

PRIME TIME CONNECTION

A MONTHLY PUBLICATION OF THE COLUMBUS AREA SENIOR CENTER

August 2016
Vol. No 8, Issue 8



Columbus Area Senior Center

125 North Dickason Boulevard
Columbus, WI 53925

Hours: M-F 8:00am - 4:00pm

Phone: (920) 623-5918

Email: seniorcenter@columbuswi.us Website: www.cityofcolumbuswi.com

Director: Kim Lang

Assistants: Christe Solie and April Sturz

Columbus Meal Site

Phone: (920) 763-2124

Hours: 9:00am - 12:30pm

Manager: Stephanie Foxx



SUMMER OLYMPICS

From Rio

Come in out of the heat and watch the Summer Olympics with us featuring our own Heather Miller-Koch

We will show the Olympics M-F from 8-4

GO 

Save the date:

Fall Festival

Saturday, September 17 from 9-1



**Center is closed Tuesday, August 9
for Election**

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The Columbus Area Senior Center: 36 years of serving our community

News and Notes

Welcome!

The Columbus Area Senior Center offers and promotes activities and services that enhance the quality of life for adults, ages 50+ in our community.

It is a multi-purpose facility that serves the diverse needs of these adults, by providing educational activities, information, resources, recreational and social programming, advocacy, health services and agency referrals. The Senior Center encourages participation and strives to create a sense of well-being for all users.

- ▶ Join us for a cup of coffee or tea, Bingo or Wii!
- ▶ Wheelchair Accessible & Wheelchair available for on-site use
- ▶ Fitness/Workout Room
- ▶ Borrow: books, movies, puzzles
- ▶ Loan Closet : wheelchair, walker, tub chair, cane, crutches
- ▶ Computer Lab/Internet Access
- ▶ Printing Services for a nominal fee
- ▶ Free Wi-Fi
- ▶ Magnifying Reading Machine
- ▶ Paper Shredder
- ▶ Food Pantry Donation Drop-Off Site
- ▶ Newspapers: Columbus Journal, Daily Citizen, Wisconsin State Journal, Portage Daily Register
- ▶ Magazines
- ▶ Drop Site for cell phones - recycled for fundraising
- ▶ Drop Site for eye glasses, hearing aids and their batteries - project for the Lion's Club
- ▶ Drop Site for Box Tops for Education

Senior Citizens Advisory Board

This board is established for the purpose of providing senior citizens a resource for communicating with their elected representatives. The board advises City Council and the Senior Center director in matters that impact the senior citizen community of Columbus.

Meetings are open to the public and are held the 1st Thursday of each month at 9:00am at the center.

Kim Lang , Director	(920) 484-3496
Dale Gessler, Chair	(920) 623-3249
Ed Parpart	(920) 623-3263
Roger Weiner	(920) 623-4929
Lyle Smith	(920) 623-3055
Cathy Ballweg	(920) 623-5805
Beth Heiniger, Vice-Chair	(920) 484-8409
Brad Solie, Secretary	(480) 499-0531
Rick Royem, Council Liaison	(608) 220-6351



Alignment Yoga

Chair Yoga will resume in the Fall

Geared toward helping maintain health and longevity, relieving stress and calming the mind, Meredith Harmon, RYT-200, helps us achieve these goals with alignment yoga.

Saturday mornings at 8am

Preregistration appreciated. \$5 per session.
Call the center at (920) 623-5918.

Blood Pressure Screening

Free Screenings at the Senior Center
11-11:45am on

Monday, August 1

by Columbus Community Hospital

Monday, August 15

by Columbus Health & Rehab Center



Foot Clinic by Appointment

The Foot Clinic, a service of the Beaver Dam Community Hospital, is held at the Senior Center on **Tuesday, August 16 at 8:00am**

Call (920) 887-4191 to schedule your appointment.
Please leave a message and your call will be returned. Wednesday is the best day to call.

First Time: \$33 Follow-up: \$28



Fitness Room — Get Moving!

The senior center offers a workout room with the following exercise equipment:

- True Treadmill
- Recumbent Bike
- CardioStrider Bike
- Air Walk
- Gazelle Edge
- Cardio Glider
- Stepper



Watch TV while you exercise

First time users must register.

Must change from street shoes to workout shoes.

Exercise With Our Group!



**Free classes offered at 10:15am on
Monday, Wednesday & Friday**

Leaders:

Wilma Lenz (Monday & Wednesday)
Columbus Community Hospital (Friday)

Support Resources

Alcoholics Anonymous

Tuesdays beginning 7:00 p.m. at First Presbyterian Church, 321 W Mill St., Columbus

Aging & Disability Resource Centers

Columbia County 1-888-742-9233
Dodge County 1-800-924-6407

Alzheimer's & Dementia

2nd Thursday each month beginning at 10 a.m. at the Columbus Community Hospital.
Contact Chris DeLapp at 623-1276.
Janet Wiegel with the Alzheimer's and Dementia Alliance of Wisconsin, is available to answer questions regarding memory loss or dementia. Contact her at 608-742-9055 or by email janet.wiegel@alzwisc.org.
Find more information online at www.alzwisc.org

American Cancer Society Support Line

1-800-227-3345

Group Cancer Support

Columbus Community Hospital

Contact Cathy Butterbrodt 920.623.6434

Diabetes Support Group

Held at Columbus Community Hospital
Contact Renee Davis for more information.
920-623-1244

Hillside Hospice

For men & women. Call 887-4050 for times.

Word Search



Find and circle all of the School related words that are hidden in the grid. The remaining letters spell a Mark Twain quotation.

I Y D U T S E P T E M B E R N U R S E H
 S L I C N E P A V C H A L K B O A R D E
 D B N E G N I N R A E L V E R L M E T S
 O E M Y O S E I D U T S L A I C O S S T
 O L C C L H C O U R S E S O O L O C E R
 R L F I D H I S S L R L S N N P R L C A
 S J I K F G O M C E A T L E I E H A N E
 E A R C R F A M K H N P W A N N C S E G
 L N S A I X O C E E O F I T C S N S I A
 U I T P E E O L M W R O S C R L U R C U
 R T D K N L C N O I O U L M N I L O S G
 F O A C D E G A E O B R O Y N I S O R N
 S R Y A S I K N F L H O K T A E R M R A
 Y E P B S L D C O E R C E E C R W P I L
 A S Z S E S I O O H T R S R T H D M Y E
 W A A Z D N H B T L C E E T N E D U T S
 L R D E I C R A R O C T R R E H C A E T
 L E S U S U B O M A A M U I S A N M Y G
 A K H T A M Q C L R R A T I A R E P A P
 H B I N D E R O Y L N Y N O T E B O O K

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 NOTEBOOK
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 QUIZZES
 ROLL CALL
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 STUDENT
 STUDY
 TEACHER

Walking Club

Let's get our move on! Make walking more fun by talking with friends!

Starting **August 2nd** every **Tuesday and Thursday** at **8:30am** we will meet at the Senior Center and walk around the neighborhood.

Bring your water bottle and walking shoes and join us as we admire the beauty around us.

First-time walkers will need to sign a waiver.





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General Surgeon

Gary Galvin, MD
General Surgeon

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Columbus Area Senior Center, Columbus, WI.

A 4C 01-1108

What's Happening

Art Club

The Columbus Area
Art Association
meets the **First & Third
Tuesday of this month**



Bring your art supplies and join other artists at the Senior Center on **Tuesday, August 2 & 16** from 1-4pm.

Share ideas and enjoy the arts. All levels of progress are invited to join!

Card Players

Games run from 12:45pm - 3:45pm

Thursdays-Sheepshead

Fridays-Euchre

Cash prizes are awarded for 1st-4th place. Low in these games takes home a candy bar! \$2 to play.

**First and Third Mondays -
1:00pm**

Euchre is played on the first and third business Monday of each month following the 30-minute informational programs. Games usually starts about 1:00pm. 50¢ to play on these Mondays.



Canasta and Hand & Foot!

Wednesdays from 1-3 we will alternate **Canasta and Hand & Foot**. Player instruction/review will be held as needed for new players.

Penny Ante Poker

Join our group on Thursdays at 12:15pm in the front room. Bring your pennies!

Crochet/Knitting

Join this fun group on
Wednesdays
from
1-3pm
to crochet
or knit.



The Senior Center also accepts yarn donations.

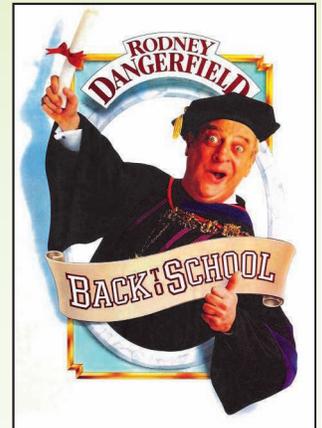
August Programs

- **August 1, 12:30pm** - Janice Ulrich will talk about her book which features the history of Columbus from as far back as the 1800's
- **August 2, 12:30pm** - **Craft Hour** with Becky from **The Workshop**
- **August 15, 12:30pm** - **Michele Strauss** is an Outreach Liaison with Agrace. She will be here to fill us in on what they have to offer
- **August 24, Noon** - Columbus Community Hospital is sponsoring our **Lunch and Learn** program. Bring your own lunch or make a reservation with the Meal Site 24 hours in advance. See page 14 for details.
- **August 31, 12:30** - **Movie Day -**

Back to School starring Rodney Dangerfield

To help his discouraged son get through college, a fun-loving and obnoxious rich businessman decides to enter the school as a student himself.

Rated PG-13



Bingo

Free to play! Prizes!

Start time is
10:30am

Thursday, August 4 - At Home Again

Thursday, August 11 - Landmark

Tuesday, August 16 - BDCH - Dr. Thompson

Thursday, August 18 - The Meadows of Fall River

Tuesday, August 23 - Columbia Health Care Center

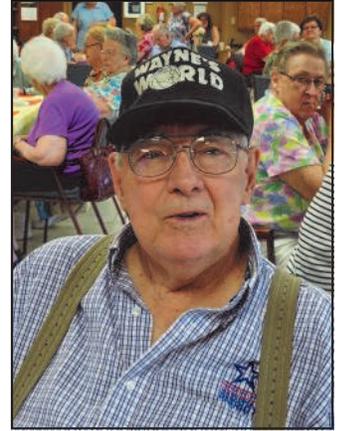
Thursday, August 25 - Columbus Health and Rehab

Tuesday, August 30 - Larson House

*Please Thank Our
Generous Sponsors!*



The Fun We Have



Services & Education

Transportation

Columbia County Aging & Disability Resource Center provides transportation services to disabled residents and senior residents over the age of 60 from their homes. Transportation is provided to and from appointments throughout Columbia County as well as surrounding counties. Transportation is only provided to residents of Columbia County. Medical appointments are given priority, all other transportation needs can be considered depending on availability. Persons desiring a ride or information should call Columbia County Aging & Disability Resource Center at 1-888-742-9233.

Dodge County Van 1-800-924-6407

****We Need Drivers!****

Senior Center Volunteer Drivers

Make travel and payment arrangements directly with each driver. Drivers are not employed or insured by the senior center. If you would like to be listed as a driver, please contact the center.

Jack Krebs..... (608) 444-4277
 Dawn Carlson..... (920) 350-0082
 Candie Douglas (weekends)..... (920) 623-2993
 or email her at: avancano@yahoo.com

Computer Classes

Want to learn more about what you can do with your computer? Want to set up e-mail? Just have a question? Join Mike Hanousek every **Wednesday from 9-11** and he will unravel the mysteries. If you can't make it during that time, Mike will work with your schedule. **This is one-on-one training.** Pre-registration is appreciated.

Household Repair Assistance

Columbus residents, Mark and Ginger Hintz along with Dave Zander are donating their time and talent to help local seniors with repair projects and other miscellaneous tasks that you find difficult to accomplish or can no longer do yourselves. In lieu of being paid, they ask that those who would like to give, donate to:

Senior Assistance Fund;
 c/o Associated Bank; P.O. Box 186;
 Columbus, WI 53925-0186.
 Mark can be reached on his cell phone at: 920-904-0725.



Veteran's Transport

The William S. Middleton Memorial Veterans Hospital provides free transport for veterans to get to their VA appointments and back home again.



Contact:

- ◆ Columbia County DAV Transport: (608) 617-6000
This is for Veterans who are able to get into a van without assistance. No wheelchairs or walkers.
- ◆ Dodge County (920) 386-3832 or 1-800-924-6407 (Columbus residents that live in Dodge Co can be picked up at the Senior Center by the Columbia County DAV transport)
- ◆ VTS Veteran Transport Service: (608) 256-1901 x 11919. This is for Veterans who need to use walkers or wheelchairs. This service is for Columbia and Dodge County Residents.

Wisconsin Dept. of Veteran's Affairs

Columbia County 608-742-9618 Dodge County 920-386-3798

2016 PRICING Senior Center Rental Prices

Businesses & Private Groups

\$125 security deposit due with payment

- 8 hours or less \$125 plus tax

Non-Profit Organizations

Must provide copy of non-profit certification with application

Evening Fee (6-9pm)

\$30 security deposit due with payment

- 1 evening \$25 plus tax
- 4 or more evenings
per calendar year \$20 plus tax
per evening

Non-Profit Weekend Rates

\$75 security deposit due with payment

- 8 hours or less \$75 plus tax

5.5% Tax is added to each Rental Rate

Loan Closet



On a loan basis, the center provides durable medical equipment at no cost to older adults in the Columbus area who are recovering from illness, accident or otherwise. The equipment is loaned for short-term use.

We have canes, crutches, walkers, wheelchairs, bath benches and more.

We accept donations of these items if they are in good condition.

Throughout the years, the program has been **generously supported** by individual donations, proceeds from the Columbus Community Hospital *Walk in the Park* and a grant from the Columbus Area Endowment.

Columbia County Aging & Disability Resource Center (ADRC)

2652 Murphy Road, Portage 1-888-742-9233

Dodge County residents should contact the ADRC in Dodge County: 1-800-924-6407

Contact for assistance with questions or help related to:

- Aging and the elderly (ages 60+)
- Adults with physical or developmental disabilities (ages 18-59)
- Mental health concerns



Project Reassurance

Project Reassurance is designed for people living alone who may require special assistance or care. It requires participants to contact the Project Reassurance phone line once everyday between the hours of 9:00 and 11:00 am or 3:00 and 4:00 pm, 365 days per year.

The participant provides the Police Department with the contact window in which they will be calling in. If the participant does not call in within the predetermined time frame, the police department will attempt to call them. If there is no answer, then a police officer or firefighter will go to the house to check on the participant. They will respond non-emergency, meaning they will not have any emergency lights or sirens on.

To obtain a program enrollment form, contact the Columbus Police Department at (920) 623-5919.

Columbia County Benefit Specialist

Call the Senior Center to make your appointment. (920) 623-5918.

Kelly Krueger, Columbia County Benefit Specialist, will have office hours at the Senior Center on **Wed. August 10 from 10 - Noon**. Kelly can assist you with Medicare questions and services available to adults ages 60+.

Kelly can be reached at (608) 742-9210.

70,000 WI Seniors are Using FoodShare. Are You?

FoodShare could give you monthly deposits to help with food purchases, freeing up money for bills, medications and other necessities.

Call the FoodShare Helpline at 1-877-366-3635 for a free confidential prescreening and application assistance. FoodShare is a food assistance program and is for *anyone* with low or no income. This includes working people or those receiving Social Security, SSI, SSDI or Unemployment. It's easier than ever to apply. Give them a call and see if they can help.

Helpful Phone Numbers

Social Security

Portage office: 1-888-875-1681

National Office: 1-800-772-1213

SeniorCare Member Services:

1-800-657-2038

Medicare:

1-800-633-4227

Donations/Volunteers

July Sponsors

- At Home Again - bingo
- Columbus Community Hospital - exercise instruction, blood pressure screening, Lunch and Learn
- Columbia County ADRC- benefit specialist appointments
- Columbia County Health Center - bingo
- Columbus Health & Rehab Center - blood pressure screening and bingo
- The Meadows of Fall River - bingo
- Mike Hanousek - computer classes
- Landmark at Charleston House - bingo
- Larson House - bingo
- Traci Rose and Rita Evanoo - magazine subscriptions
- The Workshop - Becky Weidner
- Janet Weigel - Alzheimer's and Dementia Alliance of WI

Thank You!



Thanks to
Cindy Fesemyer for
letting us know all
about what is
happening at the
Columbus Public
Library

Thanks to Janet Weigel, from the Alzheimer's and Dementia Alliance of WI who talked to us about maintaining brain health

July Volunteers

- Lola Christian - meal delivery
- Steve Desjarlais - meal site
- John and Jane Evers - meal delivery
- Dan and Beth Heiniger - meal delivery and meal site
- Mark Hintz - home maintenance projects
- Dale Gessler - coverage for phones/maintenance, repairs, serving ice cream and arranging flowers
- Pat Gessler - Birthday Committee
- Cathy Ballweg - Birthday and Potluck Committee
- JoAnn Cunningham - Birthday and Potluck Committee
- Wilma Lenz - exercise leader and newsletter delivery
- Linda Madsen - meal delivery
- Clara Sennhenn - meal delivery
- Lois Williams - meal delivery
- Dave Zander - home maintenance projects
- Randy Randall - meal delivery
- Mike Bennett - meal delivery
- Emma Bennett - WBEV recipes and magazine delivery
- Wayne Armstrong - newsletter delivery
- May Lins - coupon clipping
- Dorothy Harris - newsletter delivery
- Tom Seidlinger - newsletter delivery
- Darlene Allar - bingo caller
- Sherri Morrison - meal site

July Donations

Desserts: JoAnn Cunningham, Verna Maier, Margaret Ringelstetter,

Ice Cream: JoAnn Cunningham, Lawrence & May Lins, Juanita Weishoff, Shirley Banetzke

Persons Donating to the Center:

Shirley Lee, Margaret Blaschka, Margaret Ringelstetter, Marie Drolshagen, Barb Cooper, Delores Margelofsky, Dick Mortimer, Linda Krakow, Hatzinger family, John & Sheila Werla

Items Needed for the Center:

Regular and decaf coffee, toilet paper, bingo prizes, paper towel and napkins

*A Heartfelt Thanks to Everyone!
We apologize if we missed anyone.*

Please Support Our Advertisers

Our advertisers make it possible to print this newsletter at no charge to you! It is from their generosity, and support of our community, that we are able to keep you up to date.



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For ad info. call 1-800-950-9952 • www.4lpi.com

Columbus Area Senior Center, Columbus, WI.

B 4C 01-1108

Birthday & Potluck

Happy Birthday! August

Denise Ladwig	8-01
Robert Rasmussen	8-03
Laura Hundley	8-05
Randy Randall	8-06
Tom Booth	8-09
Marian Metzger	8-09
Wayne Armstrong	8-10
Dorothy Harris	8-12
Jane Horton	8-12
David Hussli	8-12
Jim Schuster	8-14
Wendy Zupke	8-15
Todd Grossman	8-16
Wilma Lenz	8-17
Charlie Decker	8-18
Terry Schraufnagel	8-19
Bev Adam	8-22
Phyllis Hamann	8-24
Christe Solie	8-28
Darlene Tjugum	8-31

Birthday/Potluck Committee

August Birthday

JoAnn Cunningham
Cathy Ballweg
Pat Gessler



Committee

Helps with serving the food and clean-up



Cakes

Please sign up if you plan on bringing a cake. Thank you!

August Birthday/ Anniversary Lunch

Monday, August 1

at 11:45AM

Meal: Roast beef or ham sandwich, baked beans, veggies, pickles, cake and ice cream

Cost: \$4.00

Potluck

Monday, August 15

at 11:45AM

Please bring a dish to pass or pay \$4.00

August's birth flower is gladiolus, or 'sword lily.' Gladiolus represents remembrance, calm, integrity, and infatuation. With gladiolus, the recipient's heart is being "pierced with love." The other August flower is the poppy. A red poppy signifies pleasure, a white poppy is given for consolation, and a yellow poppy wishes wealth and success.

The Old Farmers Almanac



July Birthdays



Juanita Weishoff, Phyllis Haug, Verna Maier, Gloria Obermeyer, Margaret Ringelstetter, Shirley Banetzke, Gerri Maier

Anniversaries

Dave & Cathy Tautges	8-08
Don & Gerry Griese	8-10
Pete & Judy Kaland	8-12

Did you know?



CASC August Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>1</i></p> <p>10:15 Exercise 11-11:45 BP Screening 11:45 Birthday Lunch 12:30 Program Euchre follows</p>	<p><i>2</i></p> <p>8:30-9:30 Walking Club 11:00 Good Things Club 12:30 Craft Hour 1-4 Art Club</p>	<p><i>3</i></p> <p>9-11 Computers 10:15 Exercise 11:00 Tea 1-3 Knitting/Crochet 1-3 Canasta</p>	<p><i>4</i></p> <p>8:30-9:30 Walking Club 9:00 Advisory Board Meeting 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead</p>	<p><i>5</i></p> <p>10:15 Exercise 11-12 Green Thumb Club 12:45 Euchre</p>	<p><i>6</i></p> <p>8-9 Yoga</p>
<i>7</i>	<p><i>8</i></p> <p>10:15 Exercise 1-3 Wii Bowling</p>	<p><i>9</i></p> <p>CLOSED for election</p> 	<p><i>10</i></p> <p>9-11 Computers 10-12 Benefits Specialist 10:15 Exercise 11:00 Tea 1-3 Knit/Crochet 1-3 Hand & Foot</p>	<p><i>11</i></p> <p>8:30-9:30 Walking Club 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead</p>	<p><i>12</i></p> <p>10:15 Exercise 12:45 Euchre</p>	<i>13</i>
<i>14</i>	<p><i>15</i></p> <p>10:15 Exercise 11-11:45 BP Screening 11:45 Potluck 12:30 Program Euchre Follows</p>	<p><i>16</i></p> <p>8:30-9:30 Walking Club 8:00 Foot Clinic/BDCH by appt 10:30 Bingo 1-4 Art Club</p>	<p><i>17</i></p> <p>9-11 Computers 10:15 Exercise 11:00 Tea 12:00 Lunch & Learn 1-3 Knit/Crochet 1-3 Canasta</p>	<p><i>18</i></p> <p>8:30-9:30 Walking Club 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead</p>	<p><i>19</i></p> <p>10:15 Exercise 12:45 Euchre</p>	<p><i>20</i></p> <p>8-9 Yoga</p>
<i>21</i>	<p><i>22</i></p> <p>10:15 Exercise 1-3 Wii Bowling</p>	<p><i>23</i></p> <p>8:30-9:30 Walking Club 10:30 Bingo</p>	<p><i>24</i></p> <p>9-11 Computers 10:15 Exercise 11:00 Tea 1-3 Knit/Crochet 1-3 Hand & Foot</p>	<p><i>25</i></p> <p>8:30-9:30 Walking Club 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead</p>	<p><i>26</i></p> <p>10:15 Exercise 12:45 Euchre</p>	<i>27</i>
<i>28</i>	<p><i>29</i></p> <p>10:15 Exercise 11:30 Phonograph Music Monday (Bring your Records or just listen to ours) 1-3 Wii Bowling</p>	<p><i>30</i></p> <p>8:30-9:30 Walking Club 10:30 Bingo</p>	<p><i>31</i></p> <p>9-11 Computers 10:15 Exercise 11:00 Tea 12:30 Movie 1-3 Knitting/Crochet 1-3 Canasta</p>	<p><i>1</i></p> <p>8:30-9:30 Walking Club 9:00 Advisory Board Meeting 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead</p>	<p><i>2</i></p> <p>10:15 Exercise 12:45 Euchre</p>	<p><i>3</i></p> <p>8-9 Yoga</p>
<i>31</i>						

August Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Swedish Meatballs Mashed Potatoes Calif. Blend Veggies Fruited Gelatin Sliced Bread	2 Hungarian Goulash Casserole Peas/Pearl Onions Cantaloupe Slice Dinner Roll	3 Roast Turkey Mashed Potatoes Green Bean Casserole Cinnamon Roll Sliced Bread	4 Beef Stroganoff Casserole Tossed Salad Birthday Cake Dinner Roll	5 Ham Rolls Squash Health Slaw Applesauce Sliced Bread
8 Country Fried Steak Mashed Potatoes Carrots Butterfinger Torte Sliced Bread	9 Baked Chicken American Potato Salad Winter Blend Veggies Fruited Gelatin Dinner Roll	10 Pork Jaegerschnitzel Mashed Potatoes Baby Carrots Alexander Torte Sliced Bread	11 Chicken Cacciatore Baby Red Potatoes Mixed Italian Salad Fruit Cocktail Dinner Roll	12 Beef and Pork Chop Suey over Br. Rice Chinese Ramen Salad Orange Sherbet Sliced Bread
15 Hamburger on a Bun German Potato Salad Corn Watermelon Slice	16 Meatballs in Honey Mustard Sauce Baked Potato Peas and Carrots Dream Sicle Torte Dinner Roll	17 Baked Spaghetti Italian Blend Veggies Cantaloupe Slice French Bread	18 Chicken Breast Mashed Potatoes Carrots Peanut Butter Cookie Dinner Roll	19 Fruited Chicken Salad over Shredded Lettuce Petite Banana Sliced Bread
22 Roast Pork Loin Mashed Potatoes Summer Blend Veg. Applesauce Cake Sliced Bread	23 Salmon Loaf Escalloped Potatoes Calif. Blend Veggie Pineapple Tidbits Dinner Roll	24 Baked Chicken Garlic Mashed Potato Copper Penny Salad Key Lime Pie Sliced Bread	25 Smoked Sausage Baked Potato Spinach Salad with Rasp. Vinaigrette Apple Slices Dinner Roll	26 Burgundy Mushroom Chopped Steak Mashed Potatoes Corn Ice Cream Cup Sliced Bread
29 Hawaiian Meatballs Baby Red Potatoes Carrots Pineapple Tidbits Sliced Bread	30 Swiss Steak Mashed Potatoes Peas/Pearl Onions Chocolate Banana Torte Dinner Roll	31 Chicken, Broccoli and Rice Casserole Tossed Salad Apricot Halves Sliced Bread	<div style="border: 1px solid black; padding: 10px;"> <p>Suggested Donation 60 & older: \$4.00 If you are under age 60 you must pay: \$10.22</p> </div>	

Columbus Meal Site

Stephanie Foxx of the Columbia County Nutrition Program works with a group of dedicated volunteers to serve nutritionally balanced meals prepared by Feil's Catering. Call the meal site by noon (12:00pm) for reservations for the next day. Gift Certificates are available by contacting the County office at (608) 742-9219.

Meal delivery may be arranged by calling the Columbia County Aging & Disability Resource Center at 1-888-742-9233 or Dodge County Aging & Disability Resource Center at 1-800-924-6407. Call the county that you reside in.

For the daily nutrition analysis, go to www.feilscatering.com.

Meal Site Phone: (920) 763-2124 **Hours:** Monday - Friday 9:00am-12:30pm. **Meal time is 11:30am.**

Ensure is available at the Meal Site.
\$28 for a case of 24 cans. Bring exact change or pay with a check. Must be purchased from the meal site manager during meal site hours!

**Call the Meal Site at (920) 763-2124
by NOON to make your
reservation for the next day**

Columbus/Fall River Food Pantry

Located in the back of the Columbus Area Senior Center and served by Appointment Only on Thursdays, 4:00 pm to 6:45 pm. Everything you donate stays local. You may send your monetary donations to Anchor Bank 150 N. Ludington St. Columbus, WI 53925. Non-perishable, non-expired food donations can be dropped off at Pick n Save, the Senior Center or your local church. Each month a different church serves people in need of food assistance. (Please note: the Food Pantry has plenty of canned vegetables!)

Food Pantry Contact

August: Columbus United Methodist Church
Contact Wanda Guenther (920) 623-3625
September: Wisconsin Academy
Contact Diane Morauske (920) 484-3129

Donations of non-perishable items

(5 bags or less) are accepted at the senior center.
Contact Colleen Waterworth if you have a large donation to drop off:
(920) 210-6266



Free Community Meal Have Supper On Us!

Usually the 4th Thursday of every month from 5-6:30pm at the Columbus United Methodist Church. Questions, call Mike at (920) 296-7629

Contributions

The Columbus Area Senior Center needs your tax-deductible support to continue to serve area residents. Please consider donating \$10 per individual or \$15 as a couple to become a "Friend of CASC". Any contributions will help with the continued success of our senior center.

Name(s) _____

Address _____

City _____ State _____ Zip _____ Phone _____

Anniversary _____ Birthday _____

If you would like to receive our newsletter via email, please provide your email address:

This is a:

General Donation _____

I give permission to post or publish my donation

In Memory of (if applicable) _____

Yes _____

In Tribute of (if applicable) _____

No _____

I have enclosed a donation of \$ _____

Cash _____

Check # _____

Mail check to:

Columbus Area Senior Center • 125 North Dickason Blvd • Columbus, WI 53925

Thank you for your support!



Senior Center Directions

From Highway 151

Exit at the Highway 16/60 exit ramp. Take Hwy 16 (James St.) into Columbus. One block before second set of stoplights, turn left on North Dickason Boulevard. The Senior Center is located on the left next to City Hall.

From Highway 73 (Ludington St.)

At stoplights, go west on Highway 16 (James St.). Take an immediate right on Dickason Boulevard. The Senior Center is located on the left next to City Hall.

Columbus Area Senior Center—Serving the diverse needs of adults, aged 50 and better, in our community.



Columbus Area Senior Center

125 N. Dickason Boulevard
Columbus, WI 53925

Return Service Requested



Newsletter subscriptions are \$12.00 per year, or pick up your copy at the Senior Center, Library or City Hall. You may also receive it FREE via email.