

# MOUNT HOREB AREA Happy April SENIOR NEWS

**SOUTHWEST DANE  
OUTREACH/  
NUTRITION**

**APRIL 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](mailto:swdaneoutreach@mounthorebwi.info)

**Director:** Lynn Forshaug

**Case Manager:** Julie Schmocker

**Nutrition Manager:** Alexis Cox

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**Thank you for all who donated prizes,  
wish list items and treats to the  
Senior Center!**

**Thank you Shamrock Farms for  
sponsoring Bingo!**

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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, April 2nd 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 1:55pm-2:40pm.** New session will start April 14th-May 19th. Class cost is \$30.00 per person.

**Thursday, April 9th, Premier World Discovery Tours at 1pm,** will be here to present the 2026 travel to the Mackinac Island/Niagara Falls and New York City holiday.

**Tuesday, April 14th, 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.

**Tuesday, April 14th and 28th from 4-5pm there will be a Free Upland Hills Health Class.** Are you looking to improve your balance, strength, and confidence in everyday movement? Join the balance-focused exercise class from Upland Hills Health. This supportive, instructor-led program is designed for older adults that focuses on stability, coordination, and fall prevention through gentle, effective exercises. Whether you're recovering from an injury or simply want to stay active and steady on your feet, this class offers a welcoming environment to help you move with greater ease and independence. Please reach out to the Senior Center to sign up for the class at 608-437-6902. Limited Seating.

**Thursday, April 16th at 1pm, \*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.

**Thursday, April 16th, lunch to Remington's in Cross Plains (Rescheduled).** Please RSVP at 608-437-6902. Bus leaves at 10:30am.

**Friday, April 17th, SoundBillies at 1pm.** The SoundBillies are a Madison area band, together now for five years. While their first love is bluegrass, they also enjoy blues, country, folk and gospel. Come join the fun!

**Tuesday, April 21st, Badger Hearing from 1-3pm.** Tracy will be here to check your hearing aides. No appointment required.

**Mondays, April 6th and 27th 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.

**Monday, April 20th, Forensic Science-Wisconsin Crime Lab presentation at 1pm.** Bob Block from the Oregon Historical Society will give a presentation on real-life crime solving and forensic investigation.

**Friday, April 24th, Bingo at 12:30,** join us for great prizes, lunch and fun. \$1 a card to play. Sponsored by Amy Foster "Traveling Tootsies"

## APRIL 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Hawaiian Chicken w/ bell peppers, pineapple, onion White Rice WW Dinner Roll, Butter Broccoli Tropical Fruit Dessert <b>MO: Haw. Chickpea Patty</b></p>	<p>2 BBQ Chicken Cornbread Muffin Cheesy au Gratin Potatoes Roasted Corn &amp; Black Beans Cherry Crisp <b>MO: BBQ Veggie Chicken</b></p>	<p>3 Pancakes Maple Syrup, Butter Hash Brown Patty Scrambled Eggs Strawberry Topping Orange Juice Cup <b>MO: SAME AS ENTREE</b></p>
<p>6 Tator Tot Casserole WW Bread Slice, Butter California Blend Veggies Applesauce Dessert <b>MO: Black Bean Tator Tot Casserole</b></p>	<p>7 Shredded Chicken &amp; Gravy Mashed Potatoes WW Dinner Roll, Butter Italian Veggies Mandarin Oranges Dessert <b>MO: Veggie Chicken &amp; Gravy</b></p>	<p>8 Chicken Tetrizzini Penne Pasta w/Peas &amp; Mushrooms Prince Charles Veggies Zucchini Apricot Fruit Salad Dessert <b>MO: Chickpea Tetrizzini</b></p>	<p>9 Hamburger w/Bacon Slices Cheddar Cheese Lettuce WW Bun Paco Potato Veggie Blend Baked Beans Fresh Mixed Melon Dessert <b>MO: Beyond Burger</b></p>	<p>10 Herb Seasoned Baked Cod Rye Bread Slice, Butter Roasted Potatoes Scandinavian Vegetables Pears Dessert <b>MO: Chickpea Patty</b></p>
<p>13 Tempura Chicken Sweet &amp; Sour Sauce Cup White Rice Broccoli Stir Fry Veggies Pineapple Dessert <b>MO: SWEET &amp; SOUR TOFU</b></p>	<p>14 Chicken Taco Lasagna Black Beans Corn Fresh Watermelon Dessert <b>MO: BLACK BEAN TACO LASAGNA</b></p>	<p>15 Chicken Kiev WW Bread Slice, Butter Mashed Potatoes &amp; Gravy Capri Blend Vegetables Mixed Fruit Dessert <b>MO: VEGGIE CHICKEN</b></p>	<p>16 Beef Goulash w/Elbow Macaroni WW Roll, Butter Green Beans Carrots Peaches Dessert <b>MO: CHICKPEA GOULASH</b></p>	<p>17 Cheesy Potato Soup Half Tuna, lettuce, tomato on wheat bread Mandarin Oranges Dessert <b>MO: SUB HALF VEGGIE SANDWICH</b></p>
<p>20 Cheesy Chicken Broccoli Rice Casserole Prince Charles Veggies Pears Dessert <b>MO: Veggie Chicken Broccoli Rice Casserole</b></p>	<p>21 Roasted Pork Loin, Gravy White Potatoes Scandinavian Vegetables WW Bread Slice, Butter Apricot Fruit Salad Dessert <b>MO: CHICKPEA PATTY, GRAVY</b></p>	<p>22 Chicken Cordon Bleu Casserole w/Ham &amp; Swiss Roasted Root Mix w/ Parsnips, Carrots, &amp; Sweet Potatoes Rye Bread Slice, Butter Applesauce Dessert <b>MO: Veg. Chicken w/ Swiss</b></p>	<p>23 Brat, WW Bun Ketchup &amp; Mustard Pkts Hot Sauerkraut Hot German Potato Salad Three Bean Salad Grapes Dessert <b>MO: VEGGIE BRAT</b></p>	<p>24 Vegetarian White Lasagna Salad Mix &amp; Dressing Pkt WW Dinner Roll, Butter Pineapple Dessert <b>MO: SAME AS ENTREE</b></p>
<p>27 Meatloaf Mashed Potatoes, Gravy Succotash w/Lima Beans WW Bread Slice, Butter Peaches Dessert <b>MO: CHICKPEA PATTY</b></p>	<p>28 Chicken Parmesan w/ Marinara &amp; Egg Noodles Italian Veggies Mandarin Oranges Dessert <b>MO: VEGGIE CHICKEN</b></p>	<p>29 Beef Veggie Stir Fry Brown Rice Veggie Egg Roll Tropical Fruit Dessert <b>MO: CHICKPEA PATTY</b></p>	<p>30 Herb Chicken Thigh w/ Mushroom Sauce Roasted Potatoes Malibu Vegetable Blend WW Dinner Roll, Butter Mixed Fruit Dessert <b>MO: Chickpea Patty</b></p>	

**Nutrition Note:**

Did you know that eating nuts as a part of a healthy diet could be good for your heart? Nuts like pecans, walnuts, cashews, almonds and hazelnuts are a good source potassium, low in saturated fat, free of cholesterol and and high in unsaturated fat. Nuts are healthy, but can be high in calories. They can be added to oatmeal, yogurt and salads. Nut butters are good with apples, bananas and w/wheat toast. GO NUTS!

**TUESDAY SALAD MENU:**

**APRIL 7: CRISPY CHICKEN CAESAR SALAD W/ CUCUMBER, TOMATO, CAESAR DRESSING, CROUTONS**

**APRIL 14: BBQ CHICKEN SALAD W/CRISPY ONION STRAWS, RANCH DRESSING, CROUTONS**

**APRIL 21: SOUTHWEST CHICKEN, CORN, BLACK BEAN SALAD W/TORTILLA STRIPS, RANCH DRESSING**

**APRIL 28: CHICKEN SPINACH STRAWBERRY SALAD W/FETA, PECANS, CROUTONS, BALSAMIC VINAI-GRETTE**

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



**Director's Note:** April is Volunteer Recognition Month! We want to THANK our 50 some Volunteers who help us with many programs here at the Senior Center. These jobs include: delivering meals, taking seniors to medical appointments, helping package, serve and clean up for our congregate and home delivered meal programs, bringing free food from Miller's Supermarket every Wednesday and setting it out on tables, baking and helping with our fundraisers, answering the phone, compiling our monthly newsletter, assisting with computer programs and helping our staff. They are caring, compassionate, and dedicated folks who brighten the day for our seniors and staff! Join us in saying "THANK YOU" to our Volunteers for serving the seniors in the Mt. Horeb area!

**CASE MANAGER'S NOTE: Monthly MIPPA Moment: Medicare Has Got Your Back**

Do you have diagnoses related to chronic low back pain? Acupuncture is an ancient needle-based healing practice involving a technique where providers stimulate specific points on the body, most often by inserting thin needles through the skin. Acupuncture can be covered by Medicare for those who qualify. **Medicare Part B can potentially cover up to 12 acupuncture visits in 90 days for chronic low back pain.** Medicare covers an additional 8 sessions if you show improvement.

Chronic low back pain defined by Medicare as lasting 12 weeks or longer, having no known cause (for example, it's not related to cancer that has spread, or an inflammation or infectious disease), and pain that isn't associated with surgery or pregnancy. **Not all providers can give acupuncture, and Medicare can't pay licensed acupuncturists directly for their services.** You must get acupuncture from a doctor or another health care provider (like a nurse practitioner or physician assistant) who has both a Masters or doctoral level degree in acupuncture or Oriental Medicine from a school accredited by the Accreditation Commission on Acupuncture and Oriental Medicine and a current, full, active, and unrestricted license to practice acupuncture in the state where you're getting care.

See more here: <https://www.medicare.gov/coverage/acupuncture>.



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tbenz@4LPi.com  
(800) 950-9952 x9518



# APRIL 2026 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1.</b> <b>Millers Groceries</b> <b>10am</b>  <b>Euchre at</b> <b>12:30</b>	<b>2.</b> <b>Dementia Caregiver</b> <b>Support Group</b> <b>1-2:30pm</b>	<b>3.</b> <b>Good Friday!</b> <b>Happy Easter!</b>  
<b>6.</b> <b>Table Tennis</b> <b>10am</b>  <b>Chair Massages</b> <b>Noon-4pm</b>	<b>7.</b> <b>No Exercise</b> <b>Class</b>  <b>VOTING TODAY</b>  	<b>8.</b> <b>Millers Groceries</b> <b>10am</b>  <b>Blood Pressure Check</b> <b>10:00-11:00</b>  <b>Euchre at</b> <b>12:30</b>	<b>9.</b> <b>Dodgeville</b> <b>Shopping</b> <b>9:30am</b>  <b>Premier Travel</b> <b>Presentation</b> <b>1pm</b>	<b>10.</b>
<b>13.</b> <b>Table Tennis</b> <b>10am</b>  	<b>14.</b> <b>Men's Group</b> <b>Noon</b>  <b>Tai Chi 1pm</b>  <b>Ageless Grace</b> <b>2pm</b>  <b>Upland Hills Exercise</b> <b>Class</b> <b>4-5pm</b>	<b>15.</b> <b>Millers Groceries</b> <b>10am</b>  <b>Euchre at</b> <b>12:30</b>  <b>Foot Clinic</b> <b>8:30-3:30pm</b>	<b>16.</b> <b>Lunch Outing</b> <b>Remington's</b> <b>10:30am</b>  <b>Grief</b> <b>Support Group</b> <b>1-2:30pm</b>	<b>17.</b> <b>SoundBillies</b> <b>Music</b> <b>1pm</b>  
<b>20</b> <b>Table Tennis</b> <b>10am</b>  <b>Chair Massages</b> <b>Noon-4pm</b>	<b>21</b> <b>Tai Chi 1pm</b>  <b>Ageless Grace</b> <b>2pm</b>  <b>Badger Hearing</b> <b>1-3pm</b>	<b>22</b> <b>Millers Groceries</b> <b>10am</b>  <b>Euchre at</b> <b>12:30</b>  <b>Foot Clinic</b> <b>8:30-3:30pm</b>  <b>Blood Pressure Check</b> <b>10:00-11:00</b>	<b>23</b> <b>Dodgeville</b> <b>Shopping</b> <b>9:30am</b>	<b>24</b> <b>Bingo</b> <b>12:30</b>  
<b>27</b> <b>Table Tennis</b> <b>10am</b>  <b>Forensic Science</b> <b>Presentation</b> <b>1pm</b>	<b>28</b> <b>Tai Chi 1pm</b>  <b>Ageless Grace</b> <b>2pm</b>  <b>Upland Hills Exercise</b> <b>Class</b> <b>2pm</b>	<b>29</b> <b>Millers Groceries</b> <b>10am</b>  <b>Euchre at</b> <b>12:30</b>	<b>30</b>	

# 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 4 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.

## 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 & 3:00-4:30 pm, Saturday, 10:00-11:30 am. The Clothes Closet is open every Saturday from 10:00-11:30. and Thursdays from 6:00-7:30pm.

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

## FOOTCARE CLINIC with AMY FOSTER

Wednesday, April 15th– 8:30-3:30pm

Wednesday, April 22nd-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!



**Have you been told you need a new Medicare card?**

**STOP! It's a 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

**Protect Yourself:**

- Never give out your Medicare number to unexpected callers
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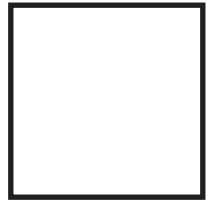
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