

# PRIME TIME CONNECTION

December 2016  
Vol. No 8, Issue 12



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: April Sturz and Kim Huber

## Columbus Meal Site

Phone: (920) 763-2124

Hours: 9:00am - 12:30pm

Manager: Stephanie Foxx

# HOLIDAY PARTY

Columbus Area Senior Center



## Inside This Issue

Center Information .....	2
Advisory Board .....	2
News .....	2
Health & Wellness .....	3
Support Resources.....	3
Word Search .....	4
Newsletter Sponsors....	5,11
What's Happening .....	6
Photos.....	7
Rental Rates .....	8
Transportation/Education .	8
Energy Assistance .....	9
Aging & Disability Center ..	9
Benefit Specialist .....	9
Project Reassurance.....	9
Donations/Volunteers.....	10
Birthdays/Anniversaries..	12
Potluck.....	12
Event Calendar.....	13
Dining Menu .....	14
Food Resources .....	15
Contributions .....	15
Directions .....	back page

## GIVING TREE

Look inside on page 4 for more information on a way to support our Columbus Area Senior Center and its activities!

CASC will be **CLOSED** December 23,  
26, 30 and January 2

# Happy Holidays To All!

*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, December 5**

by Columbus Community Hospital

**Monday, December 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, December 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 - 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](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

## SANTA'S REINDEER'S NAMES



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

DASHER PRESENTS  
 DANCER CHIMNEY  
 PRANCER STOCKING  
 VIXEN  
 COMET  
 CUPID  
 DONNER  
 BLITZEN  
 RUDOLPH  
 SANTA  
 SNOW  
 FLY  
 MAGIC  
 SLEIGH  
 CHRISTMAS

[www.northPoleNews.Org](http://www.northPoleNews.Org)

## GIVING TREE

**A great way to help out our CASC!**

The Columbus Area Senior Center (CASC) is very grateful to our community in the support we have received from individuals, organizations and businesses throughout the year. We could not continue to meet the needs of those we serve, adults over fifty, without your assistance.

We are asking for your continued support in 2017. We have some great programs and activities already in place, and are looking to expand into new areas of interest in the coming months. Our City Council has been very supportive of the CASC, but they alone can't supply all that we need.

If you or your family and friends are able, we are hoping you can help supplement the CASC by choosing an item from our Giving Tree. The items on this tree range from \$1.00-\$10.00. The items on the tree include things we use every day: prizes for bingo, paper products, Birthday/Anniversary and Potluck lunch supplies, beverages, treats, cleaning supplies and other programming items.

To learn more about the Wish List or the CASC programs and activities, please stop in Monday – Friday from 8:00 am – 4:00 pm or view our web page: <http://www.cityofcolumbuswi.com/2200/Senior-Center>

# 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, December 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.



**Penny Ante Poker** is played on Thursdays at 12:15pm in the front room. Bring your pennies!

## 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**  
from **1-3pm** to crochet or knit.

The Senior Center also accepts yarn donations.



## December Programs

- **Dec. 5, 12:30pm - The American Family Singers** will entertain us
- **Dec. 6, 12:30pm - Craft Hour** with Becky from **The Workshop**. We will be making **Gift Tags**
- **Dec. 19, 12:30pm - Bill Hill** is here to play music
- **Dec. 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
- **Dec. 28, 12:30pm - Movie Day: Pitch Perfect**

Beca, a freshman at Barden University, is cajoled into joining The Bellas, her school's all-girls singing group. Injecting some much needed energy into their repertoire, The Bellas take on their male rivals in a campus competition.

Starring: Anna Kendrick, Brittany Snow and Rebel Wilson

Rated: PG 13



## Bingo

**Free to play! Prizes!**

Start time is  
**10:30am**

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

**Tuesday, Dec. 6** - Sponsor TBA

**Thursday, Dec. 8** - Sponsor TBA

**Tuesday, Dec. 13** - CASC Christmas Bingo - Bring an ornament, Win an ornament!

**Thursday, Dec 15** - The Meadows of Fall River

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

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

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

**Thursday, Dec. 29** - Angels Loving Care

**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 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. Please have items fitted by your therapist or Dr.

**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, December 13 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, December 7 from 8:30- 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

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

## Thank You!

Patrick Vander Sanden updated us on happenings around our city



Janet Wiegel gave us so much information on brain health

## November 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
- Carol Sande - meal site

## November Donations

**Desserts:** Judy Stafford, Rita Evanoo, Sharon Nelson, JoAnn Cunningham, Dennis & Joan Loomis, Cathy Ballweg

**Ice Cream:** Maizie Anthon

## Persons Donating to the Center:

Joy & Bernie Vander Sanden, Laurie Dietz, Maizie Anthon, Judy Stafford, Sue Schraufnagel, Richard Armacher, Dorothy Harris, Marie Drolshagen, Margaret Ringelstetter, Barb Cooper, Elaine Riege, Don Kehl, Anonymous

## Items Needed for the Center:

Decaf coffee, toilet paper, paper towel, napkins, Kleenex, bingo prizes: non-perishable food items

*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.*

# Birthday & Potluck

## Happy Birthday! December

Dale Gessler	12-02
Don Kehl	12-03
Gary Smith	12-05
Lyle Smith	12-06
Carol Kilian	12-12
Viola Riselay	12-15
Mary Lou Bradley	12-17
Audrey Walter	12-22
Evelyn Wendt	12-23
Michael Piekarski	12-26
Virginia Rehfeldt	12-28
Pete Weisensel	12-28
Donna Peterson	12-28
Virginia Rehfeldt	12-28
Kathy Keckeisen	12-29
Pat Gessler	12-30

### Birthday/Potluck Committee

#### December 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!

### December Birthday/ Anniversary Lunch

Monday, December 5  
at 11:45AM

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

**Cost:** \$4.00

### Potluck

Monday, December 19  
at 11:45AM

Please bring a dish to pass or pay \$4.00

December's birth flower is the *narcissus* which embodies the idea that you want your beloved to stay just the way they are. The other December flower is *holly*, which symbolizes your wish for domestic happiness.

The Old Farmer's Almanac



## November Birthdays



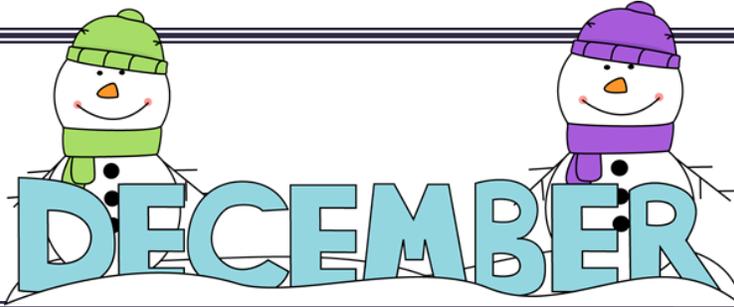
Rita Evanoo, Judy Stafford, Virgil Obermeyer  
and Maizie Anthon

## Anniversaries

Dan & Beth Heiniger	12-07
Dennis & Joan Loomis	12-17
John & Sheila Werla	12-19

### Did you know?





Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 10:15 Exercise 11:30 Phonograph Music Monday 1-3 Wii Bowling	29 9-3 Energy Services at Community Center 10:30 Bingo 1-4 Art Club	30 9-11 Computers 10:15 Exercise 11:00 Tea 12:30 Movie 1-3 Knit/Crochet	1 9:00 Advisory Board Meeting 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead	2 10:15 Exercise <b>HOLIDAY PARTY</b> 11:00am 	3 8-9 Yoga
4	5 10:15 Exercise 11-11:45 BP Screening 11:45 Birthday Lunch 12:30 Program Euchre follows	6 10:30 Bingo 12:30 Craft Hour 1-4 Art Club 6:00 Holiday Activities 8:30 Holiday Train	7 8:30-12 Benefit Specialist 9-11 Computers 10:15 Exercise 11:00 Tea 1-3 Knit/Crochet	8 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead	9 10:15 Exercise 12:45 Euchre	10 8-9 Yoga
11	12 10:15 Exercise 1-3 Wii Bowling Party – Christmas Party: Bring treats to share	13 8:00 Foot Clinic/BDCH by appt 9-3 Energy Services at Community Center 10:30 Bingo	14 9-11 Computers 10:15 Exercise 11:00 Tea 1-3 Knit/Crochet	15 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead - Christmas Party: Bring treats to share	16 10:15 Exercise 12:45 Euchre - Christmas Party: Bring treats to share	17 8-9 Yoga
18	19 10:15 Exercise 11-11:45 BP Screening 11:45 Potluck 12:30 Program Euchre Follows	20 10:30 Bingo 1-4 Art Club	21 9-11 Computers 10:15 Exercise 11:00 Tea 12:00 Lunch and Learn 1-3 Knit/Crochet	22 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead	23 <b>CLOSED</b> 	24 8-9 Yoga
25 	26 <b>CLOSED</b>	27 10:30 Bingo	28 9-11 Computers 10:15 Exercise 11:00 Tea 12:30 Movie 1-3 Knit/Crochet	29 10:30 Bingo 12:15 Penny Poker 12:45 Sheepshead	30 <b>CLOSED</b> 	31

# December Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Suggested Donation</b> 60 &amp; older: \$4.00 <b>If you are under age 60 you must pay: \$10.22</b></p>		<p><b>Happy Holidays!</b></p>	<p>1 Pork Steak Mashed Potatoes Red Cabbage Birthday Cake Dinner Roll</p>
<p>5 Meatloaf Baked Potato Corn Tapioca Pudding Sliced Bread</p>	<p>6 Chicken Marsala Garlic Mashed Potatoes Green Beans Fruited Gelatin Dinner Roll</p>	<p>7 Hungarian Goulash Casserole Maple Brussels Sprouts Cantaloupe Slice Sliced Bread</p>	<p>8 Liver and Onions Cheesy Potato Bake Winter Blend Veggies Butterfinger Torte Dinner Roll</p>	<p>9 Honey Mustard Meatballs Baby Red Potatoes Peas and Carrots Applesauce Sliced Bread</p>
<p>12 Baked Chicken Twice Baked Style Potato Copper Penny Salad Ice Cream Cup Sliced Bread</p>	<p>13 Chili Casserole Tossed Salad Applesauce Cake Cornbread</p>	<p>14 Roast Pork Loin Mashed Potatoes Pickled Beet Salad Peach Slices Sliced Bread</p>	<p>15 Bratwurst on a Bun Sour Cream and Chive Potatoes Corn Cantaloupe Slice</p>	<p>16 Roast Turkey Mashed Potatoes Green Bean Casserole Cranberry Gelatin Sliced Bread</p>
<p>19 Glazed Ham Sweet Potato Bake Cole Slaw Pineapple Tidbits Sliced Bread</p>	<p>20 Chicken Breast Mashed Potatoes Mixed Vegetables Red Velvet Cake Dinner Roll</p>	<p>21 Baked Spaghetti Casserole Mixed Italian Salad Fruited Gelatin French Bread</p>	<p>22 Roast Beef Mashed Potatoes Carrots Key Lime Pie Dinner Roll</p>	<p>23 Closed to observe Christmas Eve Holiday</p>
<p>26 Closed to observe the Christmas Holiday</p>	<p>27 Hawaiian Meatballs Baby Red Potatoes Peas and Carrots Mandarin Orange Gelatin Dinner Roll</p>	<p>28 Baked Chicken Twice Baked Style Potato Three Bean Salad Coconut Cream Pie Sliced Bread</p>	<p>29 Pork Jaegerschnitzel Baked Potato Baby Carrots Applesauce Dinner Roll</p>	<p>30 Closed to observe the New Year's Eve Holiday</p>

## 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

**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.