



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:

swdancoutreach@mounthorebwi.info

Director: Joan Laundry

Case Manager: Julie Schmocker

Nutrition Manager: Alexis Cox

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Wish List Items: Coffee

JUNE 2026 EDITION

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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 is happening at the Senior Center every Monday at 10am. It is open to all levels, providing a casual and friendly atmosphere for playing.

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

Tuesday, June 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.

Tuesday, June 16th, Badger Hearing from 1-3pm. Tracy will be here to check hearing aides. No appointment is needed.

Thursday, June 18th, at 1pm, Zeke from Safe Portal will be here to do a presentation on protecting personal information online. He will help us navigate our computer, phones and tablets on how to keep from getting scammed.

Thursday, June 18th, Amy Williamson, certified medical assistance will be doing ear wax/flushing and ear hair trimming services. \$40 for an half an hour session. Make an appt at 608-437-6902.

Thursday, June 18th, we will be heading to Monroe on the square for lunch and shopping. The bus will leave here at the Senior Center at 10:30am. Once we get there you will have 2 hours to do eat/shop on your own. Please call the Senior Center to RSVP.

Friday, June 19th at 1pm, We celebrate Lynn’s retirement of 30 years. We thank her for all she did here to make the Senior Center the focal point of the community. Everyone is invited.

Thursday, June 25th at 1pm, Part 1 of 3 Educational Series, Baily Schmidt, a certified Dementia Specialist from Azura will be here to present “The Basics of Dementia”.

Friday, June 27th, Bingo at 12:30, join us for great prizes, lunch and fun. **Sponsored by Agrace.**

Join Kayla McGowan from Mount Horeb Family Pharmacy for a 4-week Diabetes Self-Management Education and Support class at the Mount Horeb Senior Center on July 9, 16, 23, and 30 from 10:00 AM–12:00 PM. Learn practical tips for managing type 2 diabetes, including nutrition, medications, blood sugar monitoring, physical activity, and healthy lifestyle habits. Participants are encouraged to attend all sessions, but it is not required. To register or learn more, contact the Mount Horeb Senior Center at 608-437-6902 or Mount Horeb Family Pharmacy at 608-437-3001 by July 1. Classes are billed to Medicare Part B and are typically covered for eligible patients. One-on-one education sessions are also available.

Wednesday, Sept 17th, we will be taking a cruise down the Mississippi on the Celebration Belle in Dubuque Iowa. We are boarding a themed Oktoberfest cruise with Barefoot Becky and Ivanhoe Dutchmen polka entertainment along with the lunch buffet. The bus, the cruise, the entrainment and lunch buffet included for \$95.00 per person. Please call to reserve your seat today. The coach bus will leave Senior Center at 8:30am. and will return around 4:30pm.

JUNE 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tator Tot Casserole WW Bread Slice, Butter California Blend Veggies Applesauce Dessert MO: Black Bean Tator Tot Casserole	2 Shredded Chicken & Gravy Mashed Potatoes WW Dinner Roll, Butter Italian Veggies Mandarin Oranges Dessert MO: Veggie Chicken & Gravy	3 Chicken Tetrizzini Penne Pasta w/Peas & Mushrooms Prince Charles Veggies Zucchini Apricot Fruit Salad Dessert MO: Chickpea Tetrizzini	4 Hamburger w/Bacon Cheddar Cheese & Lettuce Paco Potato Veggie Blend Baked Beans Fresh Mixed Melon Dessert MO: Beyond Burger	5 Herb Seasoned Baked Cod Rye Bread Slice, Butter Roasted Potatoes Scandinavian Vegetables Pears Dessert MO: Chickpea Patty
8 Tempura Chicken Sweet & Sour Sauce Cup White Rice Broccoli Stir Fry Veggies Apricot Fruit Salad Dessert MO: Sweet & Sour Tofu	9 Chicken Taco Lasagna Black Beans Corn Fresh Watermelon Dessert MO: Black Bean Taco Lasagna	10 Chicken Kiev WW Bread Mashed Potatoes & Gravy Capri Blend Vegetables Mixed Fruit Dessert MO: Veggie Chicken	11 Beef Goulash WW Roll, Butter Green Beans Carrots Peaches Dessert MO: Chickpea Goulash	12 Vegetarian Corn Chowder Soup Half Tuna, lettuce, tomato on wheat bread Mandarin Oranges Dessert MO: Sub Half Veggie Sandwich
15 Cheesy Chicken Broccoli Rice Casserole Prince Charles Veggies Pears Dessert MO: Veggie Chicken Broccoli Rice Casserole	16 Roasted Pork Loin, Gravy White Potatoes Scandinavian Veggies WW Bread Slice, Butter Apricot Fruit Salad Dessert MO: Chickpea Patty, Gravy	17 Chicken Cordon Bleu Casserole w/Ham & Swiss Roasted Root Mix w/ Parsnips, Carrots, & Sweet Potatoes Rye Bread Slice Applesauce Dessert MO: Veg. Chicken w/ Swiss	18 Brat, WW Bun Ketchup & Mustard Pkts Hot Sauerkraut Hot German Potato Salad Three Bean Salad Grapes Dessert MO: Veggie Brat	19 Vegetarian White Lasagna Salad Mix & Dressing Pkt WW Dinner Roll, Butter Pineapple Dessert MO: Same As Entree
22 Meatloaf Mashed Potatoes, Gravy Succotash w/Lima Beans WW Bread Slice, Butter Peaches Dessert MO: Chickpea Patty	23 Chicken Parmesan w/ Marinara & Egg Noodles Italian Veggies Mandarin Oranges Dessert MO: Veggie Chicken	24 Beef Veggie Stir Fry Brown Rice Veggie Egg Roll Tropical Fruit Dessert MO: Chickpea Patty	25. Herb Chicken Thigh w/Mushroom Sauce Roasted Potatoes Malibu Vegetable Blend WW Dinner Roll, Butter Mixed Fruit Dessert MO: Chickpea Patty	26. Breaded Fish Sandwich WW Bun, Tartar Sauce Vegetarian Italian Pasta Salad w/Mozzarella Coleslaw Applesauce Dessert MO: Black Bean Burger
29 Italian Meatballs Macaroni & Cheese Stewed Spinach Corn Pineapple Dessert MO: Veggie Chicken	30 Sliced Hot Ham Scalloped Potatoes WW Bread Slice, Butter California Vegetables Apricot Fruit Salad Dessert MO: Chickpea Patty	All menu items are prepared in kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact.	MO = Meatless Option	

NUTRITION MANAGER'S NOTE: FARMERS MARKET NUTRITION PROGRAM

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.

TUESDAY SALAD MENU:

JUNE 2: SOUTHWEST CHICKEN, CORN, BLACK BEAN SALAD W/TORTILLA STRIPS, RANCH DRESSING

JUNE 9: CHICKEN SPINACH STRAWBERRY SALAD W/ FETA, PECANS, BALSAMIC VINAIGRETTE, CROUTONS

JUNE 16: CHICKEN COBB SALAD W/EGG, BACON, AVOCADO, CHEESE, RANCH DRESSING, CROUTONS

JUNE 23: GARDEN SALAD W/ROASTED TURKEY, FRESH VEGGIES, CHEESE, ITALIAN DRESSING, CROUTONS

JUNE 30: CRISPY CHICKEN CAESAR SALAD W/ CUCUMBER, TOMATO, CAESAR DRESSING, CROUTONS

 <p>KAREN TETZLAFF (608) 575-1298 ktetz@att.net seniorsmovewithkaren.com 25+ years of experience <i>Seniors Real Estate Specialist and Experienced in helping Seniors with their downsizing needs.</i></p> 	 <p><i>The Next Best Place to HomeSM - Memory Care - Call to Schedule a Tour</i> 608-437-HIVE (4483) 325 N. 8th St. • Mt. Horeb, WI 53572 https://beehivehomes.com/location/mount-horeb/</p>	<p>MARCA CALVO  CONNECTING PEOPLE & HOMES REALTOR[®]</p>  <p>608.692.8453 marca.calvo@firstweber.com marcocalvo.firstweber.com</p>  
<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 without you!</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>We're Hiring Ad Sales Executives</p> <ul style="list-style-type: none"> • Paid Training • Full-time with Benefits <p>Visit www.lpicommunities.com/careers</p>



DIRECTOR'S NOTE:

Hello! My name is Joan Laundry, and I am a lifelong resident of Mount Horeb. I earned my bachelor's degree in Social Work from the University of Wisconsin–Eau Claire. Since graduating, I have dedicated my career to working with seniors and adults with disabilities.

Outside of work, I enjoy spending time with my son, who is finishing 4th grade in Mount Horeb. I also enjoy traveling, gardening, and spending time with our animals.

It is truly an honor to serve the Mount Horeb Senior Center and the Village of Mount Horeb. Thank you so much for the warm welcome I've received so far. I'm excited to get to know more members of the community and look forward to working with all of you!

CASE MANAGER NOTE: MONTHLY MIPPA MOMENT: MEDICAID CHANGES UNDER OBBBA

MIPPA (Medicare Improvements for Patients and Providers Act) helps educate older adults about Medicare cost-saving benefits and preventive services. Following passage of the "One Big Beautiful Bill Act" (OBBBA) on July 4, 2025, several Medicaid changes will affect Wisconsin residents beginning in 2026–2027. Medicaid currently provides coverage for about 1 million Wisconsin residents — roughly 1 in 5 people statewide.

Work Requirements: Beginning January 1, 2027, adults ages 19–64 without children under 19 at home may need to meet work requirements to keep Medicaid coverage.

Reduced Retroactive Coverage: Starting January 1, 2027, retroactive Medicaid coverage will decrease from three months to two months.

Immigrant Eligibility: Effective October 1, 2026, Medicaid eligibility will be limited to U.S. citizens, legal permanent residents with 5+ years of residency, and certain qualifying immigrant groups. DACA recipients, TPS holders, and undocumented immigrants will no longer qualify.

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

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JUNE 2026 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1. Table Tennis 10am 	2. Tai Chi 1pm Ageless Grace 2pm Upland Hills Exercise Class 4pm	3. Millers Groceries 10am Euchre 12:30	4. Brain Health Class 11-12'30 Dementia Caregiver Support Group 1-2:30pm	5. Fireside Million Dollar Quartets bus leaves at 10:30am
8. Table Tennis 10am	9. Men's Group Noon Tai Chi 1pm Ageless Grace 2pm	10. Millers Groceries 10am Blood Pressure Check 10:00-11:00 Euchre 12:30	11. Dodgeville Shopping 9:30am Brain Health Class 11-12'30	12. Frolic Weekend Parade on Sunday Noon See You There!
15. Table Tennis 10am Chair Massages Noon-4pm 	16. Badger Hearing 1-3pm No Exercise Classes	17. Millers Groceries 10am Euchre at 12:30 Foot Clinic 8:30-3:30pm	18. Monroe Lunch/Shopping Bus leaves at 10:30am Brain Health Class 11-12'30 Ear Wax Removal 12:30-4pm Internet Safety Presentation 1pm	19. Lynn's Retirement Party 1-3pm 
22. Table Tennis 10am	23. Mail-Boat Day Trip Lake Geneva Bus leaves at 7:30am No Exercise Classes	24. Millers Groceries 10am Euchre at 12:30 Foot Clinic 8:30-3:30pm	25. Dodgeville Shopping 9:30am Dementia and Alzheimer's Support Educational Series at 1pm Part 1 of 3	26. Bingo 12:30 
29. Table Tennis 10am	30. No Exercise Classes			

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

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 Thursday's. Call 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 order.

Volunteers deliver Miller Food to the Senior Center on Wed. by 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 costs to meal sites, shopping and outings is on a donation basis. The suggested donation to ride to a meal site is \$1.00/rd. trip & for lunch or shopping is \$3.00/rd. trip. Call Kristi at 608-444-7930 for shopping trips and meals site rides and call the Senior Center at 608-437-6902 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 the New Hope Evangelical Free Church 639 S. 8th St., the Immanuel Lutheran Church 310 W. Main St., Mt. Horeb and the Zwingli UCC 1693 Washington St. 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.

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– June 17th– 8:30-3:30pm

Wednesday– June 24th– 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

Monday- June 15th-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!



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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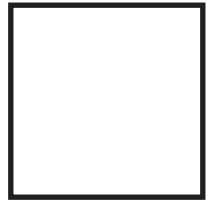
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Contact Us With questions or inquiries, please reach out to Baily at 608-291-6637 or by email at baily.schmidt@azuramemory.com

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