

**SOUTHWEST DANE
OUTREACH/
NUTRITION**



MOUNT HOREB AREA SENIOR NEWS MARCH 2026 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**

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Wish List: Copy Paper

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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.



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

Thursday, March 5th at 1pm, Caregiver Dementia Support Group. The group creates a safe space for discussion, education, support and sharing of ideas and resources.

Tuesday, Tai Chi at 1pm and Ageless Grace Chair Exercises at 1:55-2:40pm. New session will start Feb 24-April 14th (no class 3/24 and 4/7). Class cost is \$30.00 per person.

Tuesday, March 10th, 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, March 9th, Card Making at 9am, we will be making homemade cards. Everyone is welcome to join. Please RSVP to Stacey at 608-279-6108 by March 6th.

Friday, March 13th, 11:45-3:00pm, Falls Prevention Presentation
Free presentation focused on helping seniors stay safe, steady and independent. Join us for luncheon and stay for the presentation plus there will be individual screenings for blood pressure, eyes and medication. Please sign up by March 6th at 608-437-6902.

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

Thursday, March 19th, Chair Massage, from noon-4pm. Lynn Young will be offering chair massages. The cost for 30 minutes \$40 and 15 minutes \$20. Please make an appt if you are interested by calling 608.437.6902.

Thursday, March 19th, lunch to Remington Tavern in Cross Plains. Limited seating please RSVP by at 608-437-6902. Bus leaves at 10:30am.

Friday, March 20th at 1pm, *New Grief Support Group*
A supportive and confidential space for adults coping with the loss of a loved one. Share if you wish, listen if you prefer, and connect with others who understand. You are not alone.

Friday, March 27th, Bingo at 12:30, join us for great prizes, lunch and fun. **Sponsored by Shamrock Farms, Pine Bluff.**

Spring Gardens Restaurant will be hosting "My Meals, My Way" senior meals starting on Wednesday, Feb 25th from 11-1pm. The suggested donation is \$5.00 per meal. There are four breakfast and four lunch entrées to choose from. Participants need to be 60+. No need to RSVP. Come and join us any Wednesday for a delicious home cooked meal.

One-Day Senior Trip, Tuesday, June 23rd: Lake Geneva Mail Boat Cruise. The coach bus leaves at 7:30am and will return about 4pm. The cost for this day trip per person is \$95.00 a ticket that includes the bus, your lunch and the cruise. We will be eating at Nicks on the Lake and they will provide rotisserie chicken with side salad, coleslaw and choc chip cookie with a choice of soft drink or coffee. Please call to reserve your spot.

MARCH 2026 MENU

Monday	Tuesday		Thursday	Friday
<p>2 Swiss Steak w/ Mushroom Gravy Roasted Potatoes WW Dinner Roll, Butter Broccoli Apricot Fruit Salad Dessert MO: Chickpea Patty</p>	<p>3 Chicken Taco Bake Corn Refried Beans Sour Cream Cup Watermelon Dessert MO: Black Bean & Cheese Enchiladas</p>	<p>4 Chicken Alfredo Wheat Penne Pasta Caesar Salad w/ dressing on the side Peas w/Pearl Onions Peaches Dessert MO: Chickpea Alfredo</p>	<p>5 BBQ Pulled Pork Sand- wich, WW Bun Sweet Potato Wedge Fries Creamy Cucumber Salad Mixed Fruit Dessert MO: Black Bean Burger</p>	<p>6 Cinnamon French Toast Bake Maple Syrup Scrambled Eggs Malibu Blend Vegetables Cold Cinnamon Apples Orange Juice MO: SAME AS ENTREE</p>
<p>9 Orange Chicken Veggie Fried Brown Rice Far East Blend Vegeta- bles Pineapple Dessert MO: Tofu w/Orange Sauce</p>	<p>10 Meatloaf Mashed Potatoes, Gravy WW Bread Slice, Butter Green Beans Mandarin Oranges Dessert MO: Veggie Chickpea Patty</p>	<p>11 Butternut Squash Bisque Half Roasted Turkey, Swiss, & Lettuce Sand- wich on Wheat Bread, Mayo Packet Fruit Cocktail Dessert MO: Half Sand. - Veggie Cucumber Dill on Wheat</p>	<p>12 Breaded Chicken Cordon Bleu Roasted Potatoes Succotash w/Lima Beans Applesauce Dessert MO: MEATLESS CHICKEN</p>	<p>13 Cheesy Lasagna Roll Ups (2) topped w/marinara Stewed Spinach Carrots Pears Dessert MO: SAME AS ENTREE</p>
<p>16 Sliced Hot Ham Scalloped Potatoes WW Bread, Butter Green Beans Apricot Fruit Salad Dessert MO: CHICKPEA PATTY</p>	<p>17 Shepherd's Pie Rye Bread Slice, Butter California Blend Veg- gies Fresh Mixed Melon St. Patty's Grasshopper Chocolate Cake MO: VEGGIE "BEEF" SHEP- HERD'S PIE</p>	<p>18 Chicken Cacciatore White Rice Italian Vegetable Blend Mixed Fruit Dessert MO: CHICKPEA CACCIATORE</p>	<p>19 Shredded Roast Beef Mashed Potatoes, Gravy WW Roll, Butter Capri Vegetable Blend Peaches Dessert MO: Meatless Chicken & Gravy</p>	<p>20 Fish Sandwich WW Bun Coleslaw Carrots Tartar Sauce Grapes Dessert MO: BLACK BEAN BURGER</p>
<p>23 Egg, Cheese, Sausage, on English Muffin Roasted Potatoes w/ asparagus, carrots Apple Juice Cup Dessert MO: Sub veggie sausage</p>	<p>24 Cheesy Chicken & Bean Burrito Tator Tot Rings Street Corn Salad Fresh Watermelon Dessert MO: Cheesy Bean Burrito</p>	<p>25 Beef Mushroom Stroganoff Egg Noodles Malibu Blend Veggies WW Roll, Butter Mango Cup Dessert MO: Chickpea Stroganoff</p>	<p>26 Chicken a la King Mashed Potatoes WW Bread Slice, Butter Capri Blend Vegetables Mandarin Oranges Dessert MO: Meatless Chicken</p>	<p>27 Vegetarian Chili WW Dinner Roll, Butter Cold Broccoli Salad Pears Dessert MO: Same as Entree</p>
<p>30 Penne Pasta Meat Marinara WW Bread Slice, Butter Peas w/Pearl Onions Pineapple Dessert MO: CHICKPEA MARINARA</p>	<p>31 Country Fried Steak Mashed Potatoes Gravy WW Dinner Roll Green Beans Peaches Dessert MO: Meatless Chicken</p>			

FREE In-person Welcome to Medicare Seminar

If you are turning age **64 this year**, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't... how to avoid penalties for late enrollment in Medicare... and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy to understand answers to all of these complex questions? Sign up to attend the following **Free Welcome to Medicare Seminar**. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. **Saturday, March 14, 2026, 9-11:30 am**

Location: McFarland Senior Outreach Services, 5915 Milwaukee St, McFarland

Email AAA@danecounty.gov to register by 3/6/26

TUESDAY SALAD MENU:

MARCH 3: SOUTHWEST CHICKEN, CORN, BLACK BEAN SALAD, TORTILLA STRIPS, RANCH DRESSING

MARCH 10: ITALIAN SALAMI MOZZARELLA SALAD W/CROUTONS, ITALIAN DRESSING

MARCH 17: CHEF SALAD W/EGG, FRENCH DRESSING, CROUTONS

MARCH 24: HARVEST CHICKEN, CRANBERRY, KALE SALAD, BALSAMIC VINAIGRETTE DRESSING, CROUTONS

MARCH 31: MANDARIN ORANGE SESAME CHICKEN SALAD W/CRUNCHY CHOW MEIN, SESAME GINGER DRESSING

<p>Does your organization need a newsletter? We'll cover the printing costs!</p>  <p>Learn more at lpicommunities.com</p>	<p>Our community wouldn't be the same <u>without you!</u></p>	<p>MARCA CALVO  CONNECTING PEOPLE & HOMES REALTOR®</p>  <p>608.692.8453 marca.calvo@firstweber.com marcalvo.firstweber.com</p>  
<p>REALTY EXECUTIVES</p> <p>KAREN TETZLAFF (608) 575-1298 ktetz@att.net seniorsmovewithkaren.com</p> <p>25+ years of experience Seniors Real Estate Specialist and Experienced in helping Seniors with their downsizing needs.</p>  	<p>BeeHive HOMES <i>of Mt. Horeb</i></p> <p>The Next Best Place to Home™ - Memory Care - Call to Schedule a Tour</p> <p>608-437-HIVE (4483) 325 N. 8th St. • Mt. Horeb, WI 53572 https://beehivehomes.com/location/mount-horeb/</p>	<p>Ott Law Office, S.C. Karla J. Ott, Attorney at Law Business • Trusts & Estates Real Estate • Contracts • Probate E-mail: law@karlaott.com</p> <p>608-437-2850 Fax: 608-437-2850 P.O. Box 43, 213 E. Main St. • Mt. Horeb</p>
 <p>MOWING 608-574-6283 JANDHLAWNBUSINESS@GMAIL.COM</p> <p>SPRING CLEAN UP FALL CLEAN UP</p>		



DIRECTOR'S NOTE:

RSVP Volunteer Drivers Needed

Retired and Senior Volunteer Program RSVP of Dane County: Give the gift of independence! We are in need of your help here at the Mt. Horeb Senior Center. Volunteers interested in driving seniors and veterans to their medical appointments? If so, you can set your own schedule, get reimbursement at 51 cents/mile and get some coverage with extra liability insurance. If you are interested please stop by the Senior Center and we will get you signed up. Thanks for considering.



LGBT and Elder Support Group meets at the Verona Senior Center (108 Paoli St, Verona) the 1st and 3rd Thursday from 10:00am-11:30am. Meet new friends, build connections and discuss issues. Please call

Case Manager Note: Monthly MIPPA Moment: Spring into Wellness

Spring into Health: March marks the perfect time to kickstart your Medicare wellness routine as winter fades. The Medicare Improvements for Patients and Providers Act (MIPPA) expanded access to free preventive and screening services, especially for low-income Medicare beneficiaries, helping you stay ahead of health risks. Key offerings include the "Welcome to Medicare" visit for new Medicare enrollees, annual Wellness Visits to create personalized prevention plans, cancer screenings like mammograms and colonoscopies, cardiovascular and diabetes checks, plus flu, COVID, and pneumococcal vaccines.

State Health Insurance Assistance Program (SHIP) counselors assist with eligibility, premiums, and scheduling—no copays for most services if your doctor accepts assignment. Don't wait—contact a local SHIP Counselor today to review your needs and book your screenings or Annual Wellness visit before Summer. Prioritize prevention now for a healthier year ahead. Small steps in March yield big wellness rewards. See more information here: [Making Sense of Medicare's Preventive Service Benefits - Center for Medicare Advocacy](#)

For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.



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MARCH 2026 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Table Tennis 10am</p> 	<p>3</p> <p>Tai Chi 1pm</p> <p>Ageless Grace 2pm</p>	<p>4</p> <p>Millers Groceries 10am</p> <p>Euchre at 12:30</p>	<p>5</p> <p>Dementia Caregiver Support Group 1-2:30pm</p>	<p>6</p>
<p>9</p> <p>Table Tennis 10am</p> <p>Card Making 9am</p> 	<p>10</p> <p>Men's Group Noon</p> <p>Tai Chi 1pm</p> <p>Ageless Grace 2pm</p>	<p>11</p> <p>Millers Groceries 10am</p> <p>Blood Pressure Check 10:00-11:00</p> <p>Euchre at 12:30</p>	<p>12</p> <p>Dodgeville Shopping 9:30am</p> <p>Taxes 9:15-3:00pm</p>	<p>13</p> <p>Fall Prevention 11:45-Registration Noon-3pm Fall Presentation Individual Screenings Information table</p>
<p>16</p> <p>Table Tennis 10am</p>	<p>17</p> <p>Tai Chi 1pm</p> <p>Ageless Grace 2pm</p> <p>Badger Hearing 1-3pm</p>	<p>18</p> <p>Millers Groceries 10am</p> <p>Euchre at 12:30</p> <p>Foot Clinic 8:30-3:30pm</p>	<p>19</p> <p>Remington Tavern for lunch the bus leave at 10:45am</p> <p>Chair Massages Noon-4pm</p>	<p>20</p> <p>Grief Support Group 1-2:30pm</p> 
<p>23</p> <p>Table Tennis 10am</p>	<p>24</p> <p>No Exercise Class</p>	<p>25</p> <p>Millers Groceries 10am</p> <p>Blood Pressure Check 10:00-11:00</p> <p>Euchre at 12:30</p> <p>Foot Clinic 8:30-3:30pm</p>	<p>26</p> <p>Dodgeville Shopping 9:30am</p>	<p>27</p> <p>Bingo 12:30</p> 
<p>30</p> <p>Table Tennis 10am</p>	<p>31</p> <p>Tai Chi 1pm</p> <p>Ageless Grace 2pm</p>			

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered at the Mt. Horeb Senior Center on Monday, Tuesday, Thursday and Friday at 11:15 am. Home-delivered meals are offered Monday through Friday. A "Salad Meal" is offered on Tuesdays. Call 608-437-6902 to reserve or cancel a meal two days in advance. The suggested minimum donation is \$5.00 per a meal for those 60+.

Spring Garden Restaurant will be hosting "My Meal, My Way" program every Wednesday from 11-1pm. \$5.00 suggestion donation. There will be 4 breakfast and lunch entrees to choose from. Participants need to be 60+.

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.

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

Miller's Supermarket delivers groceries to seniors on Thursdays. Call Judy at 608-437-3081 to inquire about this service, since there is a limited number of customers that they can deliver to. \$15.00 minimum order.

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 Millers for the Senior Center. Thank you in advance!



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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 costs 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 for congregate meals at the Senior Center or Spring Gardens Restaurant. Call the Senior Center at 608-437-6902 to RSVP 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 PANTRIES

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

RUBY’S PANTRY– Drive Up-Pick Up, second Tuesday of each month from 4:00-5:30pm at the New Hope Evangelical Free Church, 639 8th St. Cost is \$25.00/car.

FOOTCARE CLINIC WITH AMY FOSTER

Wednesday, March 18th– 8:30-3:30pm

Wednesday, March 25th-8:30-3:30pm

Cost- \$25.00/Senior Center- \$35.00/Home

Call the Senior Center at 608-437-6902 for an appoint.

Call Amy at 608-576-8986 for 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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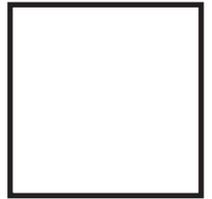


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Word List

-  SAINT
-  PATRICK
-  IRISH
-  BLARNEY
-  BLESSING
-  EMERALD
-  LEPRECHAUN
-  GOLD
-  GREEN
-  IRELAND
-  LIMERICK
-  MAGIC
-  PARADE
-  RAINBOW
-  SHAMROCK
-  LUCKY
-  WISH
-  FAIRY
-  MARCH
-  PARTY
-  CLOVER
-  POT
-  SNAKES



Start Over

