

# The Krier



## Krapohl Senior Center Wellness in Aging Begins Here



Phone 810-785-2270

fax 810-785-9973

email: [krapohlcenter@heartscs.org](mailto:krapohlcenter@heartscs.org)

Web: [www.heartscs.org](http://www.heartscs.org)

Facebook:

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

July 2024 | Volume 61 Issue 7

### A Publication of the Heart of Senior Citizen Services

Join your friends from the Clio, Forest Twp., Montrose, Krapohl & Thetford Senior Centers for another....



## NORTHERN TIER

# Scavenger Hunt

Get a team together of up to four people and find your way around the Northern Tier of Genesee County collecting items, solving riddles, to complete tasks from each senior center and the surrounding communities.  
PRIZES will be AWARDED for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place!

**WHEN: Wednesday, July 24, 2024**

*(Rain date - July 31)*

**COST: \$13.00 Per Person**

**Dinner Provided**

**TIME: 3:00p to 8:00ish**

**GET A CLUE!**

Start at FOREST TOWNSHIP SENIOR CENTER, meet the other contestants and complete some clues before you are off to another challenge.

You must provide your own transportation and a camera (digital or cell phone).

Deadline to sign up is Friday, July 12<sup>th</sup>.

This IS NOT a race – your safety is far more important!



## Detroit Princess

### Luncheon Cruise

Cruises are generally 2-3 hours long, journeying from Hart Plaza past the Ambassador Bridge, just past Belle Isle, and back to the dock. The lunch menu features a bountiful buffet including Tender Beef Tips in Gravy, Baked Chicken, Marinated Portabella Mushrooms, Cheese Tortellini in Pesto Crème Sauce, Mashed Potatoes with Gravy, Mixed Vegetables, Michigan Tossed Salad, rolls, dessert, coffee, and iced tea. Also, sit back and enjoy live musical entertainment.

**Date:** Thursday, July 25, 2024

**Cost:** \$100.00 per person

**Depart:** 10 am **Return:** 4:00 pm – Krapohl Senior Center

11:15 am to 2:30 pm – Detroit Princess Riverboat

**Only 20 seats left!! Call soon to reserve your spot!**

**The center will be closed**

**July 4th and 5th.**

A Big Thank you to Nick Hoffman from Randolph House who donated his time for our Antique Appraisal Fair.

## RANDOLPH HOUSE

ESTATE LIQUIDATORS / APPRAISERS

NICKOLAS C. HOFFMAN

It was a great day of finding out what our treasures are worth and making new friends.

320 W. University Ave.  
Flint, MI 48503

810.238.1444  
[WWW.RANDOLPHHOUSE1872.COM](http://WWW.RANDOLPHHOUSE1872.COM)

INDEPENDENCE DAY PARTY

# BBQ PARTY

LIVE MUSIC, FOOD & GAMES

ENJOY THE SOUNDS OF SOUTHBOUND BAND

**COST \$10**

**JULY | 3RD | 12-3PM**

**BRING YOUR FAMILY & FRIENDS!**

**KRAPOHL SENIOR CENTER**

**RSVP 810-785-2270**

5473 Bicentennial Dr. Mt. Morris MI 48458

## Cell Phone Policy

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

Thank you for your cooperation.

## Senior Day at the Genesee County Fair

Wednesday, August 21st



Free Coffee & Donuts, Vendor Fair Entertainment Elvis and Old Blue Eyes, Door Prizes, Scavenger Hunt, Free Ice Cream, Wagon Rides, Free Parking and

Admission. More information in the August newsletter.

If you need a ride to the fair, sign up by calling 810-785-2270.

This program and/or service is fully or partially funded by Genesee County Senior Millage funds.

Your tax dollars at work

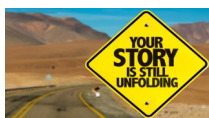
**HAVE YOU LOST YOUR HUSBAND AND ARE FEELING ALONE?**

**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**

## Advanced Life Stories Class



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

**Date:** Friday, July 12 & July 26th

**Time:** 3-5 pm

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

HearingLife is hosting a special **Hearing Health Event at Krapohl Senior Center**



**Welcome Hearing Care Provider Louis Columbus on Tuesday July 16th, 2024 at 1:00p.m.-5:00p.m.**

**at Krapohl Senior Center  
5447 Bicentennial Dr.  
Mount Morris, MI 48458**

**Please join us for a special presentation on hearing loss. We will also be offering the following complimentary services:**

- ▶ Hearing Screenings\*
- ▶ Clean and check of your hearing device(s)

**Please contact Sandy Tucker @ (810) 785-2270 to sign up!**

**HearingLife**



1141 South State Road  
Davison, MI 48423  
810.412.5544|hearinglife.com  
Louis Columbus, Hearing Instrument Specialist  
Lic. #3501009013

## 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

## Important Reminder!

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



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

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

## Obituaries

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

Paul Edwards	5/24/2024
John Aris	6/07/2024

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.

## Save the Date!!

Purple Rose	August 20, 2024
Senior Day at Genesee County Fair	August 21, 2024
Mystery Trip	August 23, 2024
Northern Tier Pentathlon	September 9-13, 2024
Health Fair	October 1, 2024
Country View Shopping Day	October 17, 2024
Zehnder's	November 29, 2023



## Senior Fresh Coupons are Back!

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

### Eligibility

Must be a resident of Genesee County  
Household income

\$27,861 /yr. - \$2321 monthly for a family of one

\$37,814 /yr. - \$3151 monthly for a family of two

Must be 60 years of age or older

**\*Have not gotten Senior Fresh Coupons this year at another location**

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

## Davison Farmers Market

We will be going to the market bi-weekly through September, 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 us at 810-785-2270

### Dates for the Market

July 09, 2024	August 13, 2024
July 23, 2024	August 27, 2024
September 10, 2024	September 24, 2024



## WANT TO PLAY Euchre JUST FOR FUN?

Join us on Saturdays at the Krapohl Senior Center

Cost: \$5.00

Time: 12 pm to 2 pm

Bring your own snacks and drinks



Call 810-785-2270 for more information.

## Greenhouse Volunteer Lunch

We appreciate all you have done with getting the greenhouse up and running. We couldn't have done it without you.

Join us for a luncheon celebration in your honor.

**Date:** Monday, July, 22, 2024

**Time:** 12 noon



Our Volunteers are:

Larry Brigham	Roger Hill
Diane James	Ken Kietzman
Martha Langdon	Connie Owens
Robert Pattison	Johnnie Sue Petrich
Versie Roland	Jerry Rudduck
Max Searcy	Katherine Wolfe

# Krapohl Fall Fundraiser MUM SALE - Begins on July 15th

Now is the time to get your order in for your Fall Mums. We are offering a 10-inch Mum in a decorative pot. You can choose from Yellow, Purple, Red, Pink or White mums.

Cost: \$20 per plant

To place an order call the center at 810-785-2270. You can also help us by picking up a form and asking your friends and family to support the center.

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



**Your Donations Help Us**  
with the rising cost of  
consumables and office supplies.  
The following are greatly appreciated!

Napkins, 6 inch plates

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. 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 Roxann 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, July 24, 2024

**Time:** 11 am

**This month’s book is: Still Alice**

**By: Lisa Genova**



Alice Howland, happily married with three grown children and a house on the Cape, is a celebrated Harvard professor at the height of her career when she notices a forgetfulness creeping into her life. As confusion starts to cloud her thinking and her memory begins to fail her, she receives a devastating diagnosis: early onset Alzheimer's disease. Fiercely independent, Alice struggles to maintain her lifestyle and live in the moment, even as her sense of self is being stripped away. In turns heartbreaking, inspiring, and terrifying, *Still Alice* captures in remarkable detail what it's like to literally lose your mind.

## 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 it can be done sitting in a chair

**Date:** Monday’s - July 1 - 22nd

**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.



New Time

## 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!

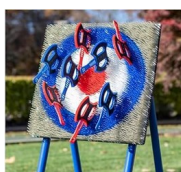
**Date:** Thursdays

**Time:** 12 pm to 1 pm

The cost is free. Call the center at 810-785-2270 for more information..



Get your friends together and let’s see who can hit the BULLSEYE!



## 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 July 20, 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, July 24, 2024

**Time:** 10 am

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



Make your own condiment picnic table

Beginners welcomed. Maximum 4 people.

Must call 810-785-2270 to reserve your spot by July 19th.

## 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 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, July 19, 2024

**Time:** 11– 1 pm

**Cost:** \$10.00

**Call 810-785-2270 to sign up and pay by July 17th.**



## July 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.

Must pay and sign up by June 24th. Call 810-785-2270 for more information.

**Date:** Wednesday, July 31st

**Time:** 12 noon to 3 PM.

**Cost:** \$10

Note: Day Change to Wednesday for July

## 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, August 14, 2024

**Time:** 4:30 pm.

**Podiatrist:** Dr. Snyder

### Foot Clinic 2

**Date:** Wednesday, September 11, 2024

**Time:** 5:30 pm

**Limited appointments available**

**Podiatrist:** Dr. Snyder

### Haircuts

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

**Date:** Friday, July 19, 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 July 9 & 23 **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



shutterstock - 246276289

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

### Chair Yoga for the Mind, Body & Spirit

**Date:** Wednesdays

**Time:** 3:45 pm **Instructor:** Brenda

**Cost:** \$5/class (\$10 discount if paying by punch card)

Call 810-785-2270 and register for the class.

### Movin' & Groovin'

**Time:** M, W, & F 10 am - 11 am

**Cost:** \$15 for 30 sessions or \$2.00 a session



First session that you observe or participate in is free  
Next 15 sessions that you attend are \$2 per session  
Next 30 sessions: whether you attend or not you must pay \$15 in advance. This equals to .50 cents a session.

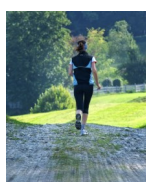
### Nature Walk

**Time:** Daily

**Cost:** Free

Grab a friend and come walk our nature trail.

Don't forget to stop in the center to swipe your card and say hi.



### Sit & Get Fit

**Fridays:** 11 am

Take back control of your health and improve your life through exercise. This will improve your balance and boost your metabolism.

Call 810-785-2270 to reserve your chair.

### Wii Bowling

New bowlers always welcome.

**Date:** Tuesdays

**Time:** 10:00 am

**Cost:** \$5 for 8 weeks

Space is limited so reserve your spot by calling 810-785-2270.

### The Fantastic

Admission \$5.00

### Totally Country

If possible, Please bring exact change.

### Easy Listening

### COUNTRY EXPRESS BAND

You are invited to the Krapohl Center  
Country Family music evening.

Food and Snacks available.

Thursdays 6:30 pm - 9:30 pm

# Activities

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

## Bunco

Date: 3rd Monday of the month

Time: 12:45 pm

Cost: \$5

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



## 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.



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.

## Bid Whist!

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

Date: Friday

Time: 1 pm

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

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

## Bingo

Has been cancelled due to low attendance.

## Restaurant Club

Date: Wednesday, July 24, 2024

Place: Uno's - Birch Run

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 July 22th. Please call 810-785-2270 to sign up.

## 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

Meijer 4th Friday

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



## Euchre Tournament

Sunday, July 28, 2024

2:00 - 5:00 pm

Cash Prizes Lite Lunch

\$5 per person

Play starts promptly at 2 pm

## Euchre

Monday & Friday @ 12:30 pm

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



## 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, July 17, 2024

Place: Surprise trip

Time: 1:00 pm

If you would like to eat lunch (12 noon) before the meeting, please call 810-785-2270 to reserve lunch . Must call by Tuesday, July 16th.



## 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, July 10, 2024

Place: Fredi's Grille and Family Restaurant - Center 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 July 8th 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.

# July Calendar 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Movin & Groovin 10 am GCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Drums Alive 3 pm Nature Walk	<b>2</b> Wii Bowling 10 am Mani & Grannies 11am HM Lunch 12 n Woodcrafts 1 pm Nature Walk Game Corner 3-7 pm	<b>3</b> Movin & Groovin 10 am <b>Independence BBQ</b> 12 n Chair Yoga 3:45 pm Nature Walk	<b>4</b> Cornhole 10 am GCCARD Lunch 12 n Axe Throwing 12 n Ask the Lawyer 12:45 pm <b>Line Dancing</b> 1 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	<b>5</b> 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/> 6 Euchre 12 n
<b>8</b> Movin & Groovin 10 am GCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Drums Alive 3 pm Nature Walk	<b>9</b> <b>Davison Farmer Market</b> 10 am Wii Bowling 10 am HM Lunch 12 n Woodcrafts 1 pm Game Corner 3-7 pm Nature Walk	<b>10</b> Movin & Groovin 10 am <b>Dessert Club</b> 11 am GCCARD Lunch 12 n Chair Yoga 3:45 pm Nature Walk <b>Foot Clinic</b> 5:30 pm	<b>11</b> Cornhole 10 am GCCARD Lunch 12 n Axe Throwing 12 n Ask the Lawyer 12:45 pm <b>Line Dancing</b> 1 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	<b>12</b> 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/> 13 Euchre 12 n
<b>15</b> Mum Sale Starts Movin & Groovin 10 am GCARD Lunch 12 n Euchre 12:30 pm Bunco 12:45 pm Quilters 1 pm Drums Alive 3 pm Nature Walk	<b>16</b> Wii Bowling 10 am Mani & Grannies 11am HM Lunch 12 n <b>Hearing Life - Free testing</b> 1 pm Woodcrafts 1 pm Game Corner 3-7 pm Nature Walk	<b>17</b> Movin & Groovin 10 am Commodities 10 am GCCARD Lunch 12 n <b>Ladies in Red</b> 1 pm Chair Yoga 4 pm Nature Walk Walmart shopping	<b>18</b> Cornhole 10 am GCCARD Lunch 12 n Axe Throwing 12 n Ask the Lawyer 12:45 pm <b>Line Dancing</b> 1 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	<b>19</b> Movin & Groovin 10 am Ceramic Class 10 am Haircuts 10:30 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Nature Walk <hr/> <b>20</b> Euchre 12 n Watercolor 1 pm
<b>22</b> Movin & Groovin 10 am GCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Drums Alive 3 pm Nature Walk	<b>23</b> <b>Davison Farmers Market</b> 10 am Wii Bowling 10 am Mani & Grannies 11am HM Lunch 12n Woodcrafts 1 pm Nature Walk Game Corner 3-7 pm	<b>24</b> Woodcraft Class 10 am Movin & Groovin 10am Book Club 11 am GCCARD Lunch 12 n Yoga 4 pm <b>Scavenger Hunt</b> 3 pm Restaurant Club 4:30 pm Nature Walk	<b>25</b> <b>Detroit Princess</b> 10 am Cornhole 10 am GCCARD Lunch 12 n Axe Throwing 12 n Ask the Lawyer 12:45 pm <b>Line Dancing</b> 1 pm Woodcrafts 1 pm Country Dance 6:30 pm Nature Walk	<b>26</b> Movin & Groovin 10 am Sit & Get Fit 11 am GCCARD Lunch 12 n Euchre 12:30 pm Bid Whist 1 pm Adv. Life Stories 3 pm Nature Walk <hr/> 27 Euchre
<b>28</b> Euchre Tournament 2 pm <hr/> <b>29- Horrocks</b> 10 am Movin & Groovin 10 am GCARD Lunch 12 n Euchre 12:30 pm Quilters 1 pm Nature Walk	<b>30</b> Wii Bowling 10 am Mani & Grannies 11am HM Lunch 12n Woodcrafts 1 pm Nature Walk Game Corner 3-7 pm	<b>31</b> BP/BS 10 am Movin & Groovin 10am Book Club 11 am GCCARD Lunch 12 n Make & Take Card Yoga 4 pm Nature Walk		8



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



Come visit the [Krapohl Kafe'](#) for lunch on Monday, Wednesday, Thursday and Friday. **Family style lunches** are returning. Bring a friend along and join in the activities of the day. The meals are good. 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.

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

## 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 MEAL MENU - JULY 2024

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Pub Burger w/Cheese</b> <b>Potato Salad</b> <b>Veggie Blend</b> <b>WW Bun, Mayo, Mustard</b> <b>Fruit Salad</b> <b>Lettuce, Tomato</b> <b>Milk</b> 	2 <b>Homecooked</b>  Ravioli w/sauce Broccoli Garlic Roll Dessert	3 <b>Independence BBQ</b> <b>Hotdogs</b> <b>Hamburgers</b> <b>Chips</b> <b>Macaroni Salad</b> 	4 <b>Closed</b> 	5 <b>Center Closed</b>
8 <b>Meatball Sub w/cheese</b> <b>Sweet Peas</b> <b>Diced Potatoes</b> <b>Sub Bun</b> <b>Fruit Cup</b> <b>Margarine</b> <b>Milk</b>	9 <b>Homecooked</b>  Chef Salad w/Romaine Turkey, Eggs, & Cheese - Carrot Sticks Dice Pears Dessert	10 <b>Tangerine Chicken w/Rice</b> <b>Green Beans</b> <b>Diced Carrots</b> <b>Hawaiian Roll</b> <b>Applesauce</b> <b>Fortune Cookie</b> <b>Milk</b>	11 <b>Stuffed Peppers</b> <b>Sliced Beets</b> <b>Cauliflower</b> <b>Pineapple Tidbit</b> <b>WW Roll</b> <b>Margarine</b> <b>100% Fruit Juice</b>  <i>Congregate Style</i>	12 <b>Chinese Pepper Steak w/Rice</b> <b>Succotash</b> <b>Mixed Fruit Cup</b> <b>Potato Roll</b> <b>Margarine</b> <b>Milk</b>
15 <b>Honey Glazed Chicken Breast</b> <b>Lima Beans</b> <b>Rice Pilaf</b> <b>Corn Muffin</b> <b>Fresh Apple</b> <b>Margarine</b> <b>Milk</b>	16 <b>Homecooked</b>  BLT Sandwich Potato Salad Dessert	17 <b>Chef's Choice</b> 	18 <b>Turkey &amp; Cheese Sub</b> <b>Fresh Snap Peas</b> <b>Fresh Cauliflower</b> <b>WG Bun-Fresh Pear</b> <b>Birthday Cake</b> <b>Mayo, Mustard, Veggie Dip</b> <b>100% Fruit Juice</b>	19 <b>Mac &amp; Cheese</b> <b>French Cut Green Beans</b> <b>Corn</b> <b>Potato Roll</b> <b>Margarine</b> <b>Fresh Banana</b> <b>Milk</b> 
22 <b>HM Chicken Salad Sandwich</b> <b>Grape Tomatoes</b> <b>3 Bean Salad</b> <b>Sliced Croissant</b> <b>Fruit Cocktail</b> <b>Milk</b> 	23 <b>Homecooked</b>  Coney Dogs French Fries Dessert	24 <b>Fiesta Lime Chicken</b> <b>Roasted Corn &amp; Black Beans</b> <b>Brown Rice</b> <b>Peaches</b> <b>Flatbread</b> <b>Margarine</b> <b>Milk</b>	25 <b>Philly Chicken w/Cheese</b> <b>Diced Potatoes</b> <b>Normandy Blend Vegetables</b> <b>Wheat Sub Bun</b> <b>Tropical Fruit Salad</b> <b>Margarine-Cookie</b> <b>100% Fruit Juice</b> 	26 <b>Oven Fried Fish</b> <b>Baked Mac &amp; Cheese</b> <b>Tomatoes &amp; Zucchini</b> <b>Dinner Roll</b> <b>Diced Peaches</b> <b>Margarine</b> <b>Milk</b>
29 <b>HM Deluxe Fried Rice</b> <b>w/ Beef, Chicken, Ham &amp; Peas and Carrots</b> <b>Steamed Broccoli</b> <b>Fresh Orange</b> <b>Breadsticks</b> <b>Margarine</b> <b>Milk</b>	30 <b>Homecooked</b>  Chicken Cacciatore Salad Dessert	31 <b>BBQ Chicken Legs</b> <b>Potato Salad</b> <b>Baked Beans</b> <b>Fresh Pear</b> <b>Sweet Roll</b> <b>Margarine</b> <b>Milk</b>	  	

**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 in taking a trip to the Amish Store in Sover, 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:** 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.



## 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 item that are better if kept cold. Please note there is a lot of walking.

**Date:** Monday, July 29, 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 is July 25th.



Are you ready for a  
Mystery Trip?

We have a great trip planned but it is a **BIG SECRET!** You will have a great time and you will love the food!! We only have 20 tickets so make sure you sign up and pay early .

**Date:** August 23, 2024

**Depart :** 11 am

**Return:** Approx. 6:30 pm

Call the center at 810-785-2270 for more information.

## Purple Rose Theater

**Date:** Tuesday, August 20, 2024

**Leave:** 11:00 am

**Return:** 6:30 pm

**Cost:** \$60.00 per person

**"What Springs Forth"—A World Premiere by Carey Crim**

**Deadline to sign up: July 25, 2024**

Three middle-aged women, friends since college, embark on what was billed as a high-end wellness spa retreat only to discover one of them, with the help of her new business partner, has changed the itinerary to a wilderness survival camp. Can their friendship survive bears, forest toilets and one another? (Contains adult language & subject matter)

**Lunch is on your own. There will be time for shopping as the show starts at 3 pm.**

## Gun Lake Casino Bus Trip Fundraiser

**Date:** Thursday, September 26, 2024

**Cost:** \$57.00 Per Person

**Sign up by September 9, 2024**



**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

**For Reservations, contact the Center at 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	Executive Trustee
Dale Daron	Trustee
Lynn DeVoll	Trustee
Ingrid Lewis	Trustee
Belinda Mack	Trustee
Elizabeth Melchor	Trustee
Ronda Simpson	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

- July 15, 2024
- 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 Work Technician:** ..... Roxann Braddock
- Office Clerk:** .....Sharon Benmark
- Transporter:**.....Emma Montague
- Maintenance:** .....Pam Green

**Visit us through Social Media**

Like us on our New Facebook:

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

or check our website at

[www.heartscs.org](http://www.heartscs.org).



**Krapohl Office Hours**

**Open 9 am- 5 pm**

**Monday—Friday**

**810-785-2270**

**US Postal Stamps**



The rate for a First Class Mail Letter (1 oz.) for postage purchased at the Post Office is \$0.63 a stamp/ \$12.60 a book.

For your convenience, books of postage stamps are available at the Krapohl Center. Cost is \$12.60 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.

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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.