



The Krier

Krapohl Senior Center Wellness in Aging Begins Here



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Web: www.heartscs.org

Facebook:

www.facebook.com/KrapohlSeniorCenter

September 2024 | Volume 63 Issue 9

A Publication of the Heart of Senior Citizen Services

The Senior Centers of

Clio, Forest Township, Krapohl, Montrose, and Thetford



Presents the 7th Annual

Northern Tier

Pentathlon



Grab a partner and join us for five(5) 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 9 - Forest - Mini Golf

September 10- Thetford - Ladder Golf

September 11 – Krapohl - Axe Throwing

September 12 -Montrose - Ring Toss

September 13 - Clio - Golf

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 13th 3:00pm - 5pm

BBQ Dinner - ribs, chicken, baked beans, potato salad, zucchini bread, apple slab dessert and

Pentathlon Presentation

See your center for details!

DEADLINE TO SIGN UP IS SEPTEMBER 6TH!

Annual Health Fair

Date: Tuesday, October 1, 2024

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, Covid Boosters, Shingle and Pneumonia shots.

Bring your Insurance and Covid Vaccination Cards

You MUST register for shots by Friday, September 27th.

Call 810-785-2270 now to sign up.

REV UP FOR A CLASSIC CAR CRUISE



SATURDAY, SEPTEMBER 21ST 2024

START AT 10 AM
ENDS AT 2 PM

5473 BICENTENNIAL DR.
MT MORRIS, MI 48458

QUILT RAFFLE

50/50

CHINESE AUCTION

NON JUDGED ENTRY: \$5

JUDGED ENTRY: \$10

GET READY TO SHIFT INTO HIGH GEAR AND TAKE A ROCKIN' RIDE THROUGH AUTOMOTIVE HISTORY WITH DAZZLING CLASSICS THAT'LL MAKE YOUR HEART RACE AND MEMORIES REV UP. PROCEEDS FROM THIS EVENT WILL HELP FUND OUR PROGRAMS AND LUNCHES FOR THE SENIORS OF THE KRAPOHL SENIOR CENTER.

FOR RESERVATION : EMAIL SANDY.TUCKER@HEARTSCS.ORG
OR CALL (810) 785-2270

The Center will be closed

September 2nd in
observance of Labor Day.



JASPER MARTUS
STATE REPRESENTATIVE



KRAPOHL SENIOR CENTER IS HOSTING A COFFEE HOUR WITH REP. MARTUS. THIS IS A GREAT WAY TO ASK QUESTIONS, VOICE CONCERNS AND RECEIVE UPDATES ON THE LATEST NEWS IN LANSING AND OUR DISTRICT.

DATE: FRIDAY, SEPTEMBER 20, 2024
TIME: 10AM-11AM
LOCATION: KRAPOHL SENIOR CENTER
5473 BICENTENNIAL DR
MT MORRIS, MI 48458



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

JOHN CHERRY
STATE SENATOR



KRAPOHL SENIOR CENTER IS HOSTING A COFFEE HOUR WITH SENATOR CHERRY. THIS IS A GREAT WAY TO ASK QUESTIONS, VOICE CONCERNS AND RECEIVE UPDATES ON THE LATEST NEWS IN LANSING AND OUR DISTRICT.

DATE: MONDAY, SEPTEMBER 23, 2024
TIME: 12 NOON-1 PM
LOCATION: KRAPOHL SENIOR CENTER
5473 BICENTENNIAL DR
MT MORRIS, MI 48458



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

Want to pass all your memories to your grandchildren?

Learn how to write your Life Stories.

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

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

Sessions are on Tuesdays
Time: 3 - 5 PM

We need a minimum of 4 people for the class.

A new class will start September 24th.

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

Advanced Life Stories Class

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

Date: Friday, September, 13th & 27th

Time: 3-5 pm

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



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 16, 2024

Time: 1 pm - 3 pm

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

GENESEE COUNTY COMMISSION ON AGING PRESENTS

SENIOR RESOURCE FAIR **FREE EVENT!** **WEDNESDAY**
SEPTEMBER 25, 2024

11:30 AM - 2:30 PM

GLORIA COLES

FLINT PUBLIC LIBRARY

1026 E KEARSLEY ST



FREE BOXED LUNCH PROVIDED • FLU SHOTS & OTHER VACCINES PROVIDED BY THE GENESEE COUNTY HEALTH DEPARTMENT • GENESEE COUNTY RESIDENTS RECEIVE FREE ADMISSION TO THE SLOAN MUSEUM OF DISCOVERY, FLINT INSTITUTE OF ARTS, FLINT INSTITUTE OF MUSIC, AND THE LONGWAY PLANETARIUM • COMPLIMENTARY SHUTTLES PROVIDED BETWEEN SITES • LEARN MORE ABOUT 50+ SERVICES, PROGRAMS, AND COMMUNITY RESOURCES AVAILABLE FOR SENIOR CITIZENS IN GENESEE COUNTY!

Need a ride to the Senior Resource Fair? Contact the Krapohl Center at 810-785-2270 to sign up to ride the bus. Remember there is free admission to the Sloan Museum and Flint Institute of Arts and Music.

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.

Obituaries

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

Elner Taylor

7-18-2024

Please let the Krapohl Center know when one of our friends pass away. We try to catch notices in the newspaper but unfortunately can miss a few.

Memorials

In memory of Rose & George Medich

Betty Ritz

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.

Save the Date!!

Health Fair	October 1, 2024
Square Dance & Dinner	October 4, 2024
Michigan Princess Fall Color	October 11, 2024
Country View Shopping Day	October 17, 2024
Horrocks	November 18, 2024
Progressive Dinner	November 20, 2024
Magic of Lights	December 18, 2024

**HAVE YOU LOST YOUR HUSBAND AND
ARE FEELING ALONE?**

**WOULD YOU LIKE TO HAVE SOMEONE TO TALK TO
THAT HAS BEEN THROUGH THE SAME THING?**

**COME JOIN THE
WIDOWS IN TRANSITION
W.I.T.**

**WE MEET ON THE 2ND MONDAY OF EACH MONTH
AT KRAPOHL SENIOR CENTER
5473 BICENTENNIAL DR.
MT. MORRIS, MI 48458
TIME: 1:30 – 3 PM
CALL 810-785-2270 FOR MORE INFORMATION**



Senior Fresh Coupons

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. Make sure you use them as they expire on October 31st.

We will be going to the **Davison Farmers Market** on September 17th and 24th. We need a minimum of 5 people to go. Bus leaves at 10 am and will return at 1:30 pm. Don't forget to bring your project fresh coupons and your own bags to carry your goodies!

You **MUST** call to reserve your spot on the bus as we are limited to 14 people. Call 810-785-2270 for more information.

National Senior Center Month

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults and have become integral to healthcare delivery in our communities by providing COVID-19 guidance, vaccine education, and vaccinations to their participants. They offer a place for older adults to discover their unique interests, talents, and aspirations.

The Krapohl Center is a perfect example. Thank you to all who voted to renew the Genesee County Senior Millage. We appreciate all our seniors and your support.



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

Date: Friday, September 27, 2024

Time: 3-5 pm

**Cost: \$15 for 15 minutes (extra time is \$1 a
minute) (50 yrs. or older)**

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

Get ready to do-si-do!

Boots & Twirls!

Presented by Krapohl Senior Center

OCT 4, 2024

DINNER: 5:30-6:30PM

DANCING: 6:30-8PM

\$15

DEADLINE IS 10/01/2024

GET YOUR DANCING BOOTS READY BECAUSE SQUARE DANCING IS BACK IN TOWN! SWING BY FOR A NIGHT OF LAUGHTER, MUSIC, AND DELICIOUS BITES TO TRAVEL BACK IN TIME TO THE GOOD OLD DAYS!

DINNER INCLUDES:
PULLED PORK SANDWICH,
CORN BREAD, COLESLAW,
AND A BEVERAGE

Lunch and Afternoon Boogie Time!!

Need a break? Join us as we boogie with the Southbound Band. You can come just for the dance or you can sign up for lunch and stay for the entertainment.

Tuesday, September 17, 2024

Lunch: 12 noon (must sign up by the Friday before)

Boogie Time 1-2:30

Cost: \$15 w/ lunch

Call 810-785-2270 by September 13th to reserve your spot.

Boogie Woogie



Family Service Agency

ARE YOU HAVING PROBLEMS WITH YOUR VISION OR HEARING?

Do you know that you are not alone? Would like to find out more about what is out there to help assist you in these areas?

Join us on the 4th Wednesday of each month.
Time: 2 pm
Sabrina will be here to answer all your questions.

For more information call
Krapohl Senior Center
810-785-2270

THANK YOU FOR YOUR CONTINUED SUPPORT!

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.

Appointments are required. Call 810-785-2270.

Appointments Available Veteran Services

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

You may go to these centers for Veteran Services:

- Swartz Creek Area Senior Center (810) 635-4122
- Flushing Area Senior Center (810) 659-4735
- Grand Blanc Senior Center (810) 695-3202
- Loose Senior Center (810) 735-9406
- Davison Senior Center (810) 658-1566
- Clio Senior Center (810) 687-7260

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

MMAP (Medicare / Medicaid Assistance Program)

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

Financial Requirements are:

2023 Extra Help Eligibility Low-Income Subsidy (LIS)

Individual	\$1902	Assets 17,220
Couple	\$2575	Assets \$34,360

2023 Medicare Savings Program (MSP)

Single	\$1714.25	Assets \$9430
Married	\$2319.50	Assets \$14,130

Notary Service



In need of a Notary?

We have one available.

Cost: \$5.00 per subject

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

Commodity Surplus Food Program

3rd Wednesday of the month **MUST** pick-up between 10 - 2 pm.

- | | |
|--|---|
| <p>For</p> <ul style="list-style-type: none"> ● People 60 + years of age ● Income less than \$1580 for family of one | <p>Need</p> <ul style="list-style-type: none"> ● Proof of income ● Proof of family size ● Proof of residency |
|--|---|

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 25, 2024

Time: 11 am



This month’s book is: The Heaven & Earth Grocery Store
By: James McBride

In 1972, when workers in Pottstown, Pennsylvania, were digging the foundations for a new housing development, the last thing they expected to uncover was a human skeleton. Who the skeleton was and how it got buried there were just two of the long-held secrets that had been kept for decades by the residents of Chicken Hill, the dilapidated neighborhood where immigrant Jews and African Americans lived side by side, sharing ambitions and sorrows.

Chicken Hill was where Moshe and Chona Ludlow lived when Chona ran the Heaven & Earth Grocery Store, which served the neighborhood's quirky collection of blacks and European immigrants, helped by her husband, Moshe, a Romanian-born theater owner who integrated the town's first dance hall. When the state came looking for a deaf black child, claiming that the boy needed to be institutionalized, Chicken Hill's residents—roused by Chona's kindness and the courage of a local black worker named Nate Timblin—banded together to keep the boy safe.

As the novel unfolds, it becomes clear how much the people of Chicken Hill have to struggle to survive at the margins of white Christian America and how damaging bigotry, hypocrisy, and deceit can be to a community. When the truth is revealed about the skeleton, the boy, and the part the town’s establishment played in both, McBride shows that it is love and community—heaven and earth—that ultimately sustain us.

Get out your drumsticks and catch the beat!!

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

Date: Monday - September 16th, 23rd, & 30th

Time: 3 pm - 4 pm

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

Instructor: Tory Call 810-785-2270 to sign up.



Axe Throwing

How good is your eye-hand coordination?

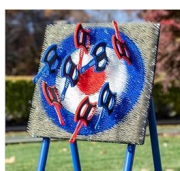
Ready to try the new game of Axe Throwing?

Let’s get some teams together and have some fun!

Date: Thursdays

Time: 12 pm to 1 pm

The cost is free. Call the center at 810-785-2270 to sign up.



Computer Assistance

Need help with your computer or smart phone? Don’t know if that text is real or a scam. 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: Saturday, September 21, 2024

Time: 1pm - 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.

Woodcraft Class with Johnnie Sue

Date: Wednesday, September 25, 2024

Time: 10 am

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



Make your own Kleenex Box

Beginners welcomed. Maximum 4 people.

Must call 810-785-2270 to reserve your spot by Sept.15th.

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

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

Cookies and coffee will be provided.

Date: Friday, September 20, 2024

Time: 11– 12:30 pm

Cost: \$10.00 max of 8 people

Call 810-785-2270 to sign up and pay by September 18th.



September Make and Take Cards with Rosemary

Would you like to try your hand at card making?

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

Date: Thursday, September 26, 2024

Cost: \$10

Time: 12 noon

Must pay and sign up by September 23rd. 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. Medicare pays for this service every nine weeks

Date: Wednesday, October 16, 2024

Time: 4:30 pm.

Podiatrist: Dr. Snyder

Limited appointments available

Foot Clinic 2

Date: Wednesday, September 11, 2024

Time: 5:30 pm

Podiatrist: Dr. Snyder

Limited appointments available

Haircuts

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

Date: Friday, September 20, 2024

Time: 10:30 am – 12:30 pm

Cost: Women \$10 Men \$8

Stylist: Chandel



How much do you weigh?



Did you know that the Center has a scale? If you are trying to lose weight and want to monitor yourself, feel free to hop on the scale here. Or, maybe you haven't weighed yourself for a long time and just want to know if you've gained weight during the Pandemic. The scale is in a private area so that no one will know but you. The scale is available 9:30am – 4:30pm Monday - Friday.

Mani & Grannies

Do you have trouble painting your own nails? Color Street is nail polish in a strip. It is an easy, one-step application for a brilliant, salon-quality manicure in minutes.

Date: Tuesday, September 3rd & 17th **Time:** 11 am – 1 pm

Cost: \$10

Call 810-785-2270 to make your appointment.

Blood Pressure & Diabetic Screening

Cost: Free

Date: Wednesdays

Time: 10 am – 12 pm

Call the center at 810-785-2270 for information

Exercise

Cornhole

Date: Thursdays

Time: 10:00 am

Cost: Free

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



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.

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



Wii Bowling

New bowlers always welcome.

Date: Tuesdays

Time: 10:00 am

Cost: \$5 for 8 weeks

Horseshoes The pits are cleaned up and ready to use. Get your partner and stop by and try your chance at horseshoes.



Date: Tuesdays

Time: 1 pm

Walking tour of Michigan.

Are you looking for a fun way to get some exercise? Join our walking group and walk around Michigan.



You will keep track of your miles and mark them on the map. Prizes will be given for the milestones you meet. Join us to map out your walk and dates and time.

Wednesday,
September 4, 2024

For more information
call 810-785-2270

Time: 11:00 am

The Fantastic

Totally Country

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

\$5.00 admission at door (correct change please)

Activities

Please call to let us know if you are unable to attend the activity.

Bunco

Date: 3rd Monday of the month

Time: 10:00 am

Cost: \$5

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



Line Dancing Beginners only

Date: Thursday

Time: 1:00 pm - 2 pm

Cost: \$3.00

Instructor: Rosalie

Come and join us for some fun and laughter.

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



Bid Whist!

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

Date: Fridays

Time: 1 pm

This is a partnership trick-taking game. This means there will be 4 people in teams of 2.

Call 810-785-2270 by 11 am to let us know you are coming.

Euchre

Mondays & Fridays @ 12:30 pm

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

Saturday euchre just for fun.

Time: 12 noon – 2ish pm

Cost: \$5.00

Bring your own snacks and drinks

Euchre Tournament



Sunday, September 22, 2024

2:00 - 5:00 pm

Cash Prizes Lite Lunch

\$5 per person

Play starts promptly at 2 pm

Tuesday Game Corner

Euchre, Double Pinochle or HKF

Looking for people to play Double Pinochle.

Pick your game - Pick your corner!

Date: Tuesdays

Time: 3-7

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

Join the Krapohl Ladies in Red

Date: Wednesday, September 18, 2024

Place: Saginaw Zoo

Time: 11:30 am



We will be taking the bus which has 13 seats available. Must call by Monday, September 16th.

Restaurant Club

Date: Wednesday, September 25, 2024

Place: El Potrero Mexican Restaurant Saginaw

Time: 4:30 pm

Bring a friend...Meet a friend!

We meet at a different restaurant each month. Meals are individually billed.



Deadline to sign up Monday September 23rd. Please call

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

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

Davison Market: 3rd & 4th Tuesday

Walmart: 2nd Wednesday

Kroger: 4th Wednesday

Must schedule your ride at least 24 hours in advance.

Call 810-785-2270.

Stitch in Time

Quilters

Mondays @ 1 pm

Cost: FREE

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



Traveling Dessert Club

Date: Wednesday, September 11, 2024

Place: Pesto's Miller Rd

Time: 11:30 pm

Join us each month for a dessert or just a chance to meet new people. You are responsible for your own bill. Our bus is available to drive for you.



Please call 810-785-2270, by Monday, September 9th to reserve your spot on the bus.


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 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 <div style="text-align: center;"> Closed  </div>	3 Wii Bowling 10 am Mani & Grannies 11am HM Lunch 12 n Woodcrafts 1 pm Horseshoes 1 pm Game Corner 3-7 pm Nature Walk	4 Movin & Groovin 10 am BP/BS 10 am Walking Meeting 11 am GCCARD Lunch 12 n Chair Yoga 3:45 pm Nature Walk	5 Cornhole 10 am GCCARD Lunch 12 n Axe Throwing 12 n Ask the Lawyer 12:45 pm Line Dancing 1 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	6 Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Computer Class 1 pm Nature Walk <hr/> 3 Euchre 12 n
9 Pentathlon -Forest Movin & Groovin 10 am GCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm W. I.T. 1:30 pm Nature Walk	10 Pentathlon -Thetford Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Horseshoes 1 pm Game Corner 3-7 pm Nature Walk	11 Pentathlon - Krapohl Movin & Groovin 10 am BP/BS 10 am Dessert Club 11:30 am GCCARD Lunch 12 n Chair Yoga 3:45 pm Nature Walk Walmart Shopping Foot Clinic 5:30 pm	12 Pentathlon -Montrose Cornhole 10 am GCCARD Lunch 12 n Axe Throwing 12 n Ask the Lawyer 12:45 pm Line Dancing 1 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	13 Pentathlon - Clio Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Computer Class 1 pm Adv. Life stories 3 pm Nature Walk <hr/> 14 Euchre 12 n
16 Movin & Groovin 10 am Bunco 10 am GCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Cards for Kindness 1 pm Drums Alive 3 pm Nature Walk	17 Davison Farmers Market 10 am Wii Bowling 10 am Mani & Grannies 11am HM Lunch 12 n Afternoon Boogie 1 pm Woodcrafts 1 pm Horseshoes 1 pm Game Corner 3-7 pm Nature Walk	18 Movin & Groovin 10 am BP/BS 10 am Commodities 10 am Ladies in Red 11:30 am GCCARD Lunch 12 n Chair Yoga 3:45 pm Nature Walk Walmart shopping	19 Cornhole 10 am GCCARD Lunch 12 n Axe Throwing 12 n Ask the Lawyer 12:45 pm Line Dancing 1 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	20 Rep Jasper Martz No Movin & Groovin Ceramic Class 11 am Haircuts 10:30 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm No Computer Class Nature Walk <hr/> 21 Car Show 10 am Euchre 12 n Watercolor 1 pm
22 Euchre Tournament 2 pm <hr/> 23 Movin & Groovin 10am Sen. John Cherry 12 n GCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Drums Alive 3 pm Nature Walk	24 Davison Farmers Market 10 am Wii Bowling 10 am HM Lunch 12n Holt Transportation 12:45 pm Woodcrafts 1 pm Horseshoes 1 pm Game Corner 3-7 pm Life Stories 3-5 pm Nature Walk	25 Movin & Groovin 10am BP/S 10 am Woodcraft Class 10 am Book club 11 am GCCARD Lunch 12 n Vision & Hearing 2 pm Chair Yoga 3:45 pm Restaurant Club 4:30 pm Nature Walk Kroger Shopping	26 Gun Lake 9 am Cornhole 10 am GCCARD Lunch 12 n Axe Throwing 12 n Make & Take Card 12 n Ask the Lawyer 12:45 pm Line Dancing 1 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	27 Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Computer Class 1 pm Adv. Life Stories 3 pm Massage 3 pm Nature Walk <hr/> 28 Euchre 12n
30 Horrocks 9:30 am Movin & Groovin 10am GCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Drums Alive 3 pm Nature Walk	<div style="border: 2px solid gray; padding: 10px;"> <h2 style="margin: 0;">Holt Transportation</h2> <p style="margin: 5px 0;">Do you need non-emergency transportation? We will have a representative here on Tuesday, September 24th at 12:45. Stop by and see what they offer.</p> </div>			8

It's time to come back and have lunch with your friends!

-Beginning October 1st, lunches will return to being served family style only at the center. There will no longer be individual meals.

-Between now and October 1st, there will be a day or two a month that lunch will be served family style. The date is September 4th. We need at least 10 people to sign up for lunch, to have it delivered to us. Lunch is served at noon. Check out the menu below.

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

If you need a ride call us. You must call the day before, by noon, to order your lunch and a ride for the next day.

Tuesday 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

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

Congregate September Meal Menu 2024

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 Homemade Polish Sausage Fried Potatoes Coleslaw Dessert	4 <i>Congregate Style</i> Pork Chop w/gravy-3oz Mashed Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/Margarine Fresh Orange Milk	5 Peppered Beef Steak w/gravy-1 Roasted Potatoes-4oz Chopped Broccoli-4oz Potato Roll w/Margarine mango & papaya fruit mix 100% Fruit Juice	6 Creamy Turkey & Wild Rice Soup Sliced Potatoes w/peppers Sweet Peas Wheat Roll w/Margarine Applesauce Cup-1 Milk
9 Pulled BBQ Sandwich (3 oz) Baked Beans (4 oz) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Pears (4 oz) Milk	10 Homemade Hot Roast Beef Sandwich Green Beans Mashed Potatoes Dessert	11 Pub Burger w/Cheese (1 ea) Cauliflower Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Fresh Apple milk	12 Chicken Breast Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Dinner Roll HM Birthday Cake 100% Fruit Juice margarine 	13 Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce milk
16 Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Soft tortilla shells Fresh Apple-1 Margarine milk	17 Homemade Sloppy Joe or Shredded Chicken Tater tots Mixed Vegetables Dessert	18 Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches -4oz Milk	19 Antipasto Salad w/pepperoni, salami, olives, cheese Cherry Tomatoes Fresh Snap Peas Flatbread Fresh Fruit 100% fruit juice Cookie of the month 	20 Chicken Marsala over Rice Pilaf Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk
23 Chicken Parmesan w/Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk	24 Homemade Lasagna Salad Bread Dessert	25 <i>Chef's Choice</i> 	26 Sweet & Sour Chicken-6oz Peas & Carrots-4oz Brown Rice-4oz Mixed Fruit Cup-4oz Potato Roll Fortune Cookie Margarine 100% fruit juice 	27 Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz Milk
30 Meatball Sub-5 ea Vegetable Blend-4oz potato wedges WW Sub Bun Fresh Apple milk				

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

If you cannot come, please call to cancel your reservation.

Travel



Come join us on taking a trip to the Amish Store in Snover, MI. They have local produce, fresh meats, baked goods, and a quilt store. Bring your friends and enjoy a shopping spree, then off to lunch at "The Dining Room".

Date: Thursday, October 17, 2024

Leave Time: 9:30 am

Return Time: 2:30 pm

Cost: \$10.00 + lunch on your own

Deadline to sign up and pay is Friday October 11th.

Magic of Lights

We are excited to take you again this year on a Christmas light adventure. We will travel through Pine Knob, and from the comfort of our own vehicle. You will enjoy the Magic of Lights' classic holiday favorites including Winter Wonderland, the 12 Days of Christmas, Toyland, festive Elves and Reindeer Road. In addition to the 200 foot long Enchanting Tunnel of Lights, there other new light tunnels to delight and amaze.

Date: Wednesday, December 18, 2024

Time: 5:00 pm Dinner at the center
6:00 pm Leave for Pine Knob

Return: Approx. 9:00 pm

Cost: \$15

Possible surprise stop on our return home.

Call 810-785-2270 to pay and sign up. Limited seating so sign up early.

Gun Lake Casino Bus Trip Fundraiser

Date: Thursday, September 26, 2024

Cost: \$57.00 Per Person

Deadline to sign up is September 9, 2024

Depart: 9 am

11 am – 3 pm Gun Lake Casino

Return: 5 pm

Trip Includes:

- Round-trip motor coach transportation to Wayland, MI
- 4 hours of gaming at Gun Lake Casino
- Each person to get back \$10 in gaming and \$10 in Food from the Casino
- Must pay by September 9th /No Refund after September 9th.
- Must be 21 years of age with a valid Government Issued Picture ID
- Casino incentives subject to change without notice



Time running out sign up soon!

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



HORROCKS FARM MARKET

Ready for a day trip of shopping at an amazing Farm Market in Lansing? Join us for a trip to Horrocks! Shop for fruits, vegetables, meats and cheeses. There is a deli where you can have lunch. Bring your bags and cooler if you have items that are better if kept cold. Please note there is a lot of walking.

Date: Monday, September 30 & November 18, 2024

Departure to Lansing: 9:30 am

Return: Approx. 2:30 pm

Cost: \$10.00 + lunch on your own

Call 810-785-2270 to reserve and pay for your spot. Deadline to sign up is September 21st and November 14th.

KRAPOHL SENIOR CENTER PRESENTS: DISCOVER THE DUNES: WHERE LAKE MICHIGAN MEETS ENDLESS ADVENTURE!

FEEL LIKE A KID AGAIN AS YOU RACE THROUGH THE DUNES AND EMBRACE THE THRILL OF SOMETHING NEW AT SILVER LAKE SAND DUNES!

TRIP INCLUDES:
BUS TRANSPORTATION, BOX LUNCH, AND DUNE TOUR.



SEPT. 6TH 2024
BUS LEAVES: 8:30AM
FEE: \$110
RSVP BY SEPT 4TH
CALL 810-785-2270

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
Larry Green	Vice President
Ken Sies	Secretary
Brenda Ashley	Treasurer
Deacon Jim Brown	Trustee
Dale Daron	Trustee
Lynn DeVoll	Trustee
Ingrid Lewis	Trustee
Belinda Mack	Trustee
Elizabeth Melchor	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.



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.

HSCS Board Meeting Dates

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

September 16, 2024

November 18, 2024

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

HSCS Staff

- Executive Director:** Karen Reid
- Assist. Director/Program Coordinator:** Sandy Tucker
- Social Services Coordinator:**.....Luce Abela
- 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](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 \$0.73 a stamp/ \$14.60 a book.

For your convenience, books of postage stamps are available at the Krapohl Center. Cost is \$14.60 a 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.

Information Index

Northern Tier Pentathlon	pg. 1
Health Fair	pg. 1
Car Show	pg. 1
Representative Jasper Martus	pg. 2
Senator John Cherry	pg. 2
Obituaries	pg. 3
Save the Date	pg. 3
Senior Project Fresh	pg. 3
Davison Farmers Market	pg. 3
Women in Transition	pg. 3
Square Dancing night	pg. 3
Massage	pg. 3
Visual & Hearing impaired group	pg. 4
Lunch & Afternoon Boogie	pg. 4
Ask the Attorney	pg. 4
Commodity Information	pg. 4
Veteran Benefit Assistance	pg. 4
Notary Service	pg. 4
Intellectual Wellness	pg. 5
September Make & Take	pg. 5
Health & Exercise	pg. 6
Country Dance	pg. 6
Activities	pg. 7
Activity Calendar	pg. 8
Lunch Menu	pg. 9
Travel	pg. 10
HSCS Board Meeting Dates	pg. 11
Get rid of old medications	pg. 11
Index	pg. 12

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.

