



The Krier

Krapohl Senior Center Wellness in Aging Begins Here



Phone 810-785-2270

fax 810-785-9973

email:krapohlcenter@heartscs.org

Web: heartscs.org

Facebook:

www.facebook.com/KrapohlSeniorCenter

November 2022 | Volume 41 Issue 11

A Publication of the Heart of Senior Citizen Services

Eat and Run

6th Annual Progressive Dinner

Presented by the Northern Tier Senior Centers

Date: Wednesday, November 9th

Tickets: \$15.00

You **MUST** bring your ticket with you to the event!

FEATURED: A 5-Course Meal!

(Appetizer, Soup, Salad, Entrée, and Dessert)

Beef Bourguignon on Buttered Noodles,
Pork Chops with a Maple Glaze, Swiss Potato Casserole,
Roasted Vegetables, Roll & Butter!

Tickets can be purchased at Krapohl Senior Center until
Nov 2nd. Call 810-785-2270 to sign up. If you want to ride the
bus we have a few spots available.



Our Center is closed on

Thanksgiving Day

November 24th & Friday November 25th.

Thanksgiving Lunch

Sponsored in part by Genesee Gardens

Tuesday November 22nd at 12:00 pm

Cost: \$8.00 per person

Menu

Turkey & Gravy

Mashed Potatoes

Stuffing

Green bean Casserole

Cranberry Sauce

Roll

Pie

You must sign up by November 15th

This will give time to catch those crafty turkeys!

AmeriCorps Seniors Needs You!

Earn a modest stipend to defer any cost of volunteering, mileage reimbursement and meal allowance, as well as small gifts to show our appreciation for all our volunteers do.

Join us for a presentation and get all the information you will need to serve as a AmeriCorps Senior, or become a Foster Grandparent.

Date: Wednesday November 16, 2022

Time: 11:00 am

Place: Krapohl Senior Center

Call 810-785-2270 if you have any questions.

Free2B Music Ministries
& the Krapohl Senior Center
present

4th Annual
Blankets of Love
Benefit Concert

Rev. Michael Loga
Emcee

Free2B Band
featuring: Kim French & CJ Short

Brugger Banks

John Hammon

plus - Fiction

26 Time Detroit Music Award Winner
Marq Andrew Speck

6pm - 9pm
November 12, 2022

Krapohl Senior Center
5473 Bicentennial Dr., Mount Morris, MI 48458

Admission at the Door:
2 New Lap Blankets or \$15.00 per person

Collecting New Lap Blankets to distribute to Residents
at area nursing homes for Christmas!

Free2B Music Ministries is a Non-Profit Organization

Obituaries

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

Connie Garrow

October 3, 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.

In Memory of

Elizabeth (Liz) Climer

Daniel & Sherry Loga

Lighted Bottles for sale



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

Price: \$5.00 each

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

Life Stories

New Class starts in January.

Call 810-785-2270 to sign up.



REMINDER

Daylight Saving time ends November 6th.

Don't forget to change your clocks.



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	

Save the Date!!

Progressive Dinner	November 09,2022
Veteran's Brunch	November 11, 2022
Blankets of Love Benefit Concert	November 12, 2022
Still Dreaming of a White Christmas	November 17, 2022

Save the Date!!

Thanksgiving Dinner	November 22, 2022
Christmas Party	December 09, 2022



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 your name and telephone number each time you come into the center! Also, 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.

2nd Annual Christmas Wreath Sale

Last date to order is November 15th

2nd Annual Fundraiser for Krapohl Senior Center

Wreaths \$30



Grave Pillows \$40

Approx. 3'x 2'



Name: _____

Phone: _____

Address: _____

Wreath \$30 _____ Grave Pillow \$40 _____

You can drop the form at the center or send a check to: Krapohl Senior Center
5473 Bicentennial Dr
Mt Morris, MI 48458

Items will be available to be picked up from the center in November.

Date to be determined. If you have any questions please call Sandy at 785-2270 from 9am to 5pm, Monday thru Friday.

Deadline to order is November 15th.

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.

Energy Smart Seniors w/ Consumers Energy

Tuesday, November 15th @ 1:00 p.m.

This forum provides a 15 minute presentation on energy efficiency tips and provides participant with kits to begin their energy efficiency journey!

Each participant will receive a free Consumers Energy Kit which includes:

3 LED A-Line Bulbs

Door weatherstripping

A High Efficiency Showerhead

Bathroom & Kitchen Aerators

Water Pipe Insulation & More!

Krapohl Senior Center can earn a grant of \$500 to \$1000 for hosting this event. The full \$1000 is earned for having at least 50 households in attendance.

Invite your friends & Neighbors!
Call 810-785-2270 to sign up.

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!

Kleenex
Napkins

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.

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

4th 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.



In Honor of Veterans Day

We invite our veterans to enjoy a free Brunch on us.

Brunch will include:

Egg Casserole with ham, cheese, and green peppers.
Hash Browns and cinnamon roll

Date: Friday, November 11th **Time:** 12:00 pm

Cost for non-veterans: \$5.00

Please call 810-785-2270 by Tue. Nov 8th , to reserve your spot.

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.

Wednesday, November 30, 2022 (Date changed due to Holiday)

Time: 11 am

This month’s book is: Firefly Lane

By Kristin Hannah

From the *New York Times* bestselling author of *On Mystic Lake* comes a powerful novel of love, loss, and the magic of friendship...

In the turbulent summer of 1974, Kate Mularkey has accepted her place at the bottom of the eighth-grade social food chain. Then, to her amazement, the “coolest girl in the world” moves in across the street and wants to be her friend. Tully Hart seems to have it all—beauty, brains, ambition. On the surface they are as opposite as two people can be: Kate, doomed to be forever uncool, with a loving family who mortifies her at every turn. Tully, steeped in glamour and mystery, but with a secret that is destroying her. They make a pact to be best friends forever; by summer’s end they’ve become Tully and Kate. Inseparable.

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.

Nurse Talk with Sara from the Medical Team

Join us for a discussion on Staying Healthy in the Winter months.

Date: Thursday, November 3, 2022

Time: 11:30 am

Call 810-785-2270 to sign up

Watercolor Painting

Date: Saturday, November 19, 2022

Time: 1 pm

Cost: \$8 includes supplies

Instructor: Karen

Minimum class size 5, Maximum 10

Must sign up and pay by November 16th.

Call 810-785-2270.

How We Grieve the Dead in America and Why It Matters

Nov. 10, 2022, 11:30 am

Not long ago and still in the memory of many today, funerals were essentially a family affair. When a loved one died, the body was washed and dressed at home. Neighbors came to the home, paid their respects and filled the family table with Ham and Scalloped Potatoes. A coffin was made, a grave dug and in a couple days, the deceased was lowered and the grave filled by relatives bearing shovels. With the growing practices of Cremation, Memorials and “Celebrations 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 810-785-2270 to register for this workshop or if you need more information.

Woodcraft Class with Johnnie Sue

Date: Wednesday, November 23, 2022

Time: 10 am

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

Make your own Coat Rack

Beginners welcomed. Maximum 4 people.

Call 810-785-227 by November 28th to reserve your spot.

Health

Foot Clinic

Do your toenails need to be trimmed? Can't trim them yourself? Let Dr. Snyder help you out. 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, November 18, 2022

Time: 10:30 am – 12:30 pm

Cost: Women \$10 Men \$8



Fun Times at
the
Pentathlon



Thanks to all
who
participated!!



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



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



First lesson: 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 bowlers always welcome.

Date: Tuesdays

Time: 10:30 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 for November or 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

Sunday November 20, 2022

(Date change due to holiday)

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, November 16, 2022

Place: Krapohl Senior Center

Time: 1:00 PM

If you would like to have lunch at the Krapohl center before the meeting, please call 810-785-2270 by Noon on Tuesday November 15, to sign up.



Restaurant Club

Date: Wednesday November 30, 2022

(Date change due to Holiday)

Place: Lucky's Steakhouse

11451 N Linden Rd, Clio, MI 48420

Time: 4:30 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 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: November 9, 2022

Place: Valley's Breakfast and Bistro

1072 Elms Rd Unit G, Flint, MI 48532

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.

Flint Institute of Arts

Glassblowing Demonstrations

Would you like to learn more about how they do the glassblowing? Join us for a trip to the FIA to watch this demonstration and walk around and see what the FIA has to offer.

Date: Saturday November 12, 2022

We will have lunch at the center at 12 noon

Depart at 1pm

Return back approx. 4pm

Cost is free

Sign up soon as we only have 14 seats available.

If we have a good turn out, we will do this once a month.



November Calendar 2022

Monday	Tuesday	Wednesday	Thursday	Friday
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	<p style="text-align: center;">1</p> <p>Wii Bowling 10:30 am HM Lunch 12 n Woodcrafts 1 pm Nature Walk</p>	<p style="text-align: center;">2</p> <p>Movin & Groovin 10 am GCCARD Lunch 12 n Fresh Conversations 1:30 pm Yoga 4 pm Nature Walk</p>	<p style="text-align: center;">3</p> <p>Cornhole 10 am Staying Healthy 11:30 am GCCARD Lunch 12 n Ask the Lawyer 12:45 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk</p>	<p style="text-align: center;">4</p> <p>Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Nature Walk</p>
<p style="text-align: center;">7</p> <p>Movin & Groovin 10 am GCCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Life Stories 2 pm Nature Walk</p>	<p style="text-align: center;">8</p> <p>Wii Bowling 10:30 am HM Lunch 12 n Woodcrafts 1 pm Nature Walk</p>	<p style="text-align: center;">9</p> <p>Movin & Groovin 10 am GCCARD Lunch 12 n Dessert Club 1:30 pm Fresh Conversations 1:30 pm Yoga 4 pm Nature Walk Walmart shopping Progressive Dinner 4 pm</p>	<p style="text-align: center;">10</p> <p>Soaring Eagle 9 am Cornhole 10 am GCCARD Lunch 12 n Grace Hospice 11:30pm Ask the Lawyer 12:45 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk</p>	<p style="text-align: center;">11</p> <p>Movin & Groovin 10 am Sit & Get Fit 11 am Veteran's Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Nature Walk</p> <hr/> <p style="text-align: center;">12</p> <p>Blankets of Love 6 pm FIA Glass Blowing 12 pm</p>
<p style="text-align: center;">14</p> <p>Movin & Groovin 10 am GCCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Life Stories 2 pm Nature Walk</p>	<p style="text-align: center;">15</p> <p>Hearing Solutions 9 am Wii Bowling 10:30 am HM Lunch 12 n Consumer's Energy 1 pm Woodcrafts 1 pm Nature Walk</p>	<p style="text-align: center;">16</p> <p>Commodities 10 am Movin & Groovin 10 am Senior Companion 11 am GCCARD Lunch 12 n Ladies in Red 1 pm Fresh Conversations 1:30 pm Yoga 4 pm Nature Walk</p>	<p style="text-align: center;">17</p> <p>Still Dreaming of White Christmas 9:30 pm 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 style="text-align: center;">18</p> <p>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</p> <hr/> <p style="text-align: center;">19</p> <p>Watercolor 1 pm</p>
<p style="text-align: center;">20</p> <p>Euchre Tournament 2pm</p> <hr/> <p style="text-align: center;">21</p> <p>Movin & Groovin 10 am GCCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Nature Walk</p>	<p style="text-align: center;">22</p> <p>Wii Bowling 10:30 am Thanksgiving Lunch 12n Woodcrafts 1 pm Nature Walk</p>	<p style="text-align: center;">23</p> <p>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 Kroger Shopping</p>	<p style="text-align: center;">24</p> <p>Center Closed</p> <div style="text-align: center;">  <p>Happy Thanksgiving!</p> </div>	<p style="text-align: center;">25</p> <p>Center Closed</p> <div style="text-align: center;">  </div>
<p style="text-align: center;">28</p> <p>Movin & Groovin 10 am GCCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Nature Walk</p>	<p style="text-align: center;">29</p> <p>Wii Bowling 10:30 am HM Lunch 12 n Woodcrafts 1 pm Nature Walk</p>	<p style="text-align: center;">30</p> <p>Movin & Groovin 10 am Woodcraft class 10 am Book Club 11 am GCCARD Lunch 12 n Fresh Conversations 1:30 pm Yoga 4 pm Restaurant Club 4:30 pm Nature Walk</p>		

For a meal reservation call 785-2270

November Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 HM- Meatloaf	2 Cobb Salad w/ Turkey, Cheese, Egg, Bacon	3 Baked Mostaccioli w/ Meat Sauce	4 Honey Glazed Chicken Fillets
7 Cheese Ravioli w/ sauce	8 HM -Ham & Scalloped Potatoes	9 Salisbury Steak w/ Gravy	10 Asian Chicken Burger	11 Veteran's Day Hm-Egg Casserole
14 New Orleans Chicken Stir Fry	15 Hm Goulash	16 Italian Wedding Soup	17 Chicken Fajitas	18 Glazed Citrus Salmon
21 Crispy Chicken Salad w/ Apples & Cranberries	22 HM Thanksgiving Dinner	23 Swedish Meatballs	24 Center Closed 	25 Center Closed 
28 Chicken Salad Sandwich	29 Hm Soup and Salad	30 Beet & Bean Burrito		

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

Join us for a GCARD 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: Thursday, November 10, 2022

Depart: Krapohl Center at 9 am

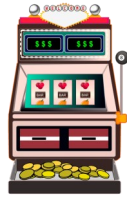
Return: approximately 6 pm

Cost: \$25

Trip must be paid for by Monday, November 7th.

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.



Upcoming Trips

for 2023- Sign up Now!

Motown & More - Featuring Soul Xpress

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. Members of the group have performed or opened with artists such as the Commodores, KC & the Sunshine Band, Rare Earth, Otis Day & the Knights, War, The Dramatics, Bobby Byrd, Martha Reeves & the Vandellas as well as Rock Legends such as Bad Company, Edgar Winter, Foghat and Davy Jones.

Dates: Friday, May 12, 2023

Eagles Tribute – Featuring Flatbed Ford

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.

Their spot-on reproductions of classic Eagles hits and select solo pieces from Don Henley, Glenn Frey and Joe Walsh will take you back to the peaceful easy Southern California sound of the early 70's, 80's and 90's. If you love the Eagles, you will love Flatbed Ford!

Date: Friday, June 9, 2023

Oldies Show – featuring Beach Party Boys

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. The members of BPB have played in Beach Boys tribute concerts for over the past 25 years and some of those groups have been ENDLESS SUMMER and the KOKOMO BEACH BAND, heavy weights in their own right. If there ever was a Beach Boys tribute concert – this is it! You'll have the fun fun fun of your life! Beach Party Boys are the ULTIMATE BEACH PARTY!

Date: Wednesday, September 13, 2023

Still Dreaming of a White Christmas

Cornwell's original, filled with holiday classics, with book by Laura Brigham.

Date: Thursday, November 17, 2022

Location: Cornwell's Dinner Theatre

Cost: \$60.00 (included lunch)

Time: Leave center at 9:30 am

Approx. Return time: 6:30 pm

Deadline to sign up : November 10th



A sister act, two dashing song and dance men, and a whole lot of Christmas cheer can be found in this continuation of the beloved Christmas story. Now a successful foursome on the vaudeville touring circuit, the combined acts of the old war buddies and the sisters is getting a bit stale. To liven things up, one of the guys adds a sultry young singer to the lineup, which doesn't sit well with his partners. Featuring well-loved favorites such as "Cheek to Cheek," "Baby, It's Cold Outside" and "White Christmas," this stylish evening of 1940's standards will have you dreaming of a white Christmas as well!

Travel Refund Policy

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

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

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

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

HEART OF SENIOR CITIZEN SERVICES

Krapohl Senior Center

Wellness in Aging Begins Here

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

Our Vision

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

Board of Directors

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

Executive Director: Karen Reid

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

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

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

Title VI Coordinator, (810) 785-2270



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

Using Amazon Smile helps all of us



Copy and paste the following link in your browser, <https://smile.amazon.com/ch/38-3409498> to sign up. Need help signing up, contact Krapohl Staff at 810-785-2270. .05% of your sale will automatically be donated to us at no cost to you.

HSCS Board Meeting Dates

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

November 21, 2022

January 16, 2023

February 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:

Transporter/Maintenance:.....Emma Montague

Visit us through Social Media

Like us on **New Facebook:**

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

or check our website at

www.heartscs.org.



Krapohl Office Hours

Open 9 am- 5 pm

Monday—Friday

810-785-2270

US Postal Stamps



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

Books of postage stamps are available at the Krapohl Center for your convenience. Price \$12.00 / book.

Need to get rid of Old Medication?

The following items are accepted at:

Union Prescription, 11830 N Saginaw Rd, Mt. Morris 48458

Non-controlled drugs/substances

Over-the-counter drugs

Medicated cough drops

Cold and flu medications

Vitamins and supplements

Prescription drugs

Pet medications

Medication samples

NO LIQUIDS or NEEDLES

You must take pills out of the bottles and put in a plastic zip lock bag.

There is a drop off box inside the store by the pharmacy. If you have any questions call 686-2900.

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Krapohl Senior Center

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

Call 785-2270



Brr...It is Cold out there!!

It is the policy of the Heart of Senior Citizen Services to place the health, safety, and welfare of the participants of the Krapohl Center first and foremost. 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!

