

PRIME TIME CONNECTION

October 2016
Vol. No 8, Issue 10



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 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

HALLOWEEN

PARTY

Monday,
October 31
11am

**Wear your favorite Halloween attire
-if you wear any item of Halloween apparel
(costume, hat shirt, jewelry, etc) you will be
included in a prize drawing**

 **Halloween trivia**

 **Lunch - Meal site: order by noon 10/21. See pg 14**

 **Bring Halloween treat to share**

 **Wii Bowling**



Active & Retired Military Personnel and their dependents are invited to CASC for a Veterans' Resource Fair **November 12 from 9-1**. There will be on-site reps and free coffee/donuts. More details on the city web page and November newsletter.

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The Columbus Area Senior Center: 37 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
Regan Hendrickson, council liaison	(608) 417-9799



Alignment Yoga

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, October 3

by Columbus Community Hospital

Monday, October 17

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, October 11 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 - Check out our New Equipment!

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



HALLOWEEN WORD SEARCH

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

Answers are found horizontally, vertically, and diagonally.

spooky	bat
ghost	moonlight
pumpkin	crypt
candy	tombstone
goblin	harvest
ghoul	candles
werewolf	creepy
costume	masks
eerie	frighten
doorbell	web
trick or treat	witch
spell	monster
cloak	fun
scarecrow	mummy
boo	broom
october	owl
haunted	zombie
caldron	scare
skeleton	

Walking Club

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

Join us every **Tuesday and Thursday at 9:00am.**

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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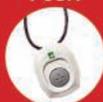
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Columbus Area Senior Center, Columbus, WI.

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, October 4 & 18** 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 500!

Wednesdays from 1-3 we will play **Canasta** or **500**.

Call 24 hours in advance to save your seat.

The first and third 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.



October Programs

- **Oct. 3, 12:30pm** - Learn all about **Pick n Save** from a representative from Kroger
- **Oct. 11, 12:30pm** - **Craft Hour** with Becky from **The Workshop**
- **Oct. 17, 12:30pm** - **Tina Jones**, from the Larson House gives us options on assisted living
- **Oct. 19, 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: Dementia
- **Oct. 20 - 11:30am** - **Tailgate Pizza Party**. Wear your team colors and purchase pizza slice for \$1.00. Sign up by the 18th. Meal Site is still available
- **Oct. 28, 12:30** - **Movie Day: Tower of Terror**

A disgraced reporter investigates an abandoned luxury hotel where five people mysteriously disappeared sixty years earlier.

Starring Steve Guttenberg and Kirsten Dunst.



Bingo

Free to play! Prizes!

Start time is **10:30am**

Thursday, Oct. 6 - At Home Again

Tuesday, Oct. 11 - Brightstar Care

Thursday, Oct. 13 - Landmark

Tuesday, Oct. 18 - Columbia Health Care Center

Thursday, Oct. 20 - The Meadows of Fall River

Tuesday, Oct. 25 - Larson House

Thursday, Oct. 27 - Columbus Health and Rehab



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 install **grab bars** and **right tight toilets** only. 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.

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

Energy Services for Columbia County

Call **800-506-5596** to make your appointment or (608) 742-4088 with questions.

The Columbia County Energy Assistance will have office hours **next door** to the Senior Center at

161 N. Dickason on

Tuesday, October 18 from 9 - 3.

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.

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 and 11am or 3 and 4pm, 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 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



Columbia County Benefit 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, October 19 from 9 - 2.**

Kelly can assist you with Medicare questions and services available to adults ages 60+.

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

Donations/Volunteers

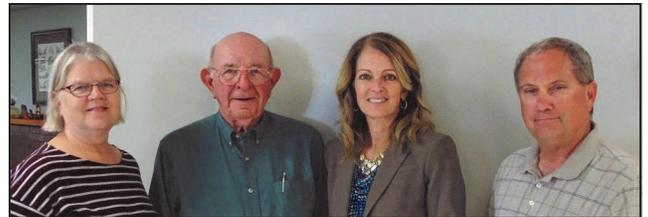
September Sponsors

- 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
- Banker's Life

Thank You!



Thanks to the guys from Banker's Life for all the great information on long term care!



Thanks to the group from the school district who provided information about the district.

The Columbus Area Senior Center held its fall fundraiser on Saturday, September 17, 2016. The event was a great success and would not have been possible without the help of donors, volunteers, advisory board members, staff, bidders, and guests who contributed so generously to it.

A special thank you to the **Columbus Department of Public Works** staff for the delivery of tables, umbrellas and barricades and to the **Driftless Bluegrass Band** for providing the great live music this year. Also a big thank you to Caldwell Lumber who provided a forklift for moving picnic tables and Gordie Ebert and Paul Lang for driving the forklift.

Soup, chili, dinner rolls, butter and coffee donors include Alice Schmidt, Dale Gessler, the Columbus Family Restaurant, Columbus Community Hospital, Kim Lang, Rhodes Bake and Serve, Feil's Supper Club and Julie's Java Hut.

Kitchen staff included Christe and Brad Solie.

Bake sale cashiers and donors, silent auction donors and attendants, cashiers, greeter, pie donors and servers and set up/clean up helpers include Dale and Pat Gessler, Cathy Ballweg, Cailin Lueders, Beth Heiniger, Judy Lenz, Judy Fiedler, Darlene Allar, Stephanie Foxx, April Sturz, Juanita Weishoff, Wilma Lenz, JoAnn Cunningham, Anne Donahue, May Lins, Sue Schraufnagel, Janell Decker, The Larson House, Joan Loomis, Carol Kilian, Cheyenne Hale, Verna Maier, Joy Vander Sanden, Laurie Dietz, Christe and Brad Solie, Paul and Kim Lang.

Cash donations, silent auction donors include Columbus Community Hospital, Black Kettle Eatery and Pub, Beaver Dam Community Hospital, Central Beauty Shoppe, Columbus Family Dental, Farmers and Merchants Union Bank, Kestrel Ridge Golf Club, Home Again Assisted Living, Columbus Health and Rehabilitation, Subway, Club 60, American Packaging, Kurth Brewery, Poser Clinic LLC, EK Machine Co Inc, Associated Bank, Apple Tree, The Workshop, Dale Gessler, Artist Taylor Gessler, Blake N. Tonn of Blakewood Handcrafted Woodworking, Packerland, April Sturz, Bombshell Hair Design, Margaret Ringelstetter, Charlie and Joan Johnson, Doris Dorshorst, Marian Metzger, Doris Hasenfuss, and Dorothy Harris.

Thanks to everyone! Your contributions were greatly appreciated! I am sorry if I've missed anyone.

Kim Lang, Director



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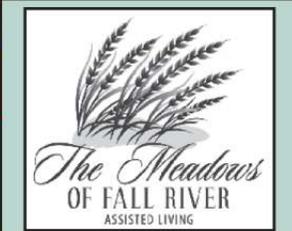
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Brokerage changes at your bank? Let's talk.

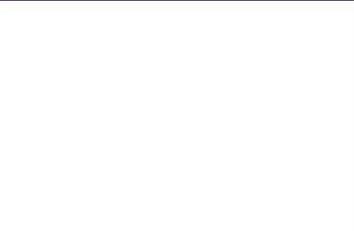
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MAKING SENSE OF INVESTING Member SIPC

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Qualified applicants who meet our screening criteria will pay rent equal to approximately 30% of their monthly income.
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Subsidized Housing
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1 bedroom and efficiency apartments available
Appliances • Water • Heat included
Handicap accessible units available • Pets allowed
Pay only 30% of adjusted gross income
(upon qualification)

This property is HUD subsidized
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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! October

Russell Hundley	10-01
Shirley Lee	10-03
Gertrude Stilson	10-06
Marie Stebnitz	10-08
Lois Meyer	10-11
Marie Drolshagen	10-13
Adeline Voss	10-16
John Werla	10-18
Karen Fritz	10-27
Rosemarie Duesing	10-28
Sheila Werla	10-30
Beth Heiniger	10-31

Birthday/Potluck Committee

October 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!

October Birthday/ Anniversary Lunch

Monday, October 3
at 11:45AM

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

Cost: \$4.00

Potluck

Monday, October 17
at 11:45AM

Please bring a dish to pass or pay \$4.00

Anniversaries

Pete & Rosie Weisensel	10-08
John & Darlene Marks	10-13
Al & Shirley Kitzerow	10-15
Jim & Marge Schuster	10-15
Reuben & Jane Horton	10-21
Roger & Lucy Weiner	10-22
Randy & Lynne Randall	10-30

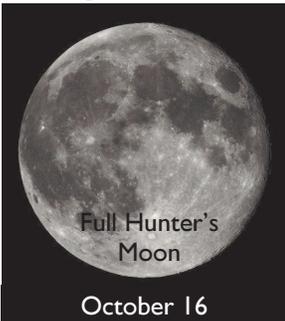
October's birth flower is the marigold. Marigolds are often given as a sign of warm or fierce, undying love, or as a way of saying that you're content with being with the recipient. The other October flower is cosmos, a symbol of order, peace, and serenity.

The Old Farmer's Almanac



September Birthdays

Did you know?



Kim Lang, Howard Lange, Joanie Lee, Pat Jones, Evelyn Powers, Margaret Blaschka, Shirley Machkovitz and Darlene Parpart





OCTOBER



Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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 & Foot	28 9-11 Computers 10:15 Exercise 11:00 Tea 12:30 Movie 1-3 Knit/Crochet 1-3 Canasta	29 8:30 Walking Club 10:30 Bingo 11:30 Brat Lunch 12:15 Penny Poker 12:45 Sheepshead	30 10:15 Exercise 12:45 Euchre	1 8-9 Yoga
2	3 10:15 Exercise 11-11:45 BP Screening 11:45 Birthday Lunch 12:30 Program Euchre follows	4 9:00 Walking Club 1-4 Art Club 1-3 Learn to Play: Canasta	5 9-11 Computers 10:15 Exercise 11:00 Tea 11:00 Good Things Group 1-3 Knit/Crochet 1-3 Canasta	6 9:00 Walking Club 9:00 Advisory Board Meeting 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead	7 10:15 Exercise 12:45 Euchre	8 8-9 Yoga
9	10 10:15 Exercise 1-3 Wii Bowling	11 9:00 Walking Club 8:00 Foot Clinic/BDCH by appt 10:30 Bingo 12:30 Craft Hour	12 9-11 Computers 10:15 Exercise 11:00 Tea 1-3 Knit/Crochet 1-3 Canasta	13 9:00 Walking Club 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead	14 10:15 Exercise 12:45 Euchre	15 8-9 Yoga
16	17 10:15 Exercise 11-11:45 BP Screening 11:45 Potluck 12:30 Program Euchre Follows	18 9-3 Energy Services at Community Center 9:00 Walking Club 10:30 Bingo 1-4 Art Club 1-3 Learn to Play: 500	19 9-11 Computers 9-2 Benefit Specialist 10:15 Exercise 11:00 Tea 12:00 Lunch +Learn 1-3 Knit/Crochet 1-3 500	20 9:00 Walking Club 10:30 Bingo 11:30 Tailgate Pizza Party 12:15 Penny Poker 12:45 Sheepshead	21 10:15 Exercise 12:45 Euchre	22
23	24 10:15 Exercise 1-3 Wii Bowling	25 9:00 Walking Club 10:30 Bingo	26 9-11 Computers 10:15 Exercise 11:00 Tea 12:30 Movie 1-3 Knitting/Crochet 1-3 500	27 9:00 Walking Club 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead	28 10:15 Exercise 12:45 Euchre	29 8-9 Yoga
30	31 11-1 Halloween Party 1-3 Wii Bowling					

October Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Swiss Steak Mashed Potatoes Mixed Vegetables Fruited Gelatin Sliced Bread	4 Closed for Site Manager's State Training	5 Baked Spaghetti Italian Blend Veg. Cantaloupe Slice Sliced Bread	6 Chicken Marsala Baked Potato Spinach Salad with Rasp. Vinaigrette Birthday Cake Dinner Roll	7 Hamburger w/ Bun Cheesy Potato Bake Broccoli Cuts Petite Banana
10 Pork Jaegerschnitzel Mashed Potatoes Baby Carrots Choc Banana Torte Sliced Bread	11 Beef Stroganoff Casserole Calif Blend Veg Apple Slices Dinner Roll	12 Baked Chicken Garlic Mashed Potato Three Bean Salad Egg Custard Pie Sliced Bread	13 Crispy Fish Fillet German Pot Salad Green Beans Watermelon Slice Rye Dinner Roll	14 Swedish Meatballs Mashed Potatoes Peas and Carrots Applesauce Cake Sliced Bread
17 Chicken Breast Mashed Potatoes Summer Blend Veg Fruited Gelatin Sliced Bread	18 Pepper Steak Baby Red Potatoes Chinese Ramen Salad Rainbow Sherbet Dinner Roll	19 Roast Beef Mashed Potatoes Swiss Spinach Peach Slices Sliced Bread	20 BBQ Pork Cutlet Baked Potato Western Corn Apple Pie Dinner Roll	21 Chicken and a Biscuit Casserole Calif. Blend Veg. Mandarin Orange Gelatin
24 Meatloaf Sour Cream and Chive Potatoes Peas/Pearl Onions Cantaloupe Slice Sliced Bread	25 Baked Chicken Twice Bk Style Pot Copper Penny Salad Sugar Cookie Dinner Roll	26 Hawaiian Meatballs Baby Red Potatoes Tossed Salad Cream Sicle Torte Sliced Bread	27 Country Fried Steak Mashed Potatoes Pickled Beet Salad Applesauce Dinner Roll	28 Smoked Sausage Baked Potato Spinach Salad with Hot Bacon Dressing Coconut Cream Pie Sliced Bread
31 Chopped Steak in Burg/Mush Sauce Mashed Potatoes Pumpkin Cake Mixed Vegetables Sliced Bread			<div style="border: 1px solid black; padding: 10px; background-color: #e0e0e0;"> <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

October: New Testament Baptist Church
Contact Larry Herzog, Jr. (920) 350-9889
November: Faith Lutheran Church
Contact Ruth Nordal (920) 623-3610

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

Save the Date:

Saturday, November 12:

Veterans Resource Fair 9-2
On-Site Reps
Free Coffee & Donuts



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.