of current year for property tax credit). We need the information on that sheet; the amount provided on your interest statement is not enough.
- Years Rent statement by the month, landlord's name and address if claiming Rent Credit
- Consumer's energy statements for the year if claiming Heating credit
- If you live in a mobile Home Park bring rent breakdown of how much is rent and water. Also name, and address of your landlord.
- Name and address of landlord if renting

# Today's Walk

I will walk slowly through this day;  
I leave what is not needed behind from yesterday.  
I will treasure all the knowledge to move forward.  
What I do today will not change or erase the past..  
I move on knowing that today I will do differently than before.  
If I fail, there will be another tomorrow and a future tomorrow for hope.

By Kathy Russell

## Cell Phone Policy

When you are in the Krapohl Senior Center, please put your cell phone on silent or vibrate. When taking a call please go outside as not to disrupt activities. Thank you for your cooperation.

## Your Donations Help Us

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

We are good for now!

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

## Transportation Services

Let us do the driving for you!

If you need a ride to the center, doctor or grocery store and live in the Mt. Morris service area call Krapohl Senior Center at 810-785-2270 to schedule a ride. You must give at least 24 hour notice to be put on the bus schedule. Availability is based on a first come, first serve system. The Krapohl Center 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.

- |  |                        |
|--|------------------------|
| For  | Need                   |
| ● People 60 + years of age                   | ● Proof of income      |
| ● Income less than \$1,473 for family of one | ● Proof of family size |
| ● \$1,984 for family of two                  | ● Proof of residency   |
|  | ● Photo Identification |

### MMAP (Medicare / Medicaid Assistance Program)

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

Financial Requirements are:

2022 Extra Help Eligibility Low-Income Subsidy (LIS)

Individual \$1719 Assets \$15,510

Couple \$2309 Assets \$30,950

2022 Medicaid, Medicare Savings Program (MSP)

Single \$1549 Assets \$8400

Married \$2080 Assets \$12,600

### Notary Service

In need of a Notary?

We have one available.

Cost: \$5.00 per subject

Call 810-785-2270 and make an appointment with Sandy.



### KISS



#### Keeping Independent Seniors Safe

Are you or your family and friends worried about you living alone?

The KISS program is a free telephone reassurance program for older adults who live independently and want to feel safer and more secure.

Call 810-249-6530 for more information and to sign up.

### Veteran Benefit Assistance

John Stilley Department of Veterans Services

3rd Wednesday of month at 9 am .

John is at the Krapohl Center to assist Veterans from any era. He will assist Veterans with benefits or answer questions.

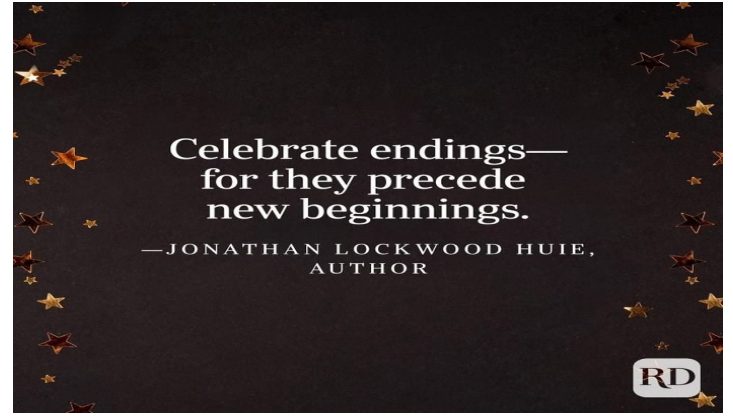
Appointments are required! Call 810-785-2270



## Veteran's Corner



We would like to honor a Veteran monthly. Please help us by sending in a picture and the branch you were in, years served and where you were stationed.



## Intellectual Wellness

### “What’s Next” Book Club



We will review the titles we read in 2022.

Bring your ideas of titles you think we would like to read in 2023.

**Date:** January 25, 2023

**Time:** 11 am

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

### How We Grieve the Dead in America and Why It Matters

Rescheduled from December

**Date:** January 12, 2023

**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*

**Call to sign up at 810-785-2270**

### Watercolor Painting

**Date:** January 21, 2023

**Time:** 1 pm

**Cost:** \$10 includes supplies

**Instructor:** Karen

\*\*\*Minimum class size 5, Maximum 10\*\*\*

**Must sign up . Call 810-785-2270.**

**No refunds**

Learn new tricks and techniques with a new drawing each

### Woodcraft Class with Johnnie Sue

**Date:** January 25, 2023

**Time:** 10 am

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



Make your own “hang what you want” Rack  
Beginners welcomed. Maximum 4 people.  
Call 810-785-227 to reserve your spot.

### REC-CONNECT

#### Free Physical Fitness Demo Class

Rec-Connect is a 4 week physical fitness demo class offered by Commit to Fit. Get active through a variety of fun physical activity demonstrations. We will do strength building, Chair exercise, Yoga and Circuit training. No experience needed.

**Date:** Wednesday, January 18, 2023 **Time:** 1:30—3:00 pm

**Location:** Krapohl Senior Center

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

### Valentine Craft

**Date:** January 27, 2023

**Time:** 1pm

**Cost:** \$10.00

Who would like to do some crafts? We will have all the supplies to make these cute wood signs.

Please call 810-785-2270 for more information

Sign up and payment must be made by January 25th



### Common Sense Self Defense

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

**Date:** Tuesday, January 10, 2023

**Time:** 12:30 pm

**Cost:** Free

Call 810-785-2270 to sign up.



### Life Stories Class

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

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

Next session starts January 9, 2023

Mondays 2–4pm

Call 810-785-2270 for more information.

## Health

### Foot Clinic

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

**Date:** Wednesday, February 8, 2023

**Time:** 5:00 pm.

**Podiatrist:** Dr. Snyder

**Limited appointments available**

### Haircuts

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

**Date:** Friday, January 13, 2023

**Time:** 10:30 am – 12:30 pm

**Cost:** Women \$10 Men \$8



### Blood Pressure & Diabetic Screening

**Cost:** Free

**On hold till February**

**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.

### Free covid tests are available again

You may get 4 test per household.

Go to <https://www.covid.gov/tests>.

If you need help registering, please call the center at 810-785-2270.

## Exercise

### Cornhole

**Date:** Thursdays

**Time:** 10:00 am

**Cost:** \$12 for  
6 week session



shutterstock - 246276289

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

**No Monday class due to Tax season. Will resume on 4-17-23.**

First lessons: that you observe or participate in is free

Next 15 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:** 3rd Monday of the month

**Time:** 12:45 pm

**Cost:** \$5

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**

## Euchre Tournament



**Sunday, January 22, 2023**

**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, January 18, 2023

**Place:** Krapohl Senior Center

**Time:** 1:00 PM

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



## Restaurant Club

**Date:** Wednesday, January 25, 2023

**Place:** Dom's Diner

3833 Corunna Rd, Flint, MI 48532

**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, January 11, 2023**

**Place:** Leo's Coney Island

4151 Miller Rd Flint, MI 48507

**Time:** 1:30 pm

Join us each month for a dessert or just a chance to meet new people. You are responsible for your own dessert.

**Please call 810-785-2270 to reserve your spot.**



## Woodcrafts

**Date:** Tuesday & Thursday from 1pm –4 pm

**Cost:** Donation

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

## Line Dancing

**Date:** Wednesday, February 1, 2023

**Time:** 2:30-3:30

**Cost:** Free

**Instructor:** Brenda

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



## Chair Volley ball

**Date:** Tuesdays, February 7, 2023


**Time:** 3 pm –4 pm

**Cost:** Free

More fun than you can possibly stand - while seated! Come enjoy this fun-filled game. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five foot high net. Rules are similar to regular volleyball except "cheeks on the chair!" Call 810-785-2270 for more information.



# January Calendar 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p style="text-align: center;">Center Closed</p> 	<p>3</p> <p>Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Nature Walk</p>	<p>4</p> <p>Movin &amp; Groovin 10 am GCCARD Lunch 12 n <b>Fresh Conversations</b> 1:30 pm Yoga 4 pm Nature Walk 1 pm</p>	<p>5</p> <p>Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk</p>	<p>6</p> <p>Movin &amp; Groovin 10 am Sit &amp; Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Nature Walk</p>
<p>9</p> <p>Movin &amp; Groovin 10 am GCCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm <b>Life Stories</b> 2 pm Nature Walk</p>	<p>10</p> <p>Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm <b>Self Defense class</b> 1 pm Nature Walk</p>	<p>11</p> <p>Movin &amp; Groovin 10 am GCCARD Lunch 12 n Dessert Club 1:30 pm <b>Fresh Conversations</b> 1:30 pm Yoga 4 pm Nature Walk Walmart shopping</p>	<p>12</p> <p>Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm <b>How we Grieve</b> 1 pm Country Dance 6:30 pm Nature Walk</p>	<p>13</p> <p>Haircuts 10:30 am Movin &amp; Groovin 10 am Sit &amp; Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Nature Walk</p>
<p>16</p> <p>Movin &amp; Groovin 10 am <b>MLK Lunch</b> 12 n Euchre 12:30 pm Bunco 12:45 pm Quilters 1 pm <b>Life Stories</b> 2 pm Nature Walk</p>	<p>17</p> <p>Hearing Solutions 9 am Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Nature Walk</p>	<p>18</p> <p>Veteran Assistance 9 am Commodities 10 am Movin &amp; Groovin 10 am GCCARD Lunch 12 n Ladies in Red 1 pm Dessert Club 1:30 pm <b>Rec-Connect Exercise</b> 1:30 pm Yoga 4 pm Nature Walk Walmart shopping</p>	<p>19</p> <p>Soaring Eagle 9 am Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm <b>Sleep Program</b> 1 pm Woodcrafts 1 pm Garden meeting 2 pm Country Dance 6:30 pm Nature Walk</p>	<p>20</p> <p>Movin &amp; Groovin 10 am Sit &amp; Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Nature Walk</p> <hr/> <p>21</p> <p>Watercolor 1 pm</p>
<p>22</p> <p>Euchre 2 pm</p> <hr/> <p>23</p> <p>Movin &amp; Groovin 10 am GCCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm <b>Life Stories</b> 2 pm Nature Walk</p>	<p>24</p> <p>Wii Bowling 10 am HM Lunch 12n Woodcrafts 1 pm Nature Walk</p>	<p>25</p> <p>Movin &amp; Groovin 10 am Woodcraft class 10 am Book Club 11 am GCCARD Lunch 12 n <b>Rec-Connect Exercise</b> 1:30 pm Yoga 4 pm Restaurant Club 3:30 pm Nature Walk Kroger</p>	<p>26</p> <p>Cornhole 10 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm <b>Sleep Program</b> 1 pm Country Dance 6:30 pm Nature Walk</p>	<p>27</p> <p>Movin &amp; Groovin 10 am Sit &amp; Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Craft Class 1 pm Nature Walk</p>
<p>30</p> <p>Taxes 9 am GCCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm <b>Life Stories</b> 2pm Nature Walk</p>	<p>31</p> <p>Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Nature Walk</p>			



For a meal reservation call 810-785-2270

## January Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed 	3 Homemade Soup and ham & cheese sandwich	4 HM Liver & Onions w/ gravy	5 Pork Chops w/ Mushrooms	6 BBQ Chicken Tenders
9 HM Sweet & Sour Meatballs	10 Homemade Potato Bar	11 Open-Face Pot Roast	12 HM Chili	13 Grilled Chicken Breast w/cream sauce
16 MLK Lunch Catfish	17 Homemade Sloppy Joes	18 Creole Steak	19 Beef Fajitas w/ Peppers& onions	20 Crispy Fish Taco
23 Ham, Bacon & Cheese Frittata	24 Homemade Eggs, ham and hashbrowns	25 Roasted Chicken Breast	26 Turkey Burger w/ Cheese	27 HM Macaroni & Cheese
30 HM Goulash	31 Homemade Tacos			

### 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 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

**Chef Ron Iaquinto**



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

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

### 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:** Thursday, January 19, 2023

**Depart:** Krapohl Center at 9 am

**Return:** approximately 6 pm

**Cost:** \$25

**Trip must be paid for by: Friday January 13th**

Includes: Round trip transportation on the center bus, casino and gaming package if available. Only 14 seats available, so book early. You must pay at time of booking.



**Bus leaves at 9am sharp. No refund if you miss the bus.**

## Red Wings Game

**Date:** Thursday, March 30, 2023

**Cost:** \$115.00 per person

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

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

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

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

Call 810-785-2270 for more information.

## Hollywood Nights - Bob Seger Experience

**Date:** Friday, March 31, 2023

**Cost:** \$90.00 per person

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

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

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

Call 810-785-2270 for more information.

## 2023 Trips to

### Zehnders of Frankenmuth

#### Motown & More - Featuring Soul Xpress

**Dates:** Friday, May 12, 2023

**Cost:** \$62.00 per person

**Deadline to sign up is March 31, 2023**



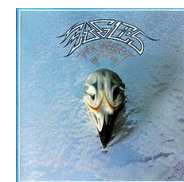
Soul XPress Band is a rambunctious 7-piece funk/soul band that features a line-up of respected musicians. The band's mastery of soul music stems from absorbing the real deal of years of experience.

#### Eagles Tribute – Featuring Flatbed Ford

**Date:** Friday, June 9, 2023

**Cost:** \$62.00 per person

**Deadline to sign up is April 28, 2023**



The Eagles brought you amazing song writing, amazing harmonies and vocals, and amazing guitar interplay. And now Flatbed Ford brings it all to you again with their meticulous recreations of the classic Eagles songs and sound.

Sit back and enjoy the stellar musicianship of Flatbed Ford as they take you on a musical journey through the legendary sound of The Eagles.



## Travel Refund Policy

Refunds are only given if cancellation is within three days prior to the trip. Time must be allowed to contact people who may be on a waiting list.

**Reserve by mail: send check with name(s) of person(s) placing the reservation to: Heart of Senior Citizen Services, G-5473 Bicentennial Dr., Mt. Morris, Michigan 48458.**

**All trips are on a first-come, first-served basis with deposits required at sign-up. A reservation is made only when a deposit has been made.**

**The Krapohl Center Travel Program is Open to anyone over the age of 21.**

**HEART OF SENIOR CITIZEN SERVICES**

**Krapohl Senior Center**

**Wellness in Aging Begins Here**

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

**Our Vision**

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

**Board of Directors**

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

Executive Director: Karen Reid

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

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

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

Title VI Coordinator, (810) 785-2270



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

**HSCS Board Meeting Dates**

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

- January 16, 2023 Annual Meeting
- March 20, 2023
- May 15, 2023
- July 17, 2023
- September 18, 2023
- November 20, 2023

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

**HSCS Staff**

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

**Visit us through Social Media**

Like us on our **New Facebook:**

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

or check our website at

[www.heartscs.org](http://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 on January 22,2023**

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.

**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.

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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!

