



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

Thank you Traveling Tootsies for sponsoring Bingo in April!

Wish List Items:
 Paper Plates
 Coffee

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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.



WE WILL BE CLOSED ON MONDAY, MAY 25th FOR MEMORIAL DAY!

Thursdays, Boost Your Brain and Memory Program: A free 6-week session from May 7th-June 11th every Thursday from 11-12:30. This program is designed to support brain health as you age. It takes a holistic approach, covering key lifestyle factors. The class is led by Ellen Taylor, she is a Dementia Care Specialist from the ADRC's of Dane County. Limited seating please call 608-437-6902.

Thursday, May 7th at 1pm, Caregiver Dementia Support Group. The group creates a safe space for discussion, education, support and sharing of ideas and resources.

Friday, May 8th at 1pm, join us for a special Mother's Day Tea. We will have tea, treats, music by Julie Van Eschen and an local author Dorothy Howat who had MS/ALS will be here to talk about her book "Damn It Anyways". Please RSVP by May 6th, to let us know if you would like to join us! 608-437-6902.

Monday, May 11th at 1pm, Dr. Wolff, MD, a board-certified orthopedic surgeon will do a presentation on the latest approaches to managing hip and knee arthritis. He specializes in hip and knee replacements and dedicated in helping patients improve their quality of life.

Thursday, May 14 at 1pm, Zeke from Safe Portal will be here to do a presentation on Internet Safety Account Hygiene. He will help us navigate our computer, phones and tablets on how to keep from getting scammed.

Friday, May 15th at 1pm, music by Mike McCloskey, he will bring his guitar and play a variety of country and good olde time music.

Tuesday, May 19th, 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, May 19th, Badger Hearing from 1-3pm. Tracy will be here to check hearing aides. No appointment is needed.

Tuesday, May 19th, Card Making at 9am, we will be making homemade cards. Everyone is welcome to join. Please RSVP to Stacey at 608-279-6108 by May 15th.

Thursday, May 21st, lunch at Pizza Ranch in Verona. The bus will leave here at the Senior Center at 10:30am. Please call the Senior Center to make reservations. Limited seating.

Thursday, May 21st, Amy Williamson, certified medical assistance will be doing ear wax removal and ear hair trimming services. \$40 for an half an hour session. Please call to make an apt at 608-437-6902.

Friday, May 22nd, Bingo at 12:30, join us for great prizes, lunch and fun.
Sponsored by Bargain Nook

Friday, June 5th, Million Dollar Quartet at the Fireside. The bus will leave at the Senior Center at 10:30am. The cost is \$84.50 per person. The bus fare will be \$3.00 when you board the bus that day. Please make reservations at 608-437-6902. (Limited Seating)

Senior Center will be closed on Memorial Day on May 25th!

MAY 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All menu items are prepared in kitchen that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross contact.</p> <p>MO=Meatless Option</p>				<p>1. Breaded Fish Sandwich WW Bun Tartar Sauce Packet Veggie Italian Pasta Salad Coleslaw Applesauce Dessert MO: Black Bean Burger</p>
<p>4. Sliced Hot Ham Scalloped Potatoes WW Bread Slice, Butter California Vegetables Apricot Fruit Salad Dessert MO: Chickpea Patty</p>	<p>5. Cinnamon French Toast Bake, Maple Syrup on Side Hashbrown Patty Pork Sausage Links Creamy Cucumber Tomato Salad Apple Juice Cup MO: Sub Veggie Sausage</p>	<p>6. Cinnamon French Toast Bake, Maple Syrup on Side Hashbrown Patty Pork Sausage Links Creamy Cucumber Tomato Salad Apple Juice Cup MO: Sub Veggie Sausage</p>	<p>7. BBQ Beef Meatballs Macaroni & Cheese Broccoli Corn Pineapple Dessert MO: BBQ Veggie Chicken</p>	<p>8. Minestrone Soup Half Egg Salad w/Lettuce on Wheat Bread Mandarin Oranges Dessert MO: Same As Entree</p>
<p>11. Sliced Kielbasa w/pepper and onions White Rice Scandinavian Vegetables WW Bread Slice, Butter Mixed Fruit Dessert MO: Chickpea Patty</p>	<p>12. Cheesy Chicken & Bean Burrito Tator Tot Rings Street Corn Salad Fresh Mixed Melon Dessert MO: Cheesy Bean Burrito</p>	<p>13. Beef Lasagna Salad Mix Ranch Dressing Packet Italian Vegetables Peaches Dessert MO: Vegetarian Lasagna</p>	<p>14. Roasted Turkey, Bacon, Cheddar, Lettuce on Wheat Bread (Full Sandwich) Mayo Packet Potato Salad Three Bean Salad Mango Cup Dessert MO: Veggie Sandwich</p>	<p>15. Swiss Steak w/Mushroom Gravy Mashed Potatoes, Gravy WW Dinner Roll, Butter California Vegetables Tropical Fruit Dessert MO: Beyond Burger w/ Mushroom Gravy</p>
<p>18. Lemon Herb Chicken Breast Paco Potato & Asparagus Vegetable Blend WW Dinner Roll, Butter Mandarin Oranges Dessert MO: Lemon Veg. Chicken</p>	<p>19. Orange Chicken Veggie Fried Brown Rice w/Edamame Stir Fry Veggies Pineapple Dessert MO: Tofu w/Orange Sauce</p>	<p>20. Chicken Alfredo Penne Pasta Malibu Vegetables Corn Pears Dessert MO: Veggie Chicken Alfredo</p>	<p>21. Shredded Roast Beef Mashed Potatoes, Gravy Far East Vegetables WW Bread Slice, Butter Applesauce Dessert MO: Chickpea Patty</p>	<p>22. Grilled Chicken Sandwich WW Bun Lettuce & Tomato Mayo Packet Ranch Wedge Fries Fresh Grapes Red White & Blue Confetti Vanilla Cake MO: Black Bean Burger</p>
<p>25. CLOSED FOR MEMORIAL DAY</p> 	<p>26. Meat Marinara Penne Pasta Peas w/Pearl Onions WW Bread Slice, Butter Pineapple Dessert MO: Chickpea Marinara</p>	<p>27. Country Fried Steak Mashed Potatoes, Gravy WW Dinner Roll, Butter Green Beans Peaches Dessert MO: Chickpea Patty</p>	<p>28. BBQ Chicken Cornbread Muffin, Butter Cheesy Au Gratin Potatoes Roasted Corn & Black Beans Blend Cherry Crisp MO: BBQ Veggie Chicken</p>	<p>29. Pancakes Strawberry Topping Maple Syrup, Butter Scrambled Eggs Hashbrown Patty Orange Juice Cup MO: Same As Entree</p>

Senior Farmers' Market Nutrition Program

June 1 – October 31, 2026

Starting June 1st, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to older adults for use in purchasing \$25* of Wisconsin grown fruit, vegetables, or herbs at farmers' markets and roadside farm stands.

The vouchers are distributed on a first come/first serve basis to those **age 60+ or Native Americans age 55+**, who live in Dane County, and have gross incomes under \$29,526 per year (or \$2,461/month) for a one-person household and \$40,034 per year (or \$3,337/month) for a two-person household. One set of vouchers is available per person.

Individuals that received and redeemed vouchers last year will automatically receive an application by mail this year. If you wish to apply to the program, or need to update your mailing address, contact AAA Clerk Cindy Matulle at 608-261-5678 or Matulle.Cindy@danecounty.gov. Applications will be mailed out in the middle of May. Once we receive and approve your application, vouchers will be mailed starting on Monday, June 1st. *Please note: funding is subject to change without prior communication.

"This program is funded by the United States Department of Agriculture."

TUESDAY SALAD MENU:

MAY 5: CHICKEN COBB SALAD W/EGG, BACON, AVOCADO, CHEESE, CROUTONS, RANCH DRESSING

MAY 12: GARDEN SALAD W/ROASTED TURKEY, FRESH VEGGIES, CHEESE, CROUTONS, ITALIAN DRESSING

MAY 19: CRISPY CHICKEN CAESAR SALAD W/ CUCUMBER, TOMATO, CAESAR DRESSING, CROUTONS

MAY 26: BBQ CHICKEN SALAD W/CRISPY ONION STRAWS, RANCH DRESSING, CROUTONS

May is Stroke Awareness Month:

Know the Signs of a Stroke

Each year in the United States, there are more than 800,00 strokes. Stroke is the leading cause of death and causes more serious long-term disabilities than any other diseases. However, acting F.A.S.T. can improve outcomes.

F.A.S.T. is an acronym used to help remember sign of a stroke. **F**-Face Drooping-does one side of the face droop or is numb? Ask the person to smile. Is the smile Uneven? **A**-Arm Weakness-Is one are weak or numb? **S**-Speech Difficulty-Is speech slurred? **T**-Time to call 911.

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Director's Note: It is hard to believe that 30 years have gone by working for the Village of Mt. Horeb and as Director of the Senior Center for 29 years. The Senior Center and the Village Staff have become my second family. I have loved my job and it has been my honor and privilege to work with area Seniors, their Families, the Village of Mt. Horeb Staff, the SW Dane Outreach Board, the Volunteers, local Municipalities, the Mt. Horeb Community, Civic Organizations and Businesses. Our programs have evolved from a small office in the municipal building to our current Senior Center. We have gone from providing meals at a local restaurant in 1977 to providing case management services, a nutrition program, resources for government programs, health & wellness classes, social event trips, etc. It will be a whole new chapter, but looking forward to spending more time with my family, doing some traveling, volunteering and finishing projects I have been putting off for years. I will miss all of this! Lynn Forshaug

Monthly MIPPA Moment: Creating an Online Medicare Account

Having access to your online Medicare.gov account can provide useful benefits for beneficiaries, helping you quickly view claims, premiums, and preventive services eligibility to help manage health-related costs, as well as manage any necessary appeals. See how to set this up below:

1. Visit [medicare.gov/account/create-account](https://www.medicare.gov/account/create-account) (to bypass the ID.me, CLEAR or Login.gov service).
2. Enter your Medicare number and coverage start date.
3. Read the security notice and click "OK".
4. Create a username & password and click "Create Account".
5. Set up a secret question and answer to secure the account.
6. Log in using your newly created username and click "Continue".
7. Then enter your password and click "Log in".
8. Set up a 2-step verification and select how you want to get your security code (text, email or phone call) and click "Continue".
9. Enter the code in the box that says "SECURITY CODE" and click "Confirm".
10. You are ready to use your new Medicare.gov account!

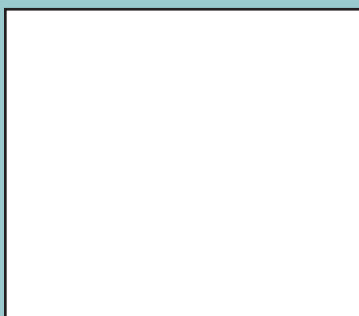
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MAY 2026 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Table Tennis 10am 	5 Tai Chi 1pm Ageless Grace 1:55pm Upland Hills Exercise Class 4-5pm	6 Millers Groceries 10am Euchre at 12:30	7 Boost Your Brain 11-12:30 Dementia Caregiver Support Group 1-2:30pm	8 Mother's Day Tea Party 1pm 
11 Table Tennis 10am Concepts In Hip and Knee Osteoarthritis Presentation 1pm	12 Tai Chi 1pm Ageless Grace 1:55pm Upland Hills Exercise Class 4-5pm	13 Millers Groceries 10am Blood Pressure Check 10:00-11:00 Euchre at 12:30	14 Dodgeville Shopping 9:30am Boost Your Brain 11-12:30 Chair Massages Noon-4pm Internet Safety: Account Hygiene 1--2:30pm	15 Music by Mike McCloskey 1pm 
18 Table Tennis 10am	19 Card Making 9am Men's Group Noon Tai Chi 1pm Ageless Grace 1:55pm Badger Hearing 1-3pm	20 Millers Groceries 10am Euchre at 12:30 Foot Clinic 8:30-3:30pm	21 Pizza Ranch for lunch the bus leave at 10:30am Boost Your Brain 11-12:30 Ear Wax Removal 12:30-4	22 Bingo 12:30
25 Happy Memorial Day Closed 	26 Tai Chi 1:55pm Ageless Grace 2pm Upland Hills Exercise Class 4-5pm	27 Millers Groceries 10am Blood Pressure Check 10:00-11:00 Euchre at 12:30 Foot Clinic 8:30-3:30pm	28 Dodgeville Shopping 9:30am Boost Your Brain 11-12:30	29

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered at the Mt. Horeb Senior Center on Fridays at 11:15am. 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 is 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 any 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 Thursday's. Call 608-437-3081 in inquire about this service, since there is limited number of customers that they can deliver to. There is a \$15.00 minimum order.

Volunteers deliver Miller Food to the Senior Center on Wed. by 10:00am. The number system is used. Monetary donations can be made at Miller's for the Sr. Center.



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NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

Care Van Services provides rides for the Seniors in the Mt. Horeb area. Transportation costs to meal sites, shopping and outings is on a donation basis. The donation to ride to a meal site is \$1.00/round trip, and for lunch outings and 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. Call the Senior Center at 608-437-6902 to RSVP for a lunch outing

THE LITTLE FREE PANTRY

“The Little Free Pantry” is now available to provide non-perishable food and other necessities in and near the Mt. Horeb area. The three outdoor Pantries are available 24 hours/day and can be found at the New Hope Evangelical Free Church (639 S. 8th St.), Immanuel Lutheran Church (310 W. Main St.) and Zwingli UCC (1693 Washington St.), also known as Hwy 92) in Mt. Vernon, WI. “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.

FOOTCARE CLINIC with AMY FOSTER

Wednesday– May 20th– 8:30-3:30pm

Wednesday– May 27– 8:30-3:30pm

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

Call the Senior Center at 608-437-6902 for an appt. Call Amy at 608-576-8986 for an In-Home appt.

CHAIR MASSAGES by LYNN YOUNG

Thursday-May 14th-1-4pm

Cost- \$20 for 15 minutes- \$40 for 30 minutes

Call the Senior Center to make an appt.

NO NEW MEDICARE CARD

Don't fall for the Scam!



Have you been told you need a new Medicare card?

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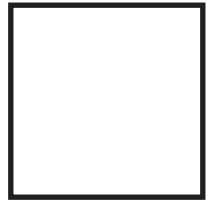
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