

PRIME TIME CONNECTION

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: April Sturz and Kristie Dunbar

Columbus

Meal Site

Phone: (920) 763-2124

Hours: 9:00am - 12:30pm

New staff member welcomed at CASC



We are happy to welcome our newest staff member, Kristie Dunbar. Kristie will be working Monday, Wednesday and Friday and additional hours when needed. Her position title is Administrative/Marketing Assistant.

Kristie lives in Columbus with her daughter, Amanda. She enjoys hunting, fishing and whatever her daughter is interested in—right now horseback riding. When asked what appealed to her about this position, she said, “Working close to home and making a difference in the community”.

Please introduce yourself and welcome Kristie to the Center.

See page 4 for **Inclement Weather** closing policy.

See page 6 for the NICC foundation donations from our own knit and crochet group. **Way to go Ladies!!!!**

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The Columbus Area Senior Center: 37 years of serving our community

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 9:00 am 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



Health and Wellness

3

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, January 9

by Columbus Community Hospital

Monday, January 16

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, January 10 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@alzwissc.org. Find more information online at www.alzwissc.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.

Holiday Giving

Thank you to all of you have generously supported our Center's Wishing Tree program this year. The goods and funds donated to the Center will give us the ability to not only continue to provide free or low cost activities and programs to all area 50+ year olds, but will allow us to look at additional activities and programs going into 2017.

The following individuals have given during the month of November and December as of 12/9/2016. If we have missed anyone, please let us know. We appreciate and want to acknowledge every gift and it's giver.

Dale and Pat Gessler	Bev Hilbert	Judy Stafford
Marian Metzger	Calin and Fred Lueders	JoAnn Cunningham
Juanita Weishoff	Maizie Anthon	Shirley Lee
Mary Lou Bradley	Janell and Charlie Decker	Laurie Dietz
Wilma Lenz	Marie Drolshagen	Don Kehl
Sharon Nelson	Audrey Walter	Barb Cooper
Dorothy Harris	Richard Armacher	May and Lawrence Lins
Rita Evanoo	Margaret Ringlestetter	Cathy Ballweg
Evelyn Powers	Joy and Bernard Vander Sanden	Hank and Norma Hildebrandt
Elaine Riege	Sue and Terry Schraufnagel	
Shirley Banetzke	Jane and John Evers	

Snow Day Closings

The Columbus Areas Senior Center (CASC) will follow Columbus School District in determining closing due to inclement weather. The employees of CASC will use their own discretion in working normal hours on these days. If Columbus School District cancels school for an entire day, CASC and the Columbia County ADRC Meal Program will also be closed for the day. All activities and programs will be cancelled as well as on-site and home delivered meals. The Director will also notify the City Administrator, ADRC, CASC staff and local radio stations of the closing of CASC.

If the Columbus School District is on break during a weather event, it will be at the discretion of the Director to determine if CASC will open. If it is determined that CASC should be closed for the day, the Director will contact the ADRC, City Administrator, CASC staff and local radio stations.

The ADRC Meal Site also has their own policy in determining if services will occur. Which is as follows:
In the event of snow or icy conditions that make driving hazardous, the Dining Center may close for the day. If a Dining Center is closed, the local radio stations will be notified and the radio will announce that the Columbus Dining Center is closed.

If the Columbus School District calls for a late start or early release due to inclement weather, CASC will remain open with all scheduled activities. We encourage you to use good judgement when weather conditions are unfavorable, even when CASC is open for the day.

There are several options for finding up-to-date information about the closing of CASC:

- * **All Madison TV stations will list school closings. If Columbus is listed, CASC is closed.**
- * **Beaver Dam Radio Stations, WBEV – 1430 AM and WXRO – 95.3 FM will be contact by CASC and they will announce in addition to school closing, that CASC is not open for the day.**
- * **Closings will be posted at the City of Columbus Web site: www.cityofcolumbwi.com.**
- * **CASC voicemail will be updated, if possible, to reflect the closing of CASC as well as the meal site at 920-623-5918.**



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A 4C 01-1108

What's Happening

Art Club

The Columbus Area
Art Association meets the **1st & 3rd Tuesday** of this month

Bring your art supplies and join other artists at the Senior Center on **Tuesday, January 3 & 17** from 1- 4pm.

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

Card Players

Thursdays-Sheephead

Games run from 12:45pm - 3:45pm
Cash prizes are awarded for 1st-4th place. Low in these games takes home a candy bar! \$2 to play.

Fridays-Euchre

Games run from 12:45pm - 3:45pm
Cash prizes are awarded for 1st-4th place. Low in these games takes home a candy bar! \$2 to play.

First and Third Mondays

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

Penny Ante Poker is played on Thursdays at 12:15pm in the front



Puzzles

Check out our extensive selection of puzzles that can be borrowed! We have many different sizes and scenes for you to put together.

Crochet/Knitting

Join this fun group on
Wednesdays
1-3pm

The Senior Center
accepts yarn
donations.

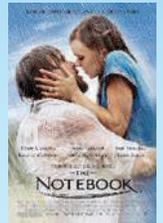


Donations to the NICC foundation from the Crochet/Knitting group (above) included 175 pieces: 25 hand warmers, 5 hat/scarf combos, 106 hats, 1 headband, 2 lap covers, 16 pair of mittens and 20 scarves. **Thank you for your hard work Ladies!!!**

January Programs

- ♦ January 2 - Closed for New Year Holiday
- ♦ January 3 12:30pm - **Craft Hour** with Becky from **The Workshop**.
- ♦ January 9 - **Birthday/Anniversary Lunch Program** - Chris Rathert from Generations
- ♦ January 16 - **Potluck Program**
- ♦ January 18, 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
- ♦ January 25 - 12:30pm - **Movie Day: The Notebook**

In 1940s South Carolina, mill worker Noah and rich girl Allie are desperately in love. But her parents don't approve. When Noah goes off to serve in World War II, it seems to mark the end of their love affair. In the interim, Allie becomes involved with another man. When Noah returns to their small town years later, on the cusp of Allie's marriage, it soon becomes clear that their romance is anything but over.



Starring: Ryan Gosling, Rachel McAdams, and James Marsden **Rated: PG-13**

Bingo

Free to play! Prizes!

Start time is
10:30am

- Tuesday, Jan. 3- Sponsor TBA
- Thursday, Jan. 5 - At Home Again
- Tuesday, Jan. 10 - TBA
- Thursday, Jan. 12 - Prairie Ridge Assisted Living
- Tuesday, Jan. 17 - Columbia Health Care Center
- Thursday, Jan. 19 - The Meadows
- Tuesday, Jan. 24 - Larson House
- Thursday, Jan. 26 - Columbus Health & Rehab
- Tuesday, Jan. 31 - TBA



Please Thank Our Generous Sponsors!

The Fun We Have



Merry Christmas to all!!!

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.

Congratulations to our own Volunteer Sherrie Morrison for winning 2nd place in a local adult coloring contest.



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

2017 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. Please have items fitted by your therapist or Doctor.

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

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

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, January 17 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, January 11 from 9:00– Noon** Kelly can assist you with Medicare questions and services available to adults ages 60+.

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

December Sponsors

- American Family Insurance
- 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
- Larson House - bingo
- Traci Rose and Rita Evanoo - magazine subscriptions
- The Workshop - Becky Weidner
- Janet Wiegel - Alzheimer's and Dementia Alliance of WI

December 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
- 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
- Carol Sande - meal site

Thank You!



American Family
Insurance Choir



Gary Cross

December Donations

Desserts: Kim Huber, JoAnn Cunningham, Pat Gessler, Virginia Rehfeldt, Mary Lou Bradley, Cathy Ballweg, Audrey Walter

Ice Cream: Dale Gessler

Persons Donating to the Center: Margaret Ringlestetter, Joy & Bernard Vander Sanden, Rita Evanoo, Dorothy Harris, Sue Schraufnagel, Jane Evers, Richard Armacher, Janell Decker, Judy Stafford, JoAnn Cunningham, Elaine Riege

Items Needed for the Center:

Kleenex, napkins, storage bags (quart and gallon), microwave popcorn, sweet treats, bingo prizes: personal care items, household or non-perishable food items

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

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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! January

Emily	Henning	2
Glen	Schultz	4
Steve	Desjarlais	5
Emma	Bennett	5
Shirley	Smith	7
Roger	Corning	11
Sylva	Kehl	11
Marge	Schuster	12
John	Van Roo	13
Steve	Kolakowski	15
Kristie	Dunbar	18
Marcia	Lyford	23
Dorothy	Hasey	24
Arlene	Sennhenn	25
Doris	Dorshorst	26
Sharon	Nelson	28
Kathleen	Wedel	30
Janell	Decker	30
Norma	Hildebrandt	30

Birthday/Potluck Committee

January 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!

January Birthday/ Anniversary Lunch

Monday, January 9

at 11:45AM

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

Cost: \$4.00

Potluck

Monday, January 16

at 11:45AM

Please bring a dish to pass or pay \$4.00

January Birthday

Flower: Carnation or Snowdrop

This flower means Fascination; Devoted Love/Consolation; A Friend in Adversity.

Stone: Garnet

This stone signifies eternal friendship and trust. Garnet, derived from the word granatum, means seed, and is called so because of the gemstone's resemblance to a pomegranate seed.



Left to Right:
Audrey Walter, Dale Gessler, Pat Gessler, Mary Lou Bradley, Virginia Rehfeldt, Lyle Smith

Anniversaries

Gerri & Pete Maier
Lyle & Shirley Smith 1/20
Wendy & Dan 1/31
Zupke

Did you know?



Full Moon

January 12

CASC

JANUARY

Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED 	3 10:30 Bingo 1-4 Art Club	4 9-11 Computers 10:15 Exercise 11 Tea 1-3 Knit/Crochet	5 9:00 Advisory Board 10:30 Bingo 12:15 Penny Poker 12:45 Sheephead	6 10:15 Exercise 12:45 Euchre	7 8-9 Yoga
8	9 10:15 Exercise 11-11:45 BP Screening 11:45 Birthday Lunch 12:30 Program Euchre follows	10 10:30 Bingo	11 8:30-12 Benefit Specialist 9-11 Computers 10:15 Exercise 11:00 Tea 1-3 Knit/Crochet	12 10:30 Bingo 12:15 Penny Poker 12:45 Sheephead	13 10:15 Exercise 12:45 Euchre	14 8-9 Yoga
15	16 10:15 Exercise 11-11:45 BP Screening 11:45 Potluck 12:30 Program Euchre Follows	17 8:00 Foot Clinic/BDCH by appt 9-3 Energy Svc at Community Center 10:30 Bingo 1-4 Art Club	18 9-11 Computers 10:15 Exercise 11:00 Tea 1-3 Knit/Crochet	19 10:30 Bingo 12:15 Penny Poker 12:45 Sheephead	20 10:15 Exercise 12:45 Euchre	21 8-9 Yoga
22	23 10:15 Exercise 12:30-2:30 Wii Bowling	24 10:30 Bingo	25 9-11 Computers 10:15 Exercise 11:00 Tea 12:00 Lunch and Learn 1-3 Knit/Crochet	26 10:30 Bingo 12:15 Penny Poker 12:45 Sheephead	27 10:15 Exercise 12:45 Euchre	28 8-9 Yoga
29	30 10:15 Exercise 12:30-2:30 Wii Bowling	31 10:30 Bingo	1 9-11 Computers 10:15 Exercise 11:00 Tea 12:30 Movie 1-3 Knit/Crochet	2 10:30 Bingo 12:15 Penny Poker 12:45 Sheephead	3 10:15 Exercise 12:45 Euchre	4 8-9 Yoga

January Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED to observe the New Year's Day Holiday	3 Salisbury Steak Mashed Potatoes Mixed Veg Ice Cream Cup Dinner Roll	4 Cranberry/Kraut Meatballs Baby Red Potatoes Tossed Salad Fruited Gelatin Sliced Bread	5 Chopped Steak in Burg/ Mush Sauce Mashed Potatoes Carrots Birthday Cake	6 Chicken Teriyaki Baked Potatoe Chinese Ramen Sal Pineapple Tidbits Sliced Bread
9 Ham Rolls Squash Winter Blend Veg Applesauce Cake Sliced Bread	10 Baked Chicken Garlic Mashed Potato Pickled Beets Pear Slices Dinner Roll	11 Beef Stew <i>Brussel Sprouts</i> <i>Taffy Apple Salad</i> <i>Cheddar Biscuit</i>	12 BBQ Pork Cutlet Baby Red Potato Western Corn Applesauce Dinner Roll	13 Swedish Meatballs Mashed Potatoes Baby Carrots Choc Cloud Torte Sliced Bread
16 Liver and Onions Escalloped Potatoes Calif Blend Veg Peach Slices Sliced Bread	17 Chicken, Broccoli, Rice Casserole Spinach Salad w/ Honey Mustard Dressing Orange Sherbert	18 Swiss Steak Mashed Potatoes Green Beans Fruited Gelatin Sliced Bread	19 Lasagna Casserole Mixed Italian Veg Tapioca Pudding French Bread	20 Pot Roast Baby red Potatoes Carrots Petite Banana Sliced Bread
23 Pork Steak Mashed Potatoes Red Cabbage Butterfinger Torte Sliced Bread	24 Beef Stroganoff Casserole Winter Blend Veg Maderin Orange Gelatin Diner Roll	25 Baked Chicken Twice Bk Style Potato Three Bean Salad Choc Chip Cookies Sliced Bread	26 Hamburger on a Bun German Potato Salad Corn Cantaloupe Slice	27 Chicken Breast Mashed Potato Summer blend Veg Choc. Banana Torte Sliced Bread
30 Glazed Ham Sweet Potato Bake Health Slaw Pineapple Tidbits Sliced Bread	31 Country Fried Steak Mashed Potatoes Peas and Carrots Ambrosia Dessert Dinner Roll	<div style="border: 1px solid black; padding: 10px; background-color: #f4b084;"> <p>Suggested Donation 60 & older: \$4.00 If you are under age 60 you must pay: \$10.22</p> </div>		

Columbus Meal Site

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

December: Olivet Congregational UCC
Contact Darlene Crombie (920) 623-5140

January: Columbus Church of the Nazarene
Contact Jonathan Jordan (608) 234-1655

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 _____

In Memory of (if applicable) _____

In Tribute of (if applicable) _____

I give permission to post or publish my donation

Yes _____

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.