

# PRIME TIME CONNECTION

January 2012  
Vol. No 4, Issue 1



## Columbus Area Senior Center

125 North Dickason Boulevard  
Columbus, WI 53925

**Hours:** M/T/R/F 8:00 am-4:00 pm  
Wed. 8:00 am-3:00 pm

**Phone:** 1-920-623-5918

**Email:** seniorcenter@columbuswi.us

**Website:** www.cityofcolumbuswi.com

### Meal Site/Kitchen

**Phone:** 1-920-623-9215

**Hours:** 10:00 am-1:00 pm

**CASC Director:** Marie Steffen

**Assistant:** Beth Heiniger

**Meal Site Manager:** Stephanie Foxx

## Keeping Our Community Warm

Crochet and Knitters from the Columbus Area Senior Center recently donated hats, scarves and mittens to Kindred Kids and to the Hunger Task Force. They have previously donated these items along with blankets to Headstart and to the Linus Blanket Program. The public is welcomed and encouraged to assist with the senior center's "keeping our community warm" efforts. People gather to crochet and knit at the senior center on Wednesdays from 1-3 p.m. Yarn is available if you would like to participate. Specific patterns are not required, but if you would like pattern ideas, they can be provided. If you are not able to come to the senior center to participate, you may make your projects at home and we will collect them periodically at the senior center for distribution. If you are homebound and need yarn, one of the crochet members will drop it off at your house. The senior center also accepts yarn donations for these projects. Contact Marilyn Grueneberg at 920-623-2370 for additional information.



**Photo:** Sandra Thomsen, Jane Evers, Lucy Weiner, Lillian Fischer, Marilyn Grueneberg, Virginia Rehfeldt and Marjorie Reuter. Not pictured: Cathy Ballweg, Mary Lou Bradley, Vivian Huitfeldt, Roberta Schoenwetter and Mary Zeidler.

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**30+ Years Serving our Community "1979-2012"**

# 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.

- ☺ Enjoy a cup of Coffee
- ☺ Wheelchair Accessible & Wheelchair available for on-site use
- ☺ Nutrition Site
- ☺ Ensure available at a discount (\$26/24 cans)
- ☺ Fitness Equipment Workout Room
- ☺ Borrow: books, movies, wheelchair, walker, tub chair, cane, crutches, bedside commode, commode lift
- ☺ Internet Access
- ☺ Magnifying Reading Machine
- ☺ Paper Shredder
- ☺ Food Pantry Donation Drop Off Site
- ☺ Newspapers: Columbus Journal, Daily Citizen, Wisconsin State Journal, Portage Register
- ☺ Drop Site for eye glasses, hearing aids and hearing aid batteries (recycled by the Lion's Club)
- ☺ Cell Phone Drop Site
- ☺ Postage-paid medicine disposal envelopes

## Senior Citizen's Advisory Board

This board is established for the purpose of providing senior citizens a resource for communicating with their elected representatives. The board shall advise the council and the senior center director in matters of particular concern and impact to the senior citizen community of Columbus. Meetings are open to the public and are held on the 1st Thursday of each month at 8:45 am in the Senior Center.

Judy Fiedler, Vice-Chair.....920-382-9693  
 Dale Gessler, Chairman.....623-3249  
 Joyce Knox.....920-319-1179  
 Ed Parpart.....623-3263  
 Roger Weiner .....623-4929  
 Lyle Smith (Senior Club).....623-3055  
 Stephanie Foxx (Nutrition Site), Secretary...992-4070  
 Larry Herzog (Council Liaison)...623-4005



Back Row: Lyle Smith, Dale Gessler, Ed Parpart, Roger Weiner, Larry Herzog  
 Front: Stephanie Foxx, Judy Fiedler, Marie Steffen, Joyce Knox

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**"Do not forget little  
kindnesses and do not  
remember little faults."**

## 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 Nursing & Rehabilitation Center



## Exercise

Free Classes are offered at **10:15AM on  
Wednesday and Friday**

Leaders: Wilma Lenz (Wednesday)

Columbus Community Hospital (Friday)

## Foot Clinic

The Foot Clinic, a service of the Beaver Dam  
Community Hospital, is held at the Senior  
Center on **Tuesday, January 3rd & 24th**



Call 920-887-4191 to schedule your appointment.

First Time: \$23      Follow-up: \$20

## CCH Listening Session

**Monday, January 16 at 12:30PM**

John Russell, CEO of the Columbus Community Hos-  
pital, will speak and answer questions at the senior  
center following potluck.

## MATC Classes

Madison College will offer the following classes at the  
Senior Center. Call 608-745-3100 to Register.

Cookie Bouquet      Class# 63810  
\$17.75      Thursdays: January 19 & 26      7-9pm

Food Preservation-Canning      Class# 66842  
\$15.88      Tuesday, January 24      5:30-7:30pm

Food Preservation-Freezing & Dehydrating  
Class# 66844      \$15.88      Tuesday, January 31  
5:30-7:30pm

Basic Cake Decorating Workshop      Class# 63757  
\$34.65      Thursdays: February 2, 9, 16, 23      7-9pm

Planning Your Garden      Class# 66830  
\$10.88      Tuesday, February 7      5:30-7:30pm

Small Space Gardening      Class# 66831  
\$10.88      Tuesday, February 14      5:30-7:30pm

Growing Fruits-Berries and Grapes      Class# 66826  
\$10.88      Tuesday, February 28      5:30-7:30pm

## Fitness Goals for 2012

**Tuesday, January 17**      FREE

Location: Columbus Community Hospital

Call 920-623-1276 to Register. Join host Angi Genco,  
Physical Therapy Supervisor and Physical Therapist as  
she presents a short lecture on goal setting. The class  
will then move to the Columbus Community Hospital  
Fitness Center where Angi will demonstrate exercises  
and stretches that will help you with your short and  
long term goals. Participants should bring two fitness  
related goals, a short term and long term goal, to  
work toward. Comfortable clothing and tennis shoes  
are recommended.

## Walking

The Columbus Fireman's Park Pavilion is open for  
walking Monday thru Friday, 7:15AM-3:15PM until  
April 1, 2012. It may be closed periodically for  
cleaning and floor refinishing. Contact the Public  
Works department at 623-5908 with any questions.

## Red Hat Society

The Columbus Red Bud Blossoms Chapter (Red Hat-  
ters) meet once a month and each member takes a  
turn planning the event. Members 50 and older wear  
purple with a red hat and members under 50 wear  
lavender with a pink hat. We have 21 members and a  
"Queen Mother" who presides. Our Queen Mother is  
Joan Duffy. She can be reached at 623-4776.

## Fitness Room

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

- Nordic Track
- Pro-Form Treadmill
- Recumbent Bike
- Air Walk
- Gazelle Edge
- Cardio Glider
- Stepper



There is also a Radio/CD Player and a DVD/VCR  
player in the room. Bring your own CD or videos. A  
sign in sheet, along with fitness rules are located at  
the entrance. Please sign in and out. There is no fee.

# What's Happening

## Art Club

Bring your art supplies and join other artists at the senior center on Tuesday, January 10th and 24th, from 1-4 p.m. Share ideas and enjoy a well-lit area to paint.

## Board Games and Puzzles

The senior center has board games available for your use during business hours. Grab a game, find some players and have some fun!

## Card Players

Games run from 1:00-3:45/4PM

### Thursdays-Sheepshead

### Fridays-Euchre

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

Euchre is usually played on the first and third business Monday of each month following the senior club meeting and potluck program. \* It usually starts about 1 p.m. It is 50¢ to play on these Mondays.

TOPS will host Euchre on Saturday, January 14th and 1 p.m. Cost to play is \$4 and includes refreshments.

**Penny Ante Poker** is played on Thursdays from 1-3PM in the front room. Bring your pennies!

## Crochet/Knitting

Join others on Wednesdays from 1-3 p.m. to crochet or knit at the senior center. The Senior Center accepts yarn donations.

## Shuffleboard

The court is available to use when there are no large group activities in the main room. Check the office for details.

**"An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves."**

**Bill Vaughan**

## Bingo Free to play! Prizes!

**Thursday, January 5** at 10:30 a.m., sponsored by At Home Again

**Monday, January 9** at 12:45 p.m., sponsored by Columbus Nursing & Rehabilitation Center

**Thursday, January 12** at 10:30 a.m., sponsored by Aster Retirement Community

**Thursday January 19** at 10:30 a.m., sponsored by American Way

**Monday, January 23** at 12:30 p.m. sponsored by the Larson House

**Thursday, January 26** at 10:30 a.m., sponsored by Arcadia Retirement Communities



## Support Groups

### Aging & Disability Resource Centers

Columbia County 1-888-742-9233

Dodge County 1-800-924-6407

### Alzheimers & Dementia

2nd Thursday each month beginning at 10 a.m. at the Columbus Community Hospital.

Contact Chris DeLapp at 623-1276.

Carol Olson 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 find more information online at [carol.olson@alzswisc.org](mailto:carol.olson@alzswisc.org).

### American Cancer Society Support Line

1-800-227-3345

### 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.

### Widow's Night

Capri Steakhouse (for women)

3rd Sunday each month at 5:00 pm.

(No reservations necessary)

*Please let the senior center know if you are aware of additional support groups that should be listed.*

## 2011 Christmas & Holiday Party



Beth Heiniger was recognized for her 10 years of service with the senior center.



## 2011 Veteran's Day

- Steve Desjarlais
- Mike Piekarski
- Dan Randall
- Don Kehl
- Jay Schnierle
- Lyle Smith
- Henry Hildebrandt
- Eddie Matthews

# Services

## Transportation

Columbia County Commission on Aging 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 must call Columbia County Commission on Aging at 1-888-742-9233. Scheduling must be done at least 24 hours in advance. The trip charge for a ride within the Columbus City limits is \$3.00 and all other trips outside the city limits is \$.25 a mile with a minimum of \$3.00. There is a limit of 125 miles per round trip, unless prior approval is received. The trip charge is to be paid directly to the driver escort.

If a client and a caregiver/assistance person are picked up at the same location and both go the same destination, they are charged for one fare.

**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 sr. center.**

- Tammy Barstow .. 920-350-2093
- Betty Klug ..... 920-623-3306
- Lori Pahl..... 920-382-8055
- Tammy Sentz ..... 920-350-2680
- Mike & Darlene Piekarski (in town only) ...623-5057
- Randy Randall (rides to & from the senior center)  
920-484-8222
- Columbia County Van (details above) 1-888-742-9233
- Dodge County Van 1-800-924-6407



### •Veteran's Transport

Columbia County  
608-617-6000 (8AM-5PM)

Dodge County  
920-386-3832 or 1-800-924-6407 (8AM-4:30PM)

## Wisconsin Dept. of Veteran's Affairs

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

## Senior Center Rental Prices:

### Businesses & Private Groups

#### Meeting Room Only

- 4 hours or less .....\$50\*
- More than 4 hours .....\$75\*

#### Kitchen & Meeting Room

- 4 hours or less .....\$75\*
- More than 4 hours .....\$100\*

### Non-Profit Organizations

*Must provide copy of non-profit certification upon request.*

#### Meeting Room Only (week nights)

- 1-6 week nights per calendar year .....\$20\*
- 7-12 week nights per calendar year .....\$40\*
- 13-24 week nights per calendar year .....\$60\*
- 25-52 week nights per calendar year .....\$100\*

*Four hour maximum time frame per use. More than four hours will count as two rental time units. Each additional week night over 52 will be charged at \$10/use.*

#### Meeting Room Only (weekends)

- 4 hours or less ..... \$10/use\*
- More than 4 hours ..... \$20/day\*

**Use of Kitchen** ..... additional \$15/use

*Kitchen may be locked if not reserved.*

*\*\$30 security deposit for all senior center facility rentals.*

## 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 at 623-9661 or on his cell phone at: 920-904-0725.

## Home Services

The senior center keeps a list of individuals that have contacted us regarding provisions of services such as: shoveling, raking, planting & maintaining flowers at the cemetery, household chores, home repairs, home care, dog walking, pet sitting, sewing and shoveling. We do not endorse them and suggest that you ask them for references. See office staff for more information.

## **Columbia County Aging & Disability Resource Center (ADRC)**

2652 Murphy Road, Portage

1-888-742-9233

(There is no cost for ADRC services, but donations are welcomed.)

### **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

### **Services Offered:**

Information, assistance, and referral for local community resources; Counseling on options to meet immediate or future needs for care; Assistance to apply for public benefit programs such as Medicare, Social Security, or Medicaid; Advocacy to cut through problems with benefit programs, health insurance, housing or consumer issues; Prevention and health promotion programs; Link to help when someone is being abused (physically, verbally, or financially) or when someone is neglecting their own care; Determine eligibility for publicly funded long term care programs such as Family Care.

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

**Location:** County Administration Building; 127 East Oak Street, 2nd Floor; Juneau, WI 53039-1329

## **Energy Assistance**

The Columbia County Energy Assistance Representative will be at the Senior Center on:

**Tuesday, January 24** from 9AM thru Noon.

Bring the following information to your appointment:

- Your most recent energy bill
- Social Security Cards for all members of your household
- Written proof of your household's gross income for the three months prior to your application

Questions? Call 608-742-4088.

## **Helpful Phone Numbers**

### **Medigap Helpline**

1-800-242-1060

### **Part D Prescription Drug Help**

Over 60 1-866-456-8211

### **Part D Disability Drug Benefit**

(Disabled on Medicare)

1-800-926-4862

### **Medicare (specific plans)**

1-800-633-4227

### **SeniorCare**

1-800-657-2038

### **Benefits CheckUp (CWAG)**

1-800-366-2990, Extension 351

## **Columbia County Benefit Specialist**

Kelly Krueger, Columbia County Benefit Specialist, will have office hours at the Senior Center on **Wednesday, January 11** from 10AM-Noon.

Call the senior center for an appointment. Kelly can assist you with Medicare questions and services available to adults ages 60+. She can be reached at 608-742-9210.

## **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 623-5919.

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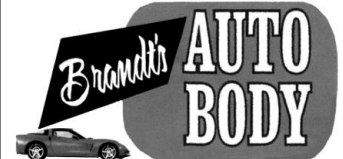
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# Funding

## “We Care”

Donate a portion of your Pick 'N Save receipts to the Senior Center. Complete the Advantage Saver's Club application and designate our ID #: 123310.

## We Recycle Cell Phones!

Proceeds benefit seniors. Drop off at Senior Center.

## Senior Center Wish List

- 6' or 8' Lightweight Tables with legs that fold. Polyethylene top with steel frame. Table weight approximately 50 pounds.
- Disposable Compartment Plates
- Coffee Cups
- 1 Computer (less than 2 years old)
- Unused Postage Stamps
- Yarn
- Clear Trash Bags (16 gallon and 55 gallon)
- Hand Cart

## Columbus Area Senior Club\*

The Columbus Area Senior Club offers \$1 annual memberships. They meet monthly at the senior center and periodically host fundraising events to support the senior center and area organizations. If you are interested in learning more about the senior club, contact Norman Smith, president, at 920-885-5292.

## Friend of CASC\*

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.” As a friend you will help show public support for our community senior center.

**\*You do NOT need to be a “Friend of CASC” or a Senior Club member in order to participate, but proceeds will help with the continued success of our senior center.**

## Columbus Area Senior Center 2012 Donation Form

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Birthday (optional) \_\_\_\_\_ Email \_\_\_\_\_

Would you like to receive the Senior Center newsletter via email? \_\_\_\_\_

I have enclosed a donation of \$ \_\_\_\_\_

In Memory of (if applicable) \_\_\_\_\_

In Tribute of (if applicable) \_\_\_\_\_

\*I give permission to post or publish my donation. Yes \_\_\_\_\_ No \_\_\_\_\_

**Mail Check to:** Columbus Area Senior Center; 125 North Dickason Boulevard • Columbus, WI 53925

Thank you for your support!

# Donations/Volunteers

11

## November Volunteers:

- Mary Lou Bradley –kitchen/meal site, meal delivery
- Lola Christian – meal delivery
- Carol Dean – meal delivery
- Steve Desjarlais – meal site
- John and Jane Evers – meal delivery
- Stephanie Foxx-ceramics coordinator
- Dale Gessler – bday comm.
- Dan & Beth Heiniger – meal delivery
- Mark Hintz – senior home maintenance projects
- Orv Karow – meal delivery
- Betty Klug – meal delivery
- Joan Klug – meal delivery
- John Klug – meal delivery
- Wilma Lenz – exercise leader, bday/potluck comm.
- Linda Madsen – meal delivery
- Mike & Darlene Piekarski-meal delivery
- Marianne Rundle-bingo caller
- Helen Schwoerer – meal delivery
- Clara Sennhenn – meal delivery
- Gloria Slade-Bingo caller
- Lola Sparby-craft items
- Jan Ulrich – meal delivery
- Lois Williams – meal delivery
- Ann Wirth – meal site, bingo caller
- Dave Zander—home maintenance projects
- Fred Zeidler – meal delivery

## November Donations:

- Mike & Jan Busko – bread
- JoAnn Cunningham-cake
- Marie Drolshagen-candy bars
- Rita Evanoo-cake, \$20 Giving Tree
- Stephanie Foxx-cake
- Gerri Franz-\$20 CASC Friend
- Marilyn Grueneberg-paper
- Merle Guenther-ice cream
- Dorothy Harris-cake, dust buster
- Evelyn MaCaulay-bingo prizes
- David Maier-gourds
- Marian Metzger-plates
- LaVone O'Rourke-cake
- Dan Randall-cake
- Lee Raven-paper
- Margaret Ringelstetter-candy bars
- Madeline Schultz-cake
- Arlene Sennhenn-\$10 CASC Friend
- Richard Sheard-puzzles
- John & Christel Sparks-\$15 CASC Friend
- Audrey Walter-candy bars
- Juanita Weishoff-candy bars

*Thank you!*

## November Senior Center Sponsors:

- At Home Again – bingo
- Columbia County ADRC-benefit specialist appointments
- Columbus Community Hospital –exercise instruction, blood pressure screening, lunchtime lecture
- Columbus Nursing & Rehab. –bingo, blood pressure screening
- Larson House – bingo
- St. Jude Hospice—bingo

## Memorials

### In Memory of Reuben Damm

Thomas Seidlinger - \$50

### In Memory of Eva Cripps

Alice Schmidt - \$10

## Volunteers Needed

Contact the senior center office if you are interested in learning more about these opportunities. We will work with your schedule.

- **Substitute Drivers are needed for the Meal Site.** Days and times vary. See Stephanie or call her at 623-9215.
- **Drivers are needed to provide general transportation for grocery shopping, errands, etc. for residents in the Columbus and Fall River Areas.** You can set your own prices. You will not be insured or paid through the senior center.
- **Computer Instructor**
- **Birthday/Potluck Committee**
- **Instructors:** Let us know your talent and we will work on putting together a class!
- **Entertainment:** We will work with your schedule.



**Lon McCloskey entertained us with his beautiful piano playing.**

# Birthday & Potluck

## Happy Birthday!

### January

Charlotte Lange.....	01
Marcella Powers.....	01
Emma Bennett.....	05
Steve Desjarlais.....	05
Jeanette Livingston.....	05
Norman Smith.....	05
Shirley Smith.....	07
Glen "Roy" Burcham.....	07
Sharon Homman.....	07
Hattie Clark Moore.....	08
Dalton Utz.....	08
Sylva Kehl.....	11
Marge Schuster.....	12
Corwin Miller.....	13
John Van Roo.....	13
Carol Dean.....	22
Ruth Freck.....	22
Dorothy Hasey.....	24
Arlene Sennhenn.....	25
Doris Dorshorst.....	26
Charlie Lischka.....	27
Sharon Nelson.....	28
Norma Hildebrandt.....	30
Kathy Wedel.....	30

### February

Betty Nell.....	01
Judy Meuer.....	11
Herb Cooper.....	12
Lawrence Lins.....	13
Jo Salzman.....	15
Joan Klug.....	17
Germaine Lucht.....	19
Ione Peil.....	23

## ANNIVERSARIES

Lyle & Shirley Smith  
63 Years on January 20

January's birthday and anniversary party is Monday, January 9 at 11:45AM

**Menu:** Sloppy Joe, chips, pickles, cake & ice cream

**Cost:** \$2.00

## Birthday/Potluck Committee

### January

Dorothy Harris



### Committee

Help set out and serve the food at the monthly birthday and potluck lunches. You may sign up for one or more months! You may also sign up if you are planning on bringing a cake. This way we have an idea of how many cakes to expect for the birthday lunches. Thank you!

## Potluck—Wear a Hat!

Join us for potluck on Monday, January 16 at 11:45 a.m. Please bring a dish to pass or you may make a monetary donation. Potluck is also our special hat day. Get creative or just don your favorite hat.



### December Birthdays

Pete Weisensel, Viola Riselay, Mary Lou Bradley, Don Kehl  
Lyle Smith, Pat Gessler, Ann Wirth, Dale Gessler



Petersen Elementary students, first through 8th grade, performed a Christmas program at the senior center on December 14.

## ~ January 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> CLOSED	<b>3</b> Foot Clinic Lunch 11:45AM	<b>4</b> Exercise 10:15AM Tea 11AM Lunch 11:45AM Crochet 1-3PM	<b>5</b> Advisory Board 8:45AM Bingo 10:30AM Lunch 11:45AM Poker 1-3PM Sheepshead 1-4PM	<b>6</b> Exercise 10:15AM Lunch 11:45AM Euchre 1-4PM	<b>7</b>
<b>8</b>	<b>9</b> Blood Pressure 11-11:45 Birthday Lunch 11:45AM Sr. Club Meeting 12:30PM Bingo 12:45PM Euchre 12:45PM	<b>10</b> Lunch 11:45AM Art 1-4PM	<b>11</b> Benefit Specialist 10-12 Exercise 10:15AM Tea 11AM Lunch 11:45AM Crochet 1-3PM	<b>12</b> Bingo 10:30AM Lunch 11:45AM Poker 1-3PM Sheepshead 1-4PM	<b>13</b> Exercise 10:15AM Lunch 11:45AM Euchre 1-4PM	<b>14</b> TOPS Euchre 1-5PM
<b>15</b>	<b>16</b> Blood Pressure 11-11:45 Potluck 11:45AM CCH Listening Session 12:30PM Euchre to follow	<b>17</b> Lunch 11:45AM	<b>18</b> Exercise 10:15AM Tea 11AM Lunch 11:45AM Crochet 1-3PM	<b>19</b> Bingo 10:30AM Lunch 11:45AM Poker 1-3PM Sheepshead 1-4PM	<b>20</b> Exercise 10:15AM Lunch 11:45AM Euchre 1-4PM	<b>21</b>
<b>22</b>	<b>23</b> Lunch 11:45AM Bingo 12:30PM TOPS 4-6PM	<b>24</b> Energy Assist 9-12 Foot Clinic Lunch 11:45AM Art 1-4PM	<b>25</b> Exercise 10:15AM Tea 11AM Lunch 11:45AM Crochet 1-3PM	<b>26</b> Bingo 10:30AM Lunch 11:45AM Poker 1-3PM Sheepshead 1-4PM	<b>27</b> Exercise 10:15AM Lunch 11:45AM Euchre 1-4PM	<b>28</b> SHARE 8:30-10AM
<b>29</b>	<b>30</b> Lunch 11:45AM TOPS 4-6PM	<b>31</b> Lunch 11:45AM	<b>Notes:</b>			

# CASC Dining Calendar

## January 2012

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**2**

**CLOSED**

**3**

Swedish Meatballs  
Mashed Potatoes  
California Blend Vegetables  
Poppy Seed Torte  
Dinner Roll

**4**

Chicken Cacciatore  
Baked Potato  
Italian Blend Vegetables  
Apricot Halves  
Sliced Bread

**5**

Bratwurst on a Bun  
German Potato Salad  
Summer Blend Vegetables  
Birthday Cake

**6**

Roast Beef  
Mashed Potatoes  
Carrots  
Fruited Gelatin  
Sliced Bread

**9**

Site-Sloppy Joe  
Pork Jaegerschnitzel  
Mashed Potatoes  
Red Cabbage  
Oatmeal Raisin Cookie  
Sliced Bread

**10**

Baked Chicken  
Mashed Potatoes  
Copper Penny Salad  
Pineapple Tidbits  
Dinner Roll

**11**

Pepper Steak  
Red Skin Potatoes  
Cheesy Broccoli  
Lemon Chiffon Torte  
Sliced Bread

**12**

Ham Roll  
Squash  
Health Slaw  
Peach Slices  
Dinner Roll

**13**

Country Fried Steak  
Mashed Potatoes  
Mixed Vegetables  
Egg Custard Pie  
Sliced Bread

**16**

Site-Potluck  
Chicken Breast Marsala  
Baked Potato  
Baby Carrots  
Pear Slices  
Sliced Bread

**17**

Salisbury Steak  
Mashed Potatoes  
Green Beans  
Coconut Cream Pie  
Dinner Roll

**18**

Lasagna Casserole  
Italian Blend Vegetables  
Fruited Gelatin  
French Bread

**19**

Mushroom Pork Cutlet  
Mashed Potatoes  
Peas and Carrots  
Applesauce Cake  
Dinner Roll

**20**

Chicken Tetrazzini  
Casserole  
California Blend Veg.  
Ambrosia Dessert  
Sliced Bread

**23**

Chopped Steak in Burg/  
Mushroom Sauce, Corn  
Mashed Potatoes, Bread  
Chocolate Banana Torte

**24**

Crispy Fish Fillet  
Cheesy Potato Bake  
Tossed Salad  
Apricot Halves, Dinner Roll

**25**

Baked Chicken, Bread  
Twice Baked Mashed  
Potatoes, PB Cookie  
Three Bean Salad

**26**

Meatloaf  
Escalloped Potatoes  
Carrots, Dinner Roll  
Fruited Gelatin

**27**

Swiss Steak  
Mashed Potatoes  
Swiss Spinach, Bread  
Ice Cream Cup

**30**

Glazed Ham  
Sweet Potato Bake  
Cole Slaw  
Applesauce  
Sliced Bread

**31**

Roast Turkey  
Mashed Potatoes  
Cream Style Corn  
Cranberry Gelatin  
Dinner Roll

Reservations must be received by 12:45 p.m. on the business day prior to when you would like a meal. Call 623-9215.

Senior Dining



Food meets Food & Fun

## Food Pantry—Columbus/Fall River

A collection box is located in the Senior Center. Donations of non-perishable items are accepted. Each month a different church schedules pick-up appointments for people in need of food assistance.

### Food Pantry Contacts

**January:** Not available at press time. Call the senior center for contact information.

Contact Peggy Fredrick if you have a large donation: 920-623-4546.

## SHARE— No Income Restrictions!

SHARE helps you save 30% to 50% on Groceries. January orders are due **January 10** to Paula or Mary. Online orders are due January 15.

Pick up is on **January 28**. Orders are available for pick up between 8:30-10 a.m. You may also order online at [www.sharewi.org](http://www.sharewi.org) or call 1-800-548-2124 to order with a credit card. Call Paula or Mary Schumann at 920-350-0112 if you have questions.

## Free Community Meal

Usually the 4th Friday of every month from 5:00-6:30 p.m. at the Columbus United Methodist Church. For more information or to arrange a ride to and from the dinner, contact the church at 920-623-3625.



## Columbus Meal Site

Stephanie Foxx of the Columbia County Nutrition Program works with a group of dedicated volunteers to prepare and serve nutritionally balanced meals from Feil's Catering.

Call the Meal Site by 12:45 pm to make reservations for the next day. A monthly menu is located in this newsletter.

Meal delivery may be arranged by calling the Columbia County Aging & Disability Resource Center at 1-888-742-9233.

Gift Certificates are available by contacting the County office at 608-742-9219.

For the daily nutrition analysis, go to [www.feilscatering.com](http://www.feilscatering.com).

**Phone:** 1-920-623-9215

**Hours:** Monday –Friday  
10:00 am-1:00 pm

Cost per/meal to run program: \$7.58

Ensure is available at the Senior Center for the discounted price of \$26 for a case of 24 cans.

## FoodShare Wisconsin-Quest Card

Many seniors are struggling to make ends meet these days. FoodShare is a food assistance program that helps ALL people of low or fixed incomes to buy nutritious foods, including seniors and adults without children. FoodShare could give you monthly deposits to help with food purchases, freeing up money for bills, medications and other necessities.

- 2/3 of eligible seniors are NOT claiming their benefits!
- You can own a home and car and still get benefits.
- Most people only receiving Social Security and even a small pension are eligible!
- The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers.
- Getting benefits does NOT take away from others. EVERYONE that is eligible will get benefits.

You may be eligible if your income is less than the following for household size and/or if you have high out-of-pocket medical expenses.

Family Size	Monthly Income	Maximum Benefit
1	<\$1,806	\$200
2	<\$2,430	\$367
3	<\$3,052	\$526

**Call Second Harvest Foodbank's FoodShare Helpline: 1-877-366-3635.**

### Suggested Donations

60 & older..... \$4.00  
Under 60..... \$7.58



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



Accredited by the  
Wisconsin Association of Senior Centers

## **Columbus Area Senior Center**

125 N. Dickason Boulevard  
Columbus, WI 53925

*Return Service Requested*

### **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.



**CLOSED**  
January 02

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.