



**CONTACT US**

Mount Horeb Senior Center  
 107 North Grove Street  
 Mount Horeb, WI 53572

Telephone: .....608-437-6902  
 Hours:... 8:30 am - 5:00 pm (M-F)  
 E-Mail:  
[swdaneoutreach@mounthorebwi.info](mailto:swdaneoutreach@mounthorebwi.info)

Director: .....**Lynn Forshaug**  
 Case Manager: Mary Kay Sutter  
 Nutrition Manager: Alexis Cox.

**JULY EVENTS - WELCOME BACK!**

- 1- Reopening of the Senior Center (Congregate meals—11:15)**
- 4-5- Holiday– Senior Center Closed**
- 12–Ageless Grace Exercises-10:45 am (Gail Doty—Instructor)**
- 19-Ageless Grace Exercises-10:45– 11:30 am**
- 23-Christmas in July Bingo– 12:30 pm sponsored by Miller’s**
- 26–Ageless Grace Exercises– 10:45 am**

**29-”Health Education” Michael Garrison, RN and Kathleen Pater, Social Worker from NewBridge will share information and answer questions. Please join us at 10:30 am**

**MAKE YOUR VOICE COUNT! - DANE COUNTY IS LOOKING FOR YOUR THOUGHTS AND IDEAS THAT WILL HELP IMPROVE PROGRAMS AND SERVICES FOR RESIDENTS AS YOU AGE. YOUR RESPONSES WILL HELP DEVELOP A PLAN FOR 2022-2024 THAT WILL GUIDE OUR WORK & FUNDING OF EXISTING AND NEEDED PROGRAMS. PLEASE VISIT THIS LINK DURING JUNE AND JULY:**

**[https://www.surveymonkey.com/r/DCAging\\_2022\\_2024](https://www.surveymonkey.com/r/DCAging_2022_2024)**

**The Ageless Grace Brain Health Exercise Program is based on consciously choosing to change the brain through physical movements similar to playful childhood activities. All 21 Simple Tools for Lifelong Comfort and Ease can be practiced by almost anyone of any age or ability. The exercises are designed to be practiced seated. Please join Gail Doty, the instructor who has 30 years experience as a Physical Therapist. The cost of the 6 week class will be \$30.00/person. Space for 12 participants. Mondays, July 12-August 16 at 10:45 am. RSVP by July 7.**

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**MISSION STATEMENT:**

This agency supports and assists Seniors (60+) and their families by providing programs and services that promote well being, independence, and involvement in their community.



## JULY 2021 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>VO Vegetarian Option NCS - No Concentrated Sweets NAS - No Added Salt NAS diet should not be receiving: gravy, ketchup or mustard *s to note what meals contain pork</p>		<p>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross contact.</p> <p><b>NO SUBSTITUTIONS ALLOWED.</b></p>	<p><b>1</b> Greek Chicken Pasta Salad Carrot Raisin Salad 4 bean salad Pineapple Strawberry Jell-o</p> <p><b>MO – Veggie Chicken Pasta</b> <b>NCS – SF Jell-o</b></p> <p>*</p>	<p><b>2</b> Fish Sandwich: Breaded Fillet WW Bun Cheese <b>NAS – no cheese</b> Tartar Sauce Yams Pea salad Pears Banana Bars</p> <p><b>MO – Black Bean burger</b> <b>NCS – Banana</b></p>
<p><b>5</b></p> <p style="color: red; font-weight: bold; text-align: center;">Senior Center Closed Happy 4th</p> 	<p><b>6</b> *Meatballs in Marinara Over Penne Broccoli Salad Banana Cheesecake Brownie</p> <p><b>MO – Veggie Meatballs</b> <b>NCS – SF Pudding</b></p>	<p><b>7</b> Sausage Veggie Egg Bake Fruit Cup Hash Brown Patty Orange Juice Cinnamon Raisin Bread/ Butter</p> <p><b>MO – Veggie Egg bake</b> <b>NCS – n/a</b></p>	<p><b>8</b> *Pizza Pasta WW Dinner Roll/Butter Broccoli Peaches Marble Loaf Cake</p> <p><b>MO – Veggie Pizza Pasta</b> <b>NCS – SF COOKIE</b></p>	<p><b>9</b> *BBQ Pulled Pork on a WW Bun Oven roasted potatoes Carrots Diced Melon Mix Strawberry Pie</p> <p><b>MO – Garden Burger</b> <b>NCS – SF PIE</b></p>
<p><b>12</b> Chicken Strips Honey Mustard Sauce Roasted Brussel Sprouts 3 Bean Salad <b>NAS – steamed peas</b> WW Dinner Roll/Butter Mixed Fruit Rainbow Sherbet Cup</p> <p><b>MO – Veggie Wrap</b> <b>NCS – SF ICE CREAM</b></p>	<p><b>13</b> *Brat Coney Bun Mustard Stewed tomatoes Coleslaw Applesauce Lemon Bar</p> <p><b>MO – Veggie Dog</b> <b>NCS – MANDARIN OR-ANGES</b></p>	<p><b>14</b> Tuna Salad on bed of lettuce Sicilian Pasta Salad Corn Salad Fruit Cup Chocolate Chip Cookie</p> <p><b>MO – Egg Salad</b> <b>NCS – SF cookie</b></p>	<p><b>15</b> Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Frosted Strawberry Cake</p> <p><b>MO – Chickpea Joe</b> <b>NCS – SF Cookie</b></p>	<p><b>16</b> Honey Baked Chicken Broccoli Yams Macaroni Salad Pears Vanilla Ice Cream Cup</p> <p><b>MO – Veggie Honey Baked Chicken</b> <b>NCS – SF ICE CREAM</b></p>
<p><b>19</b> Chicken Caesar Salad: Lettuce Grilled Chicken shaved Parmesan homemade WW croutons Caesar dressing Copper Penny salad Apple sauce Rice Pudding</p> <p><b>MO – Pita and Hummus</b> <b>NCS – SF PUDDING</b></p>	<p><b>20</b> *BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner Roll/butter Mandarin Oranges Marble cake</p> <p><b>MO – Veggie BBQ Meatballs</b> <b>NCS – SF COOKIE</b></p>	<p><b>21</b> Chicken a la King Brown Rice Green Beans Corn Salad Fruit Cocktail Raspberry Sherbet Cup</p> <p><b>MO – Soy a la king</b> <b>NCS – SF ICE CREAM</b></p>	<p><b>22</b> Taco Pasta Casserole Broccoli Cauliflower Peaches Blueberry Crisp</p> <p><b>MO – Bean and cheese burrito</b> <b>NCS – SF Jell-O</b></p>	<p><b>23</b> *Italian Sausage with pepper and onion Coney Bun Roasted potatoes Stewed Tomatoes Cuties or Mandarin Orange Cherry Italian Ice</p> <p><b>MO – Veggie strips with peppers and onion</b> <b>NCS – SF ICE CREAM</b></p>
<p><b>26</b> Chicken Broccoli Rice Cass. Carrot Coins Black Eyed Pea Salad Tropical Fruit Glazed Lemon Loaf Cake</p> <p><b>MO – Veggie Quiche</b> <b>NCS – SPICED AP-PLSAUCE</b></p>	<p><b>27</b> Tuscan Tortellini Pasta Mixed greens Dressing Dinner roll/butter Mixed Fruit Chocolate Pudding Cup</p> <p><b>MO – N/A</b> <b>NCS – SF PUDDING</b></p>	<p><b>28</b> Chicken Sandwich: Chicken breast Bun Lettuce leaf/tomato slice Mayo Calico Beans Green Beans Chunky Apple Sauce Candy cookie</p> <p><b>MO – Garden Burger</b> <b>NCS – SF cookie</b></p>	<p><b>29</b> Lemon Dill Baked Fish Tartar Sauce Baked potato Sour Cream/Butter Coleslaw WW Bread/Butter Ambrosia</p> <p><b>MO – Veggie Burger</b> <b>NCS – SF Jell-o</b></p>	<p><b>30</b> Egg Salad on WW Bread Pickled Beets Tom. cucumber onion salad Banana Pineapple Upside Down Cake</p> <p><b>MO – n/a</b> <b>NCS – pineapple</b></p>

## NUTRITION MANAGER'S NOTE:

WHAT IS SO GOOD ABOUT FRUIT? The main contribution that fruit makes to our diet is vitamins, particularly Vitamin C and beta-carotene. This is the season that we can start to enjoy fresh fruits grown locally. Fruits aids iron absorption and promote healthy gums and teeth. They contain antioxidants that help prevent some forms of cancer. They get oxygen to cells throughout the body. They aid in bone growth and help regulate the heartbeat. They are vital for muscle contraction, nerve impulses and heart and kidney function. Fruits also ease digestion and in combination with a low fat diet, help reduce cholesterol and may help in preventing colon cancer. Most fruits should be plump and firm. Fruits should smell like they taste. The nutrients are usually in the skin or right below the skin. Be sure to wash all fruits before eating them.

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### Fruit Smoothies

#### “Tropical Twist”

1 cup unsweetened almond milk  
1 cup frozen pineapple chunks  
1 cup frozen banana chunks

Put all ingredients in a blender and blend till smooth.

#### “Blueberry Banana-Nut”

1 cup unsweetened almond milk  
2 bananas sliced  
1/2 cup frozen blueberries  
2 Tbsp. almond butter

Put all ingredients in a blender and blend till smooth.

### **DIRECTOR'S NOTE:**

A FREE Virtual “Welcome to Medicare” Seminar will be held on July 17, 2021 from 9:00-11:30 am. If you are turning 64 this year, we can help you make informed choices about your Medicare options. You will receive accurate and detailed information from unbiased experts in benefit programs. This seminar is provided by the Area Agency on Aging of Dane County’s Elder Benefits Specialist Program. Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by July 8, 2021.

Peggy Starr, a certified Specialist will be offering a four week class “Neuro-Art of Three Pillars” which includes Self-Renewal, Self-Love, Inner Strength and concluding with Harmonious Empowerment Integration. This workshop will be held on Tuesdays, July 6, 13, 20 and 27 from 10:00-11:30 am. It will include some artwork; art supplies will be furnished. Limit of six people. RSVP by July 2 at 437-6902.furnished

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### **CASE MANAGER'S NOTE:**

The Medigap Helpline Services with the Board of Aging and Long Term Care is part of the Wisconsin State Health Insurance Program (SHIP). The Medigap Helpline is available to help Medicare beneficiaries and their families understand Medicare coverage and their options. During this public health emergency, it is especially important that people have the best health insurance coverage to meet their needs. The Medigap Helpline is a phone based service, which provides information and counseling on Medicare and related options. The Medigap counselors are available to answer questions on Medicare, Medicare Supplements, Medicare Advantage, employer sponsored coverage, low income coverage options and prescription drug coverage. Call 1-800-242-1060 for the Medigap Helpline or 1-855-677-2783 for a Medigap Prescription Drug Helpline.

## JULY 2021 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<b>5</b> <b>Senior Center closed for July 4th Holiday</b>	<b>6</b> <b>Neuro-Art Self Renewal class 10:00-11:30</b> <b>Finks Café 11:00-1:00</b>	<b>7</b> <b>MILLER FOOD 10:00- 12:00</b> <b>EUCHRE- 12:30</b>	<b>8</b>	<b>9</b> <b>SHOPPING TRIP TO DODGEVILLE WALMART 9:30 am</b> <b>Masks Required</b>
<b>12</b> <b>Ageless Grace 10:45 am</b>	<b>13</b> <b>Neuro-Art Self Renewal Class 10:00-11:30</b> <b>FINKS CAFÉ 11:00- 1:00</b>	<b>14</b> <b>MILLER FOOD 10:00-12:00</b> <b>EUCHRE- 12:30</b>	<b>15</b>	<b>16</b>
<b>19</b> <b>Ageless Grace 10:45 am</b>	<b>20</b> <b>Neuro-Art Self Renewal Class 10:00-11:30</b> <b>FINKS CAFÉ 11:00-1:00</b>	<b>21</b> <b>Miller Food 10:00- 12:00</b> <b>EUCHRE--12:30</b>	<b>22</b>	<b>23</b> <b>Bingo 12:30 pm</b> <b>Shopping Trip To Dodgeville Walmart- 9:30</b> <b>Masks Required</b>
<b>26</b> <b>Ageless Grace 10:45 am</b>	<b>27</b> <b>Neuro-Art Self Renewal Class 10:00-11:30</b> <b>FINKS CAFÉ 11:00-1:00</b>	<b>28</b> <b>MILLER FOOD 10:00- 12:00</b> <b>EUCHRE-12:30</b>	<b>29</b> <b>Health Class 10:30 am</b>	<b>30</b>

# NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

## MEALS

Congregate meals will be resuming on Thursday, July 1, 2021. The meal will be served at 11:15 am. These meals will be offered on Monday, Wednesday, Thursday and Friday. Please call two days in advance for a meal. Home delivered meals will continue Monday through Friday .

Finks Café is now providing Dine-In meals on Tuesday from 11:00 am 1:00 pm. The suggested minimum donation is \$4.00/meal and one meal per person.

## RSVP

RSVP will be resuming medical rides. We have been contacting our Driver Escorts, who will go through a training before starting to take seniors to medical appointments. Call the Senior Center for more information.

Riders not eligible include: Family Care members, Medical Assistant Member, Nursing Home or Assisted Living Residents.

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## LOAN CLOSET

Durable medical equipment is available for loan at no cost. We have wheelchairs, walkers, bath benches, commodes, canes, raised toilet seats, etc. Please check with the Senior Center before purchasing adaptive equipment.

# NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

## CARE VAN SERVICE

Care Van Services will be resuming transportation for seniors to the Mt. Horeb Senior Center for meals, Miller's Supermarket on Wednesday and shopping trips. MASKS WILL BE REQUIRED ON BUS.

The suggested minimum donation to the meal site is \$1.00/round trip, to the grocery store is \$2.00 round/trip and for the shopping trips is \$3.00 round trip. RSVP at 444-7930.

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## THE LITTLE FREE PANTRY

The Little Free Pantry is now available to provide nonperishable food and other necessities in and near the Mt Horeb Area. The three outdoor Pantries are available 24 hours a day and can be found at New Hope Evangelical Free Church (639 S. 8th Street); Immanuel Lutheran Church (310 West Main Street); and Zwingli UCC (1693 Washington Street, also known as Hwy 92) in Mt. Vernon. **"Take what you Need, Share what you Can."** Those who are interested in donating items, please contact the church secretaries at locations listed above.

## LOCAL FOOD PANTRIES

"Neighbors Helping Neighbors" are now managing the Food Pantry and Clothes Closet at 102 E. Lincoln St., Mt. Horeb. Hours for Seniors Only: Friday, 9:00-10:30 am. Pantry for everyone; Friday, 3:00-6:00 pm and Saturday, 9:30-11:00 am. The Pantry will be now be offering IN-PERSON shopping, which started on June 18, 2021. The no-contact option is still available. Prepare a shopping list ahead of time, this will be more efficient for all. Masks will be required.

Heights Unlimited Service Center next to the BP station in Black Earth. Tuesday, 4:00-6:00 pm and second Saturday from 10:00– 11:30 am.

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## FOOTCARE WITH RITA STANTON & AMY FOSTER

**Wednesday, July 21st 9:00 am - 3:30 pm**

**Wednesday, July 28th 9:00 am – 3:30 pm**



Mount Horeb Area Senior Center  
 107 North Grove Street  
 Mount Horeb, WI 53572

# Fourth of July

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

- FREEDOM
- DECLARATION
- FRIENDS
- RED
- INDEPENDENCE
- STRIPES
- STARS
- AMERICA
- FIREWORKS
- LIBERTY
- WHITE
- PARADE
- FAMILY
- FLAG
- UNCLE SAM
- BLUE
- HEROES

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