



The Krier

Krapohl Senior Center Wellness in Aging Begins Here



Phone 810-785-2270

fax 810-785-9973

email:krapohlcenter@heartscs.org

Web: www.heartscs.org

Facebook:

www.facebook.com/KrapohlSeniorCenter

November 2024 | Volume 65 Issue 11

A Publication of the Heart of Senior Citizen Services

Annual Holiday Greenery Sale

The sale is October 1st - November 15th
Call the center 810-785-2270 for more information.

Garland 25' roll \$25

10" Porch Pot \$35



16" Wreaths \$35

30" Small

Grave Blankets \$45

5-6 ft Large Grave Blanket \$55



Bow Colors: Red, Blue, Purple, Burgundy or White.

Fill out the form and return it to Krapohl with your payment.
Deadline to order is November 15th.

Name: _____

Address: _____

Phone: _____

Wreath \$35 _____ Bow Color _____

Small Grave Blanket \$45 _____ Bow Color _____

Large Grave Blanket \$55 _____ Bow Color _____

25" Garland Roll \$25 _____ Bow Color _____

Annual Thanksgiving Lunch

Tuesday, November 26th at 12:00 pm

Cost: \$ 15.00 per person

Menu

Turkey & Gravy

Mashed Potatoes

Stuffing & Rolls

Green Bean Casserole

Cranberry Sauce

Pies

Call 810-785-2270 to sign up

Deadline to sign up is November 20th



Get your tickets early for the

8th Annual Progressive Dinner

Date: Wednesday, November 20, 2024

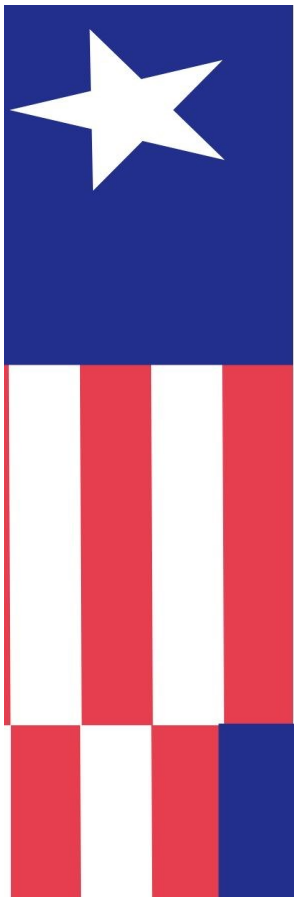
Time: 4 pm to 8 pm (ish)

Cost: \$15.00

We will travel to Thetford, Forest, Krapohl, Clio, and Montrose centers where we will enjoy a 5-course meal (appetizer, soup, salad, entrée, and dessert)

Tickets can be purchased at the Krapohl Senior Center. Call 810-785-2270 to sign up. If you want to ride the bus, we have a limited amount of seating.

Deadline to sign up is Wednesday, November 13th



HAPPY VETERANS DAY

WE ARE SINCERELY GRATEFUL FOR YOUR SERVICES AND SACRIFICES.
PLEASE JOIN US FOR AN HONORARY LUNCH FOR ALL VETERANS.

DATE: MONDAY, NOVEMBER 11, 2024

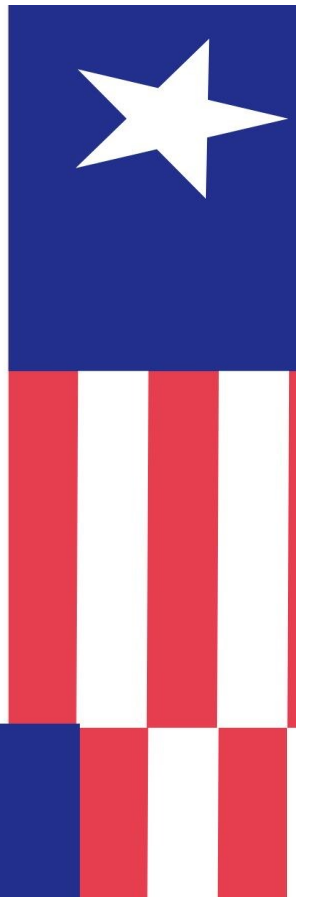
TIME: 12 NOON

COST: VETERANS EAT FREE, GUEST OR SPOUSES \$6.00

LUNCH INCLUDES LASAGNA, SALAD, BREAD AND DESSERT

CALL 810-785-2270 TO RESERVE YOUR SPOT.

DEADLINE TO CALL IS FRIDAY, NOVEMBER 8TH.



Lunch & Learn: Outsmart the Scammers

During this presentation, we'll discuss how to spot certain red flags that may indicate a fraudulent encounter, resources you can turn to if you or your loved one is targeted, and steps you can take now to help protect yourself and your loved ones.

Date: Thursday, November 7, 2024

Time: 12 pm -1:30 pm

No cost. Registration required.

Deadline to sign up if you want lunch is Tuesday, November 5th. Call 810-785-2270.



FREE Smoke Alarms

Provided by Michigan Bureau of Fire Services in conjunction with Mt Morris Twp.

Do you have working smoke alarms in your home?

- Smoke alarms are a key part of a home fire escape plan.
- Working smoke alarms save lives
- 3 out of 5 fire deaths happen in homes with no working smoke alarms
- Smoke Alarms must be installed by a member of Mt Morris Twp Fire Dept at no cost to you.
- Scan the QR Code to begin



Call 810-785-2270 for questions

Scan the QR Code to Begin Sign up - For any questions please email Sgt Greg Richardson - grichardson@mtmorristwp.org

Let's do some Dancing!

Learn how to Square Dance in the 20th century! It is not the music of the past, but today's tunes.

Monday, November 4th & 18th

1 pm - 2 pm

Cost: \$8.00

We need a minimum of 8 people.
Grab your friends and join for a time of dance and laughter.

Come for lunch before class.

Menu is:

Nov. 4th

Asian Turkey Burger
Sweet Potato Wedges
Steamed Cauliflower

Nov. 18th

Swedish Meatballs
Brown Rice
Green Beans

Must sign up by the Friday before.

Call 810-785-2270

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.

Date: Tuesday, December 10, 2024

Boogie Time 1-2:30

Cost: \$7.00

Snacks will be available

Call 810-785-2270 by December 6th to reserve your spot.

Boogie Woogie



Lunch and Learn
Peace of Mind Seminar Teaches the Value of Preparation

Losing a loved one is a difficult experience for anyone to go through, but the weight of the loss can be lightened knowing we provided them with their final wishes exactly as desired. We invite you to a special presentation on the importance of arranging your final wishes so your loved ones feel confident that you were given what you wanted. We will outline the steps in the planning process and answer any questions you may have. This presentation is brought to you by O'Guinn Family Funeral Home and lunch will be served. We hope to see you there!

This Peace of Mind Seminar will be on Wednesday, November 6th at 11:30 am
Call the Krapohl Center at 810-785-2270 to sign up.



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, November 18, 2024

Time: 1 pm - 3 pm

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

Family Service Agency

ARE YOU HAVING PROBLEMS WITH YOUR VISION OR HEARING?

Do you know that you are not alone? Would like you 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!

Want to pass 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

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, November 8th & 22nd

Time: 3-5 pm

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



SENIOR Winter GAMES!

FEBRUARY 3RD - FEBRUARY 27TH, 2025

REGISTRATION:

NOVEMBER 11TH TO JANUARY 9TH, 2025

COST:

\$15.00 PER PERSON

EXTRA \$3 FEE FOR BOWLING EVENT
INCLUDES: T-SHIRT, UNLIMITED EVENTS, OPENING CEREMONY WITH ENTERTAINMENT, AND CLOSING BANQUET LUNCH!

2025 EVENTS:

- PIE EATING, DARTS, CORN HOLE, JIGSAW PUZZLE, SPADES, CHECKERS, SCRABBLE, YAHTZEE,
 - HAND KNEE & FOOT, SHUFFLEBOARD, TABLE TENNIS, PING PONG, CRIBBAGE, PINOCHLE, SUDOKU, SENIOR GRAND PRIX, SOFTBALL TOSS, FREE THROW, EUCHRE, BAKING, PICKLEBALL, MINIATURE GOLF, LINE DANCING,
 - DOMINOES (MEXICAN TRAIN), SPELLING BEE, ARTS & CRAFTS, POOL, FRISBEE TOSS, LADDER GOLF AND BOWLING.
- LOCATIONS ARE LISTED ON REGISTRATION FORM!





Save the Date!!

Zehnder's Motown Christmas	December 3, 2024
Mystery Trip	December 6, 2024
Holiday Party	December 9, 2024
Afternoon Boogie	December 10, 2024
Magic of Lights	December 18, 2024
Holiday Pops	December 21, 2024



KISS - Keeping Independent Seniors Safe

The KISS program is a free telephone reassurance program for older adults who live independently and want to feel safer and more secure. No one likes to think of the consequences if someone falls and cannot contact anyone or, worse yet, cannot be found for a few days. What would happen to your pet if you were incapacitated? Unfortunately, these events happen more often than we like to think or hear about. The KISS program volunteers help eliminate some of these fears and dangers of living independently. If you live in Genesee, Lapeer or Shiawassee county and are 60 or older you qualify.

For more information on the KISS program please call 810-239-7671.

The KISS program is sponsored by the VAAA. The KISS program is funded in part by grants from United Way

Medicare Part D

Open Enrollment

October 15 - December 7

Review your current plan for 2024 regarding your health plan, and your Part D drug plan.

Call Krapohl Senior Center at 810-785-2270 for more information.

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.

Martha Tapo	October 04, 2024
Mary Jane Schmidt	October 11, 2024
Oka Lany Miller	October 15, 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.

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.

Your Donations Help Us

With the rising cost of consumables and office supplies.

The following are greatly appreciated!

AA and AAA Batteries

Napkins, and Individual Wrapped Candy



CHRISTMAS party

MONDAY, DECEMBER 9, 2024

Menu:

- Baked Ham & Stuffed Chicken
- Mashed Potato and Gravy and Cheesy Hasbrowns
- Vegetable medley
- Roll & Butter
- Apple Harvest Cake with Cream Cheese Frosting

DOORS OPEN AT 3:30, DINNER AT 4 PM

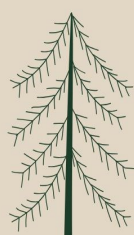
COST: SINGLE \$24.00

COUPLES \$45.00

RSVP AND GET YOUR TICKET BY DECEMBER 3RD.

ENTERTAINMENT

Norton Male Choir

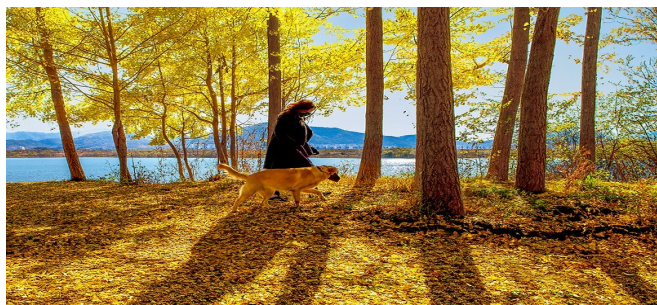


**HAVE YOU LOST YOUR HUSBAND AND
ARE FEELING ALONE?**

**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**



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 Twp. 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 1:00 pm., Monday - Friday. Please make your appointments between these times.** The cost is \$4.00 for one round trip on the bus. If you need to make an additional stop, the cost is \$.50, you **MUST** schedule it at the same time you schedule your original trip. We reserve the right to deny an additional stop depending on the bus schedule. Payment is due the day of your ride. 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



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.

- | | |
|---|------------------------|
| For | Need |
| ● People 60 + years of age | ● Proof of income |
| ● Income less than \$1580 for family of one | ● 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, November 27, 2024

Time: 11 am

This month’s book is: The boys in the Boat



It was an unlikely quest from the start. With a team composed of the sons of loggers, shipyard workers, and farmers, the University of Washington’s eight-oar crew team was never expected to defeat the elite teams of the East Coast and Great Britain, yet they did, going on to shock the world by defeating the German team rowing for Adolf Hitler. The emotional heart of the tale lies with Joe Rantz, a teenager without family or prospects, who rows not only to regain his shattered self-regard but also to find a real place for himself in the world. Drawing on the boys’ own journals and vivid memories of a once-in-a-lifetime shared dream, Brown has created an unforgettable portrait of an era.

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, November 16, 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, November 27, 2024

Time: 10 am

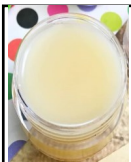
Cost: \$15-\$20 Depending on the type of wood.

Make your own Trivet

Beginners welcomed. Maximum 4 people.

Must call 810-785-2270 to reserve your spot by Nov. 21st.

Craft Day



Looking for some Christmas presents? It is never too early to start shopping. Let’s make some homemade Hand Scrub and Lip Balm. Join in the fun and creativity.

Date: November 14, 2024 **Time:** 1 pm **Cost:** \$10.00

Call 810-785-2270 to sign up and pay.

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 - November 4th, 18th, and 25th

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**



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.



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, November 15, 2024

Time: 11– 12:30 pm

Cost: \$10.00 max of 8 people

Call 810-785-2270 to sign up and pay by October 21st.



November 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, November 14, 2024

Cost: \$10

Time: 12 noon

Must pay and sign up by October 21st. 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, December 18, 2024

Time: 4:30 pm.

Podiatrist: Dr. Snyder

Limited appointments available

Foot Clinic 2

Date: Wednesday, November 13, 2024

Time: 5:30 pm

Podiatrist: Dr. Snyder

Limited appointments available

Blood Pressure & Diabetic Screening

Cost: Free

Date: Wednesdays

Time: 10 am – 12 pm

Call the center at 810-785-2270 for information

On hold
until January

Haircuts

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

Date: Friday, November 22, 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.

Chair Massage

Date: Friday, November 1, 2024

Time: 3 pm-5 pm

Cost: \$15 for 15 minutes

Do you need to take some time for yourself?

Schedule a time to relax and relieve the day's stress!

Call 810-785-2270 to make your appointment

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



First session that you observe or participate in is free

Next 15 sessions that you attend are \$2 per session

Next 30 sessions: whether you attend or not you must pay \$15 in advance. This equals to .50 cents a session.

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)

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 the miles you walk.

**We meet every
Thursdays at 11:00
to update your
progress.**

For more information
call 810-785-2270

Activities

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

Bunco

Date: 2nd Monday of the month

Time: 1:00 pm

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 .

Restaurant Club

Date: Wednesday,

Back in January

Place:

Time: 4:30 pm

Bring a friend...Meet a friend! We meet at a different restaurant each month. Meals are individually billed.



Please call 810-785-2270 to sign up.

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

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.

Euchre Tournament



Sunday, November 17, 2024

2:00 - 5:00 pm

Cash Prizes Lite Lunch

\$5 per person

Play starts promptly at 2 pm

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

Kroger: 2nd Monday

Walmart: 4th Friday

Note we have changed the days.

Must schedule your ride at least 24 hours in advance.

Call 810-785-2270. Payment due upon pick up.

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.

Traveling Dessert Club

Date: Wednesday, November 6, 2024

Place: The Rye Bakery 127 E Main St, Flushing,

Time: 11:30 am

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, November 4th to reserve your spot on the bus.

Join the Krapohl Ladies in Red

Date: Wednesday, November 13, 2024

Place: Krapohl Senior Center

Time: 11:30 am

If you would like to have lunch after the meeting you must sign up by Tuesday November 12th before noon.

Call the center at 810-785-2270 to sign up.



Woodcrafts

Date: Tuesdays & Thursdays from 1pm –4 pm

Cost: Donation

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

Family style Dining Returns

Currently, we do not meet the requirements of the average minimum of “10” participants at least three (3) days a week. . **On October 1st, Family-Style dining resumed.** You can check out the meals and see which one you like and call us by the day before by noon. Once a month on a Friday, we’ll have a movie and lunch. Don’t forget to sign up early!

Let’s give GCCARD a chance with the family style. If we can’t get enough people to eat with us, we’ll discontinue the program in November. Please help us save our daily lunch program.

Ages 60 and over : \$3.00 suggested donation Ages 50-59 and All Non-Genesee County Residents

Are required to pay \$6.00

Join us on Tuesdays for a Home Cooked Meal by Chef Ronnie. This meal is \$6.00 and you must reserve your spot and pay by Noon on the Friday before. If by any chance you have to cancel please call as soon as you can so that we can prepare for the correct amount.

Reservations are required. Call the center at 810-785-2270

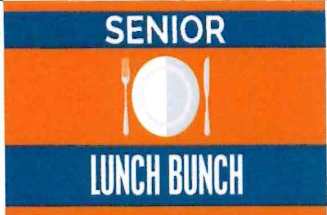
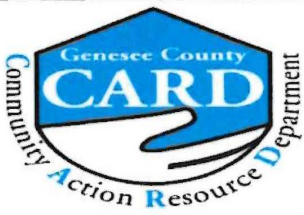










For your Birthday If you’re 60+, join us during the month of your birthday for a free Tuesday lunch and receive your individual birthday cake. Call -810-785-2270 by the Friday prior to the Tuesday you would like to have lunch and reserve your spot.



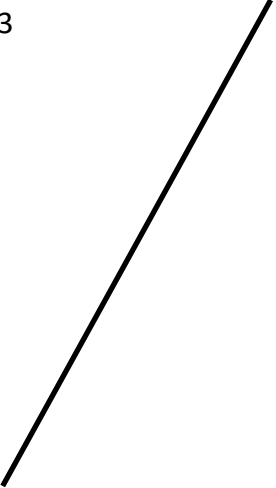
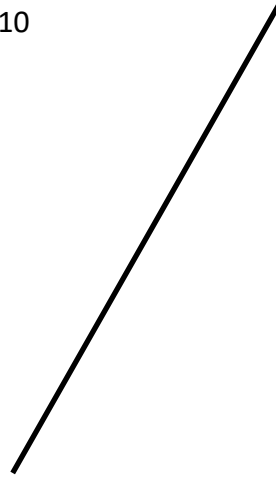
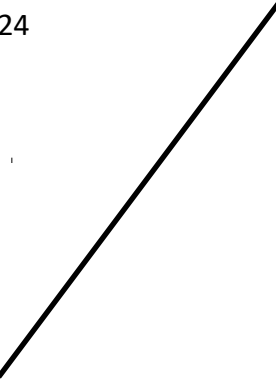
If you cannot come, please call to cancel your reservation.

Congregate November Meal Menu 2024



Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 SENIOR LUNCH BUNCH	 Genesee County CARD Community Action Resource Department	 VAAA Valley Area Agency On Aging Answers, Action & Advocacy for All Things Senior	 GENESEE COUNTY MICHIGAN	 Honey Glazed Chicken Fillets Parsley Potatoes-4 oz California Vegetable Blend WG Sweet Roll-1 ea Margarine-1 ea Fruit Cocktail-4 oz Milk-8 oz
4	5	6	7	8
Asian Turkey Burger Sweet Potato Wedges 4 oz Steamed Cauliflower-4 oz WG Bun Cinnamon Applesauce-4 oz Milk	Homecooked Pork Chop Green Beans Mashed potatoes Dessert	Salisbury Steak w/Gravy Mashed Potatoes-4 oz Mixed Vegetables-4 oz Biscuit Fruit Cocktail-4 oz Margarine-1 ea Milk-8 oz	Cheese Ravioli w/Sauce 1 ea Italian Veggie Blend-4 oz Roasted Potatoes-4 oz Potato Roll-1 ea Margarine-1 ea Fresh Pear-1 ea 100% Juice	New Orleans Chicken StirFry 4 oz Over Lo Mein Noodles 2 oz Vegetable Blend-4 oz Steamed Broccoli Hawaiian Roll Apricots-4oz Milk-8 oz Fortune Cookie-1 ea 
11	12	13	14	15
Veterans Lunch Lasagna Salad Bread Dessert	Homecooked Polish Sausage Fried Potatoes Coleslaw Dessert	Chef Garey's Choice 	Chicken Fajitas 3 oz Chuck Wagon Veggie Blend-4 oz Black Beans-4 oz Flour Tortilla Shells 2 ea Birthday Cake Pineapple Cup 100% Fruit Juice-4 oz	Glazed Citrus Salmon 3 oz Rice Pilaf 4 oz Mixed Veggies 4 oz WG Roll Margarine Mixed Fruit Cup Milk-8 oz
18	19	20	21	22
Swedish Meatballs 6 ea Brown Rice-4 oz Green Beans-4 oz Mandarin Oranges-4 oz Crunchy Breadsticks-1 pkt Milk	Homecooked Pulled Pork Sandwich Baked Beans Coleslaw Dessert	Crispy Chicken Salad 3 oz w/Apples & Cranberries Cole Slaw-4 oz Potato Roll Diced Pears Milk-8 oz 	Mostaccioli w/Meat Sauce 8 oz French Green Beans 4 oz Corn on the Cob 1 ea Fresh Pear Baked Breadstick 100% Fruit Juice-4 oz	Philly Chicken w/Cheese 3 oz Potato Wedges 4 oz Veggie Blend 4 oz Sub Bun Margarine-1 ea 100% Fruit Juice
25	26	27	28	29
Chili W/Ground Beef 8 oz Veggie Blend 4 oz Corn Bake 4 oz Strawberry Applesauce Milk	THANKSGIVING LUNCHEON Turkey & Gravy Mashed Potatoes Stuffing & Rolls Green Bean Casserole Cranberry Sauce / Pie	Cobb Salad 4 oz w/Turkey, Cheese, Egg, Bacon Pasta Salad 4 OZ Fruit Muffin-1 ea Mandarin Oranges-4 oz Salad Dressing Pkt-1 ea Milk-8 oz		

November Calendar 2024

Sunday	Monday	Tuesday	Wednesday
			
3 	<p>4</p> <p>Movin & Groovin 10 am GCARD Lunch 12 n Euchre 12:30 pm Square Dance Lessons 1 pm Trip to Bronner's 1 pm Drums Alive 3 -4 pm Nature Walk</p>	<p>5</p> <p>Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Life Stories 3-5 pm Game Corner 3-7 pm Nature Walk</p>	<p>6</p> <p>Movin & Groovin 10 am GCCARD Lunch 12 n Lunch & Learn Peace of Mind 11:30 am Dessert Club 11:30 am Chair Yoga 3:45 pm Nature Walk</p>
10 	<p>11 Veterans Lunch 12 n</p> <p>Movin & Groovin 10 am Euchre 12:30 pm Bunco 1 pm W. I.T. 1:30 pm Nature Walk Kroger Shopping</p>	<p>12</p> <p>Wii Bowling 10 am HM Lunch 12 n Elder Abuse 12:45 pm Woodcrafts 1 pm Life Stories 3-5 pm Game Corner 3-7 pm Nature Walk</p>	<p>13</p> <p>Movin & Groovin 10 am Ladies in Red 11:30 am GCCARD Lunch 12 n NO Chair Yoga 3:45 pm Nature Walk Foot Clinic 5:30 pm</p>
<p>17</p> <p>Euchre Tournament 2 pm</p>	<p>18</p> <p>Woodcraft class 10 am Movin & Groovin 10 am Cards of Kindness 11 am GCARD Lunch 12 n Euchre 12:30 pm Square Dance Lessons 1 pm Drums Alive 3 pm Nature Walk</p>	<p>19</p> <p>Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Life Stories 3-5 pm Game Corner 3-7 pm Nature Walk</p>	<p>20 Progressive Dinner</p> <p>Woodcraft class 10 am Commodities 10 am Movin & Groovin 10 am Book Club 11 am GCCARD Lunch 12 n NO Chair Yoga 3:45 pm Nature Walk</p>
24 	<p>25</p> <p>Movin & Groovin 10 am GCARD Lunch 12 n Euchre 12:30 pm Drums Alive 3-4 pm Nature Walk</p>	<p>26 Center Thanksgiving Lunch</p> <p>Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Life Stories 3-5 pm Game Corner 3-7 pm Nature Walk</p>	<p>27</p> <p>Woodcraft Class 10 am Movin & Groovin 10 am Book Clubs 11 am GCCARD Lunch 12 n Vison/Hearing Meeting 2 pm Chair Yoga 3:45 pm Nature Walk</p>

November Calendar 2024

Thursday	Friday	Saturday	Highlights
	1 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 Massage 3 pm Nature Walk	2 /	Sq
7 Cornhole 10 am Walking group 11 am GCCARD Lunch 12 n Outsmart the Scammer 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	8 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 Advanced Life Stories 3-5 pm Nature Walk	9 /	
14 Cornhole 10 am Walking group 11 am GCCARD Lunch 12 n Axe Throwing 12 n Card Make & Take 12 n Ask the Lawyer 12:45 pm Craft -Spa Gifts 1:00 pm Line Dancing 1 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	15 Movin & Groovin 10 am Ceramics 11 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Computer Class 1 pm Nature Walk	16 Watercolor 1-3:30 pm	
21 Cornhole 10 am Walking group 11 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	22 Movin & Groovin 10 am Haircuts 10:30 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Computer Class 1 pm Advanced Life Stories 3-5 pm Nature Walk Walmart shopping	23 /	
28 CLOSED	29 CLOSED	30	
			



Join Our Team Volunteer in Your Community



We are looking for compassionate and friendly people to join our volunteer team this upcoming tax season. We'll provide the training and support to help you learn new skills. The program has in-person and virtual volunteer opportunities.

AARP Foundation Tax-Aide provides free tax-filing help to those who need it most.

Join our team today!

Apply at aarpfoundation.org/TaxaideVolunteer or call 1-888-227-7669

**AARP Foundation
Tax-Aide**

018157 (10/22)



Lunch & Learn Stop Senior Bullying

Join Jessica as we talk about Senior Bullying

When people envision a bully, they think about a young kid or adolescent picking on someone smaller than them. What happens when an adult becomes the victim of bullying? Bullying in retirement communities and assisted living communities has been making news in recent years. While much bullying behavior is often associated with physical aggression, it can also entail psychological or social aggression. The American Psychological Association defines bullying as "a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort. Bullying can take the form of physical contact, words, or more subtle actions. "In this presentation, we discuss how to recognize bullying and how to diffuse these behaviors.

Date: Wednesday, December 12, 2024

Time: 12:00

Cost: Free

Call the center at 810-785-2270 to reserve your seat.



Elder Abuse Task Force / Grace Team

Presents Senior Scams

Join us for coffee and to learn about their services.

- * Provide direct services to elder abuse victims.
- * Educate citizens who may come in contact with potential victims.

Date: November 12, 2024

Time: 12:45 pm

Location: Krapohl Senior Center

Please call 810-785-2270 to let us know you are going to attend.



Genesee County Senior Millage Telephone Intake and Screening Program

The telephone Intake and Screening Program is funded by the Genesee County Senior Millage and is open to individuals age 60 and older that live in Genesee County. The Valley Area Agency on Aging Telephone Intake and Screening Program will provide programs and services available to seniors in Genesee County.

Hours of operation: Monday - Friday 8 am -5 pm

Telephone Number: 1-810-249-6531

Answer, Action, & Advocacy From All Things Senior

"These programs and/or services are fully or partially funded by the Genesee County Senior Millage. Your tax dollars at work."



We have the following spots open for volunteers

Greeter - Greet people as they come in the center and help them check in and direct them where they are going. This spot is 2 hours, Mon - Friday. You can pick your time and day.

Blood Pressure/ Blood Sugar: Looking for a retired nurse that has 2-3 hours one day a week.

Travel

Holiday Pops 2024

The Flint Symphony Orchestra has been sharing their enchanting holiday spirit with generations of Flint audiences and can't wait to spark new magic with this year's Holiday Pops — Home for the Holidays! Join us for time-honored audience favorites of traditional and contemporary Christmas music along with a selection of upbeat and festive songs. Experience a Christmas musical mosaic that is sure to warm your heart and add a special glow to your holiday celebrations.

Date: Saturday, December 21, 2024

Cost: \$20.00

Depart from the center at 6 pm. The show starts at 7 pm. Call 810-785-2270 to pay and reserve your seat. We only have 13 seats available.

Zehnder's Presents

The Prolifics Present a Motown Christmas



For more than 30 years, The Prolifics have delighted audiences with their outstanding tribute to the Motown legends. The music, the moves and the audience interaction make for a memorable entertaining experience. Their Motown Christmas Tribute combines all the Motown hits we've grown to love along with all the holiday classics that were performed by The Temptations, The Jackson 5, Four Tops and many more. This holiday season, start a new tradition that will have you saying you 'Ain't too Proud to Beg' for more.

Date: December 3, 2024

Cost: \$68

Depart: 10:30 am Return: 3:30 pm

Must pay at time of sign up. Call 810-785-2270 for more information.

Ready for some Holiday Shopping?



Have you got your Christmas list ready? Let's get started by going to Bronner's. We shop till we drop than go for lunch at Applebee's.

Date: November 4, 2024

Depart: 1 pm

Return: 5 pm

Cost: \$5.00 (Lunch on your own)



Ready for a Mystery Trip???

Get your calendars out and mark the date!

Date: Friday, December 6, 2024

Cost: \$75 (Deadline to sign up is Monday, December 2nd by 2 p.m.)

Depart at 9:30 am. from Our Lady of Guadalupe Church - 2316 Coldwater Rd

Return: Approx 5:30 pm

Meal (s) on your own and wear comfortable shoes.

Must pay when you sign up. Call 810-785-2270 for more information.

Travel Refund Policy

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

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

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

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

Yes, it is right around the corner... 2025!

Here are some upcoming trips to start saving for.

Midland Center of the Arts

Ain't Too Proud: The Life & Times of the Temptations

Wednesday, May 21, 2025 Time: 7:30 pm

TINA - the Tina Turner Musical

Saturday, June 21, 2025 Time: 2 pm

Watch the newsletter for more information.

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
Elizabeth Melchor	Executive Trustee
Deacon Jim Brown	Trustee
Dale Daron	Trustee
Ingrid Lewis	Trustee
Theresa Miller	Trustee
Yvette Ruckes	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

- January, 20, 2025 (Annual Meeting)
- March 17, 2025
- May 19, 2025

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:**.....Belinda Mack
- 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.



Krapohl Senior Center
 5473 Bicentennial Dr.
 Mt. Morris, MI 48458 (810) 785-2270

2024 PARTICIPATION UPDATE INFORMATION /APPLICATION

Please Print Clearly

We are updating our records to ensure your address and phone numbers are correct so that you don't miss out on any of our activities. Even if there are no changes, please complete and return to the center or mail to the address above. Sometimes in an emergency we need to contact someone, and we want to be sure that information is correct. Please send or drop off form to the Krapohl Senior Center.

First Name _____ Last Name _____

Phone Number: (____) _____ Cell or Alternate # _____

Birthday: ____/____/____ Are you a Genesee County Resident ____ Yes ____ No

Address: _____ Apt # ____

City: _____ State: _____ Zip Code: _____

Check one: __ Male __ Female __ Other **Veteran/ Spouse:** ____ Yes ____ No

How would you like to receive your Newsletter? __ Print __ Email

A donation is always accepted and greatly appreciated but is not a requirement for participation or receiving a newsletter.

E-Mail Address _____

Ethnic Status: __ African American __ Asian American __ Caucasian __ Hispanic __ Native American __ Middle Eastern

Physician: _____ Physician Phone Number: _____

Medical Problems/Allergies/Disabilities: _____

Medications/Special Diet: _____

EMERGENCY CONTACTS:

Name: _____ Relationship _____

Home Phone: (____) _____ Work Phone: (____) _____

Name: _____ Relationship _____

Home Phone: (____) _____ Work Phone: (____) _____

I understand the information provided above will be kept confidential. In the case of a medical emergency, medical information will be released to emergency personnel.

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Krapohl Senior Center

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

Call 785-2270



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



**Daylight Savings time will end
 November 3rd at 2 am.
 Don't forget to set your clock
 back!**