

# PRIME TIME CONNECTION

September 2016  
Vol. No 8, Issue 9



A MONTHLY PUBLICATION OF THE COLUMBUS AREA SENIOR CENTER

## 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](mailto:seniorcenter@columbuswi.us) Website: [www.cityofcolumbuswi.com](http://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

# Fall Festival

Saturday, September 17 from 9-1

## Senior Center

Bake Sale

Silent Auction

Soup Lunch  
10-1

## Lions Club

Brat Stand



## Library Lawn

Friends Book & Bake Sale

Silent Auction

An Outrageously Good Time  
with Bob Kann  
10:30-11:30



Live Music

## City Hall Courtyard

Driftless Bluegrass Band  
11:30-1

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To Celebrate **National Senior Center Month:**

**BRING A FRIEND TO THE CENTER DAY!**

Thursday, September 29

Tour the center and then stick around for **Bingo at 10**

Enjoy a **Meal Site lunch and/or our Brat Fry. Sign up by Sept 27**

*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

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## 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

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## 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, September 12**

by Columbus Community Hospital

**Monday, September 19**

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, September 13 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](mailto:janet.wiegel@alzwisc.org).

Find more information online at [www.alzwisc.org](http://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

## Look Up!

Find and circle all of the items that you might see when you look upward.  
The remaining 24 letters spell an additional item you might see.

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

AIRPLANE  
BIG DIPPER  
BIRDS  
BLIMP  
BLUE SKY  
CHIMNEY SMOKE  
CLOUDS  
COMET  
DRONE  
FIREWORKS  
GALAXY  
HAZE  
HELICOPTER  
HOT AIR BALLOON  
JET EXHAUST  
JUPITER  
KITE  
LIGHTNING  
MARS

MERCURY  
METEOR SHOWER  
MOON  
PLANETS  
POWER LINES  
RAINBOW  
SATELLITE  
SATURN  
SKYDIVER  
SKYSCRAPER  
SKYWRITING  
SMOG  
SOLAR ECLIPSE  
STARS  
STREET LIGHT  
THE SUN  
TREETOP  
UNIVERSE  
VENUS

## Walking Club

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

Join us 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.





Craig Haberman, DO  
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, September 6 & 20** 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**. Call 24 hours in advance to save your seat.

The second and fourth Tuesday from 1-3 we will have card game lessons. Check the calendar on page 13!

## 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.

## September Programs

- **Sept. 6, 12:30pm - Craft Hour** with Becky from **The Workshop**
- **Sept. 12, 12:30pm - Josh Miners** from **Banker's Life** will present info on Long Term Care. There will be games, a raffle and prizes!
- **Sept. 17, 9-1pm - Fall Festival** - Bake Sale, Pie and Ice Cream, Chili, Soup, Silent Auction... Something for everyone! Check it out!
- **Sept. 19, 12:30pm** - Superintendent **Annette Deumann** will present information about an event to discuss the future of our school district
- **Sept. 21, 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. Topic: Diabetes
- **Sept. 28, 12:30 - Movie Day - Miss Congeniality** starring Sandra Bullock. Rated PG-13
- **Sept. 29, 9:00 - Bring a Friend to the Center Day!** Start the day with a tour of our facilities. We will have a special bingo starting at 10am. A brat fry will round out the day. Check out the flyer for additional information

## Bingo

**Free to play! Prizes!**

Start time is **10:30am**

**Thursday, Sept. 1** - At Home Again

**Thursday, Sept. 8** - Landmark

**Tuesday, Sept. 13** - CASC

**Thursday, Sept. 15** - The Meadows of Fall River

**Tuesday, Sept. 20** - Columbia Health Care Center

**Thursday, Sept. 22** - Columbus Health and Rehab

**Tuesday, Sept. 27** - Larson House

**Thursday, Sept. 29** - CASC & Meal Site (**10am Start**)



*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](mailto: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.

### Discover your perfect “fit.”

#### Attend a FREE CarFit Checkup!

CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility when they hit the road.

> Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints.

> Learn how to use and adjust your safety devices.

> Each checkup takes about 20 minutes— this is not a driving test or mechanical inspection.

**To schedule your 20-minute appointment, please call the appropriate number listed below. Appointment spaces are limited, so don't wait!**

For more information, visit [www.car-fit.org](http://www.car-fit.org).

**September 13, 2016**  
**10 a.m. to 2 p.m.**

Columbia County Law Enforcement Center  
711 E. Cook St.  
Portage, WI 53901

Contact:  
Sarah Millard,  
Transportation Coordinator, ADRC of Columbia County  
(608) 742-9213

*CarFit is an educational program developed by AAA, AARP, and the American Occupational Therapy Association.*

## 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.

## 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.

## Columbia County Benefits Specialist

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

Kelly Krueger, Columbia County Benefits Specialist, will have office hours at the Senior Center on **Wednesday, September 14 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.

# Donations/Volunteers

## August 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
- Dr. Cristin Newkirk-Thompson - BDCH Clinic in Columbus

# Thank You!

Janice Ulrich gave us a lot of information on Columbus. Great job on the book!



Thanks to all the **Gardeners** who have provided the tasty fruit and produce this summer!!



What fun we had with Dr. Newkirk-Thompson in charge of bingo on this day! Thanks for sponsoring it!

## August 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
- Sherrie Morrison - meal site

## August Donations

**Desserts:** Dorothy Harris, Wendy Zupke, Wilma Lenz, Christe Solie, JoAnn Cunningham

**Ice Cream:** Marian Metzger

## Persons Donating to the Center:

Joe Conlin, Margaret Ringelstetter, Stephanie Foxx, Dennis "Shorty" Johnson, Juanita Weishoff, Joy & Bernie Vander Sanden, Marian Metzger, Shirley Lee, Audrey Walter, Margaret Blaschka, Elaine Riege, Shirley Banetzke, Randy Randall, anonymous, family of Mary Smith

## Items Needed for the Center:

Regular and decaf coffee, colored plastic tablecloths, toilet paper, paper towel, candy bars 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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# Columbus Health and Rehab

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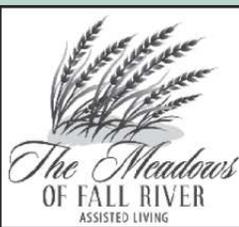


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DThompson@4LPi.com or (800) 950-9952 x2470

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# Birthday & Potluck

## Happy Birthday! September

Margaret Blaschka	9-03
Evelyn Powers	9-06
Cindy Randall	9-06
Helen Schwoerer	9-06
Marilyn Grueneberg	9-07
Don Griese	9-12
Shirley Machkovitz	9-12
Kim Lang	9-13
Roger Schimmel	9-13
Darlene Parpart	9-15
Marie English	9-17
Alice Schuster	9-17
Bonnie Miller	9-18
Sherrie Morrison	9-18
Al Kitzerow	9-24
Lillian Fischer	9-27
Pat Jones	9-28
Lucy Lischka	9-29

## Anniversaries

Jay & Claude Schnierle	9-10
Ray & Marilyn Grueneberg	9-15
Roger & Sue Schimmel	9-20

### Birthday/Potluck Committee

#### September 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!

### September Birthday/ Anniversary Lunch

Monday, September 12  
at 11:45AM

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

**Cost:** \$4.00

### Potluck

Monday, September 19  
at 11:45AM

Please bring a dish to pass or pay \$4.00

September's birth flower is the aster. Asters are mainly symbols of powerful love. The other September flower is the morning glory. Morning glories are simple symbols of affection.

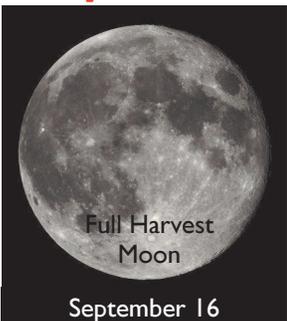


The  
Old Farmer's  
Almanac

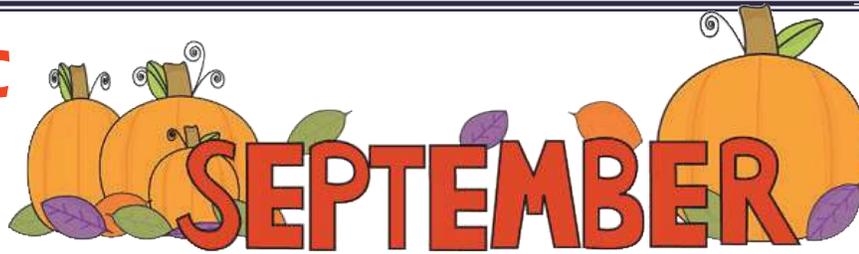


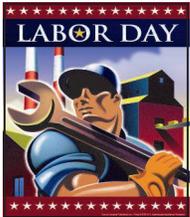
## August Birthdays

### Did you know?



Lorraine Peterson, Wilma Lenz, Marian Metzger, Wayne Armstrong, Dorothy Harris, Jan Ulrich, Phyllis Hamann, Wendy Zupke and Christe Solie



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 10:15 Exercise 11:30 Phonograph Music Monday (Bring your Records or just listen to ours) 1-3 Wii Bowling	30 8:30 Walking Club 10:30 Bingo	31 9-11 Computers 10:15 Exercise 11:00 Tea 1-3 Knit/Crochet 1-3 Canasta	1 8:30 Walking Club 9:00 Advisory Board Meeting 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead	2 10:15 Exercise 12:45 Euchre	3 8-9 Yoga
4	5 <b>CLOSED</b> 	6 8:30 Walking Club 12:30 Craft Hour 1-4 Art Club	7 9-11 Computers 10:15 Exercise 11:00 Tea 1-3 Knit/Crochet 1-3 Hand & Foot	8 8:30 Walking Club 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead	9 10:15 Exercise 12:45 Euchre	10 8-9 Yoga
11 Alzheimer's Walk 1-4 Riverside Park Portage	12 10:15 Exercise 11-11:45 BP Screening 11:45 Birthday Lunch 12:30 Program Euchre follows	13 8:30 Walking Club 8:00 Foot Clinic/BDCH by appt 10:30 Bingo 1-3 Learn to Play: Euchre	14 9-11 Computers 10-12 Benefits Specialist 10:15 Exercise 11:00 Tea 1-3 Knit/Crochet 1-3 Canasta	15 8:30 Walking Club 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead	16 10:15 Exercise <b>Euchre is Cancelled</b>	17 <b>Fall Festival 9-1</b> 
18	19 10:15 Exercise 11-11:45 BP Screening 11:45 Potluck 12:30 Program Euchre Follows	20 8:30 Walking Club 10:30 Bingo 1-4 Art Club	21 9-11 Computers 10:15 Exercise 11:00 Tea 12:00 Lunch & Learn 1-3 Knit/Crochet 1-3 Hand & Foot	22 8:30 Walking Club 10:30 Bingo 12:00 Falls Risk Awareness Video 12:15 Penny Poker 12:45 Sheepshead	23 10:15 Exercise 12:45 Euchre	24 8-9 Yoga
25	26 10:15 Exercise 11:30 Phonograph Music Monday 12:30 Wii Bowling Awards Banquet	27 8:30 Walking Club 10:30 Bingo 1-3 Learn to Play: Hand and Foot	28 9-11 Computers 10:15 Exercise 11:00 Tea 12:30 Movie 1-3 Knitting/Crochet 1-3 Canasta	29 8:30 Walking Club 9-9:30 Tour CASC 10:00 Bingo 11:30 Brat Fry 12:15 Penny Poker 12:45 Sheepshead	30 10:15 Exercise 12:45 Euchre	1 8-9 Yoga
31						

# September Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Suggested Donation</b> 60 & older: \$4.00 <b>If you are under age 60</b> <b>you must pay: \$10.22</b>			1 Beef Stew Winter Blend Veg. Birthday Cake Cheddar Biscuit	2 Chicken Teriyaki Baked Potato Mixed Vegetables Pear Slices Sliced Bread
5 <b>Closed</b> <b>Labor Day</b>	6 Bratwurst on a Bun Cheesy Potato Bake Broccoli Cuts Chocolate Pudding	7 Chicken and a Biscuit Casserole Peas and Carrots Cantaloupe Slice	8 Salisbury Steak Mashed Potatoes Summer Blend Veg. Apple Pie Dinner Roll	9 Crispy Fish Fillet German Pot. Salad Wax Beans Fruited Gelatin Sliced Bread
12 Pot Roast Baby Red Potatoes Baby Carrots Chocolate Cloud Torte Sliced Bread	13 Baked Chicken Twice Baked Style Pot. Three Bean Salad Pineapple Tidbits Dinner Roll	14 Chili Casserole Tossed Salad Apricot Halves Cornbread	15 Pork Steak Mashed Potatoes Mixed Vegetables Molasses Cookie Dinner Roll	16 Cranberry and Kraut Meatballs Baked Potato Green Beans Applesauce Sliced Bread
19 Glazed Ham Sweet Potato Bake Health Slaw Pear Slices Sliced Bread	20 Roast Turkey Mashed Potatoes Calif. Blend Veg. Pumpkin Pie Dinner Roll	21 Meatloaf Au Gratin Potatoes Peas and Carrots Fruited Gelatin Sliced Bread	22 Lasagna Casserole Mixed Italian Salad Cantaloupe Slice French Bread	23 Salisbury Steak Mashed Potatoes Corn Choc. Banana Torte Sliced Bread
26 Chicken Breast Mashed Potatoes Carrots Fruit Cocktail Sliced Bread	27 Sweet and Sour Pork over Br. Rice Spinach Salad with Rasp. Vinaigrette Ice Cream Cup	28 Baked Chicken Garlic Mashed Pot. Pickled Beet Salad Apple Slices Sliced Bread	29 Meatballs in Honey Mustard Sauce Baby Red Potatoes Mixed Vegetables Butterscotch Pudding Dinner Roll	30 Roast Pork Loin Mashed Potatoes Red Cabbage Applesauce Sliced Bread

## 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](http://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

**September:** Wisconsin Academy  
Contact Diane Morauske (920) 484-3129  
**October:** New Testament Baptist Church  
Contact Larry Herzog, Jr. (920) 350-9889

### 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.**



Accredited by the

**WASC**

Wisconsin Association of Senior Centers

## Columbus Area Senior Center

125 N. Dickason Boulevard  
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*Return Service Requested*

**CLOSED**

**Monday, Sept 5**

**for**



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.