

MOUNT HOREB AREA SENIOR NEWS

SOUTHWEST DANE
OUTREACH/NUTRITION

DECEMBER 2025 EDITION

CONTACT US

Mount Horeb Senior Center

107 North Grove Street
Mount Horeb, WI 53572

Telephone:..... 608-437-6902

Hours: ... 8:30 am - 4:30 pm (M-F)

E-Mail:

swdaneoutreach@mounthorebwi.info

Director: **Lynn Forshaug**

Case Manager: **Julie Schmocker**

Nutrition Manager: **Alexis Cox**

Table Tennis every Monday at 10am. It is open to all levels, providing a casual and friendly atmosphere for playing.

Tuesday, Tai Chi at 1pm and Ageless Grace Chair Exercises at 2pm. The current session runs through Dec 9th. The new session will begin Jan 6th- Feb 10th. Each session cost is \$30.00 per person.

Thursday, Dec 4th at 1pm, Caregiver Dementia Support Group. The group creates a safe space for discussion, education, support and sharing of ideas and resources.

Monday, Dec 8th at 1pm, Maggie Mae will play her guitar and get us in the holiday spirit. Come join us for singing along or tapping your toes to her music.

Tuesday, Dec 9th at Noon, Men's Group; Men who would like to join us for lunch and to get out of the house to socialize. Please make reservations 2 days prior, if you would like to eat lunch with us, lunch is served at 11:15am.

Monday, Dec 15th at 1pm, Holiday Cookie Exchange, please bring 3 dozen to exchange. Please RSVP by Dec 12th if you are wanting to participate.

Tuesday, Dec 16th , Badger Hearing from 1-3pm. Tracy will be here to check your hearing aides. No appointment required.

Thursday, Dec 18th, we will be heading to The Vintage Brewery in Cross Plains. The bus will leave at 10:30am.

Monday, Dec 22nd, Chair Massages, from noon-4pm. Lynn Young will be offering chair massages. The cost for 30 minutes is \$40 and 15 minutes for \$20. Please make an appt if you are interested by calling 608.437.6902.

Friday, Dec 19th , Holiday Bingo at 12:30, Join us for great prizes, lunch and fun!
Sponsored by: Miller and Sons

Wednesday, Dec 31st at noon we will ring in the New Year with a Pizza Party!
Come join in on the fun! Please RSVP by Dec 19th.

Thank you to Peter Walton "American Family Insurance" for sponsoring Nov. Bingo.

Thank you to all the people who donated produce, honey, bingo prizes, paper products and bake goods!

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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.



DECEMBER 2025 MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| <p>1 Egg, Cheese, Sausage, on English Muffin Roasted Potatoes w/ asparagus, carrots Apple Juice Cup Dessert MO: Sub veggie sausage</p> | <p>2 Cheesy Chicken & Bean Burrito Tator Tot Rings Street Corn Salad Fresh Mixed Melon Dessert MO: Cheesy Bean Burrito</p> | <p>3 Beef Mushroom Stroganoff Egg Noodles Malibu Blend Vegetables WW Roll, Butter Mango Cup Dessert MO: Chickpea Stroganoff</p> | <p>4 Beef Chili WW Dinner Roll, Butter Cold Broccoli Salad Pears Dessert MO: Vegetarian Chili</p> | <p>5 Country Fried Steak Mashed Potatoes, Gravy WW Bread Slice w/Butter Capri Blend Vegetables Mandarin Oranges Dessert MO: Meatless Chicken</p> |
| <p>8 Penne Pasta Meat Marinara WW Bread Slice, Butter Peas w/Pearl Onions Fresh Watermelon Dessert MO: CHICKPEA PATTY & MARINARA</p> | <p>9 Beef Shepherd's Pie w/ veggies & topped with mashed potatoes Rye Bread Slice, Butter Green Beans Mandarin Oranges Dessert MO: Chickpea Shep. Pie</p> | <p>10 Ranch Seasoned Chicken Cornbread Muffin, Butter Cheesy Au Gratin Potatoes Roasted Corn & Black Bean Vegetable Blend Cherry Crisp MO: Ranch Meatless Chicken</p> | <p>11 Turkey Tetrazzini w/ peas & mushrooms California Blend Vegetables Zucchini Applesauce Dessert MO: Chickpea Tetrazzini w/peas & mushrooms</p> | <p>12 Beef Veggie Stir Fry Brown Rice Veggie Spring Roll Apricot Fruit Salad Dessert MO: Tofu Veggie Stir Fry</p> |
| <p>15 Creamy Mushroom Wild Rice Soup Half Turkey & Swiss on Wheat Bread w/ lettuce Peaches Dessert MO: Half Veggie Hummus Wrap</p> | <p>16 Herb Chicken Breast w/Garlic Cream Sauce WW Roll, Butter Roasted Sweet Potatoes, Parsnips, Carrots Peas Pineapple Dessert MO: Chickpea Patty</p> | <p>17 Breaded Chicken Sandwich WW Bun, Lettuce, Mayo Pkt Creamy Cucumber Salad Ranch Wedge Fries Tropical Fruit Dessert MO: Meatless Chicken Sandwich</p> | <p>18 Sliced Roasted Pork Loin Mashed Potatoes, Gravy WW Roll, Butter Carrots Fresh mixed melon Dessert MO: Chickpea Patty, Gravy</p> | <p>19 Pepperoni Pizza Pasta Casserole w/peppers, onions, black olives Italian Blend Vegetables Pears Dessert MO: Veggie Pizza Pasta Casserole</p> |
| <p>22 Denver Egg Bake w/ ham, green peppers, cheese WW Bread, Butter Hashbrown Patty Mixed Greens Orange Juice Cup Dessert MO: Spinach Mushroom Egg Bake</p> | <p>23 Chicken Veggie Pot Pie Casserole w/a Biscuit on the side Capri Blend Vegetables Apricot Fruit Salad Holiday Mint Frosted Brownie MO: Garbanzo Pot Pie Casserole w/a Biscuit</p> | <p>CLOSED FOR CHRISTMAS EVE</p> | <p>CLOSED FOR CHRISTMAS</p> | <p>26 Baked Chicken Thigh Mashed Potatoes, Gravy WW Roll, Butter Broccoli Cranberry Sauce Dessert MO: MEATLESS CHICKEN</p> |
| <p>29 Tator Tot Casserole WW Bread, Butter California Vegetables Grapes Dessert MO: BLACK BEAN TATOR TOT CASSEROLE</p> | <p>30 Baked Spaghetti w/ Italian Sausage Italian Vegetables Pineapple Dessert MO: Vegetarian Baked Spaghetti</p> | <p>31 Shredded Chicken Mashed Potatoes, Gravy WW Roll, Butter Baby Carrots & Green Beans Peaches New Years Funfetti Cupcake</p> | <p>Meals provided by TNT's Catering. All menu are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.</p> | <p>MO = Meatless Option</p> |

NUTRITION MANAGER'S NOTE:

Meal on Wheels reminder for the weather:

Winter is here, a reminder that when the Mt. Horeb School District is closed due to severe or cold weather, there will be no congregated or home delivered meals. The Senior Center will be closed for programs. The closings will be announced on the TV in the am.

DECEMBER 23: HARVEST CHICKEN, CRANBERRY, KALE SALAD, BALSAMIC VINAIGRETTE DRESSING, CROUTONS

DECEMBER 30: CHEF SALAD W/EGG, FRENCH DRESSING, CROUTONS

TUESDAY SALAD MENU:

DECEMBER 2: BBQ CHICKEN SALAD W/CRISPY ONION STRAWS, CROUTONS, RANCH DRESSING

DECEMBER 9: SOUTHWEST CHICKEN, CORN, BLACK BEAN SALAD W/TORTILLA STRIPS, RANCH DRESSING

DECEMBER 16: ITALIAN SALAMI MOZZARELLA SALAD W/CROUTONS, ITALIAN DRESSING

Cranberry Nut Bars

2 Eggs

1 Med Mashed Banana

1 C. Sugar

1/3C. Canola oil

1 C. Flour

1 1/4 C. Chopped Cranberries

1/2 C. Chopped Walnuts

Mix all together and spread in a 8X8 greased pan. Bake for 35-45 minutes at 350. Frost when cool.

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SPRING CLEAN UP **FALL CLEAN UP**



Director's Note: The Holiday Season is upon us! Each year, we wonder where the time has gone and it seems to go faster every year. Take time to enjoy the Holidays safely. Reach out to someone who lives alone! This is the time to be thankful for all we have received throughout the year. Thank you to Dane County, the Village of Mt Horeb and Blue Mounds, the Towns of Blue Mounds, Perry, Primrose and Springdale for supporting our programs and services, to TNT Catering in Middleton for the great meals, to Millers Supermarket for their support and their grocery delivery to many Seniors, and to all of our VOLUNTEERS who are great asset to our programs! Happy Holidays!

Case Manager's Note: MONTHLY MIPPA MOMENT: 2025 OPEN ENROLLMENT PERIOD CLOSING

As Med Part D and/or Advantage plan open enrollment comes to an end on Dec 7th, all changes selected during this time will become effective Jan 1st, 2026 for the year. If you are happy with your current coverage, no changes or action needed.

Notable updates for 2026 include that the maximum out-of-pocket costs for prescription drugs should be capped at \$2,100 (a \$100 increase from 2025, when this beneficial limit was enacted). The Medicare Prescription Payment Plan is still available through each drug plan, and can help spread out the deductible and other costs through the year as opposed to up front. Part D base premiums are expected to rise slightly, with the maximum deductible increasing to \$615 (from \$590 in 2025).

If you already have a Part D or Advantage plan but did not make changes during the annual Open Enrollment Period that ends December 7th, you may still qualify for Special Enrollment Periods (for Part D changes) or the Medicare Advantage Open Enrollment Period that runs from January 1-March 31 of 2026.

In continued efforts to improve access to health care and lower prescription costs, you can still see if you qualify for **Wisconsin's SeniorCare** pharmaceutical assistance program.

| | | |
|---|---|--|
|  <p>GLARNER LODGE ALL INCLUSIVE INDEPENDENT AND ASSISTED LIVING 608-636-2424 NGHOME.ORG</p> |  <p>15% Off Any Single Pair 1314 Canal St. (Hwy 14) Black Earth, WI. 53515 (608) 767-3447</p> |  <p>VIKING HARDWARE OPEN 7 DAYS A WEEK 608-437-8717</p> |
| <p>ADT-Monitored Home Security Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> Burglary Flood Detection Fire Safety Carbon Monoxide <p>ADT Authorized Provider SafeStreets 833-287-3502</p> | <p>LET'S GROW YOUR BUSINESS Place Your Ad Here and Support Our Parish!</p> <p>CONTACT ME Todd Benz</p> <p>tbenz@4LPi.com (800) 950-9952 x9518</p> | |
| <p>Planning isn't just for You</p> <p>Pre-Arranging Service Funeral Burial Plans Funeral Cremation Plans</p>  <p>Gunderson LIFE CELEBRATION CENTERS Celebrating 100 Years of Caring for Your Family</p> <p>608-437-5077 • GUNDERSONFH.COM</p> | | |

DECEMBER 2025 ACTIVITIES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| 1 Table Tennis 10am | 2 Tai Chi 1pm Ageless Grace 2pm | 3 Millers Groceries 10am Euchre at 12:30 | 4 Caregiver Dementia Support Group 1pm | 5 A Wonderful Life Fireside Bus leaves at 10:00am |
| 8 Table Tennis 10am Maggie Mae 1pm  | 9 Men's Group Noon Tai Chi 1pm Ageless Grace 2pm | 10 Millers Groceries 10am Blood Pressure Check 10:00-11:00 Euchre at 12:30 | 11 Dodgeville Shopping 9:30am | 12 |
| 15 Holiday Cookie Exchange 1PM (PLEASE BRING 3 DOZEN COOKIES) | 16 Badger Hearing 1-3pm No Exercise Class | 17 Millers Groceries 10am Euchre at 12:30 Foot Clinic 8:30-3:30pm | 18 The Vintage Brewery bus leave at 10:30am | 19 Holiday Bingo 12:30  |
| 22 Table Tennis 10am Foot Clinic 8:30-3:30pm Chair Massages Noon-4pm | 23 No Exercise Class | 24 Christmas Eve CLOSED | 25 Christmas Closed  | 26 |
| 29 Table Tennis 10am | 30 No Exercise Class | 31 Millers Groceries 10am Pizza Party! Noon NO CARDS | | |

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered at the Mt. Horeb Senior Center on Monday, Tuesday, Wednesday, Thursday and Friday at 11:15 am. Home-delivered meals are offered Monday through Friday. A Salad Meal is offered every Tuesday. Call 437-6902 to reserve or cancel a meal two days in advance. The suggested minimum donation is \$5.00/meal for those 60+.

Finks Café is now closed and will no longer be serving meals on Wednesdays. You are welcomed to come here to eat on Wednesdays.

LOAN CLOSET

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

RSVP

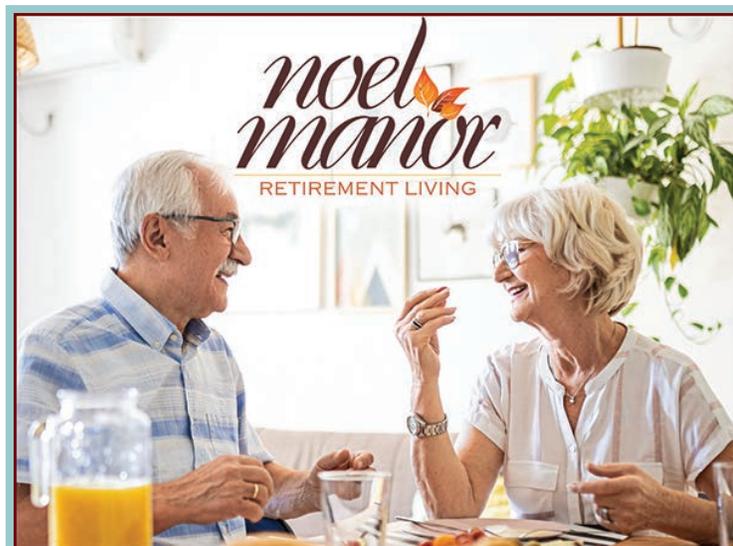
The RSVP Driver Escort Program is providing rides to medical appointments. Call Patsy Byrnes at 608-437-2518 to reserve a ride for appointments, 4-5 days in advance. If you are new please call the Sr. Center at 608-437-6902 to complete paperwork before a ride. All medical rides appointments cannot be later than 3:45pm.

Seniors who are on Medical Assistance and need a ride to a medical appointment, can call Veyo at 1-866-907-1493.

MILLER AND SONS

Millers Supermarket delivers groceries to seniors every Thursday. Call Judy at 608-437-3081 to inquire about this service, since there is a limited number of customers that they can deliver to. There is a \$15.00 minimum purchase.

Miller's donates food to the Senior Center every Wed. at 10:00 am. The number system is used. Monetary donations can be made at Miller's for the Senior Center.



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NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

Care Van Service provides rides for Seniors in the Mt. Horeb Area. Transportation to meal sites, shopping and outings is on a donation basis. The donation to ride to the meal site is \$1.00/round trip and for lunch or shopping trips, \$3.00/round trip. Please call Kris at 608-444-7930 to go shopping or to come to Finks Café or the congregate meal site. Call the Senior Center at 608-437-6902 to go out for lunch outings or bus trips.

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 Pantry

“Neighbors Helping Neighbors” are managing the Mt. Horeb Food Pantry and Clothes Closet at 102 E. Lincoln St., Mt. Horeb. Hours are Thursday from 6-7:30pm, Friday 9-10:30am and 3:00-4:30pm and Saturday from 10:00-11:30am.

The Clothes Closet is open every Saturday from 10:00-11:30 and Thursday from 6-7:30pm.

Ruby’s Pantry Drive-Up, 2nd Tuesday/month, 4:00-5:30 pm. New Hope Church, 639 S. 8th St. \$25.00/car

FOOT CARE with AMY FOSTER

Wednesday–Dec. 18– 8:30–3:30pm

Monday–Dec. 23– 8:30- 3:30pm

Cost is \$25.00/Sr. Center- \$35.00/Home

Call 608-437-6902 for an appt. at Senior Center

Call 608-576-8986 for an In-Home appt.

NO NEW MEDICARE CARD

Don't fall for the Scam!



Here's the truth?

- Medicare is NOT issuing plastic cards
- You do NOT need to “update” your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

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- Never give out your Medicare number to unexpected callers
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