



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

JANUARY EVENTS

Tuesday, Tai Chi at 1pm and Ageless Grace Chair Exercises at 2pm will start the new session on January 7th-Feb 11th. The cost for the class is 30.00.

Monday, Jan 13th, Card Making at 9am, we will be making homemade cards. Everyone is welcome to join. Please RSVP to Stacey at 608-279-6108 by Jan 10th.

Tuesday, Jan 14th at noon, Men’s Group, Are you bored? Do you want to get out of the house and socialize for a couple of hours? Come and join us. If you would like to eat lunch with us, please make reservations 2 day prior, we do serve lunch at 11:15am.

Thursday, Jan 16th, we will be heading to the Vintage Brewing in Cross Plains. The bus will leave here at the Senior Center at 10:30am. Please call the Senior Center to make reservations at 608.437.6902.

Friday, Jan 17th, Hot Chocolate and Treats Social at 1pm, let’s get out of the house and socialize with a warm cup of hot chocolate. Please RSVP by Jan 15th.

Tuesday, Jan 21st, Badger Hearing from 1-3pm. Tracy will be hear to check hearing aides. No appointment is needed.

Friday, Jan 24th, Bingo at 12:30, join us for great prizes, lunch and fun.

Thanks to Millers and Sons for sponsoring December Bingo!
 A big thank you to the Mt Horeb Community Foundation for the \$1500.00 grant. The money will be used for postage for our monthly newsletters.

WISH LIST ITEMS:

Napkins and Decaffeinated 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.



JANUARY 2025 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	MEALS PROVIDED BY TNT'S CATERING. ALL MENU ITEMS 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. MO = MEATLESS OPTION.	1 <div style="text-align: center; color: blue; font-weight: bold;"> <p>CLOSED HAPPY NEW YEAR'S!</p> </div>	2 Chicken Alfredo Penne Pasta California Veggies Corn Pineapple Dessert MO: VEGGIE CHICKEN ALFREDO	3 Denver Egg Bake w/Ham, green peppers, cheese Black Beans Vegetarian Creamy Broccoli Salad Blueberry Muffin MO: SPINACH MUSHROOM EGG BAKE
6 Roasted Pork Loin, Gravy WW Bread w/Butter Roasted sweet potatoes, parsnips, carrots Peas Applesauce Dessert MO: VEG. CHICKEN, GRAVY	7 Beef Vegetable Potato Stew WW Bread w/Butter Mixed Greens Salad Dressing Pears Dessert MO: Veggie Stew	8 Italian Chicken Meatballs Creamy Parmesan Rice Stewed Spinach Corn Fruit Cocktail Dessert MO: CHICKPEA PATTY	9 Sliced Turkey Mashed Potatoes Gravy WW Dinner Roll, Butter Green Beans Peaches Dessert MO: Veg. Chicken & Gravy	10 Beef Lasagna Italian Blend Veggies Mandarin Oranges Dessert MO: VEGGIE "BEEF" LASAGNA
13 Hamburger WW Bun Ketchup & Mustard Pkt Lettuce & Tomato Baked Beans Diced Mango Dessert MO: BEYOND BURGER	14 Fiesta Chicken WW Pasta w/peppers, onion, olives, tomatoes Capri Veggies w/zucchini Pineapple Dessert MO: VEGGIE FIESTA CHICKEN PASTA	15 Chicken Veggie Potato Pot Pie Casserole served w/a biscuit on the side Broccoli Pears Dessert MO: GARBANZO POT PIE W/ A BISCUIT ON THE SIDE	16 BBQ Meatballs Macaroni & Cheese Green Beans & Baby Carrots Cherry Crisp MO: Chickpea Patty	17 Country Fried Steak Mashed Potatoes Gravy WW Bread Slice, Butter California Veggies Applesauce Dessert MO: VEGGIE CHICKEN
20 <div style="text-align: center; color: blue; font-weight: bold;"> <p>CLOSED FOR MLK DAY</p> </div>	21 Chicken Chili Cornbread Muffin, Butter Mixed Greens Salad Dressing Peaches Dessert MO: Veggie Chili	22 Beef Mushroom Stroganoff Egg Noodles Carrots Pineapple Dessert MO: Chickpea Mushroom Stroganoff	23 Herb Roasted Chicken WW Dinner Roll, Butter Mashed Sweet Potatoes Winter Blend Veggies Applesauce Dessert MO: Veggie Chicken	24 Breaded Fish Filet WW Bun Tartar Sauce Roasted Potatoes Creamy Cucumber Salad Mandarin Oranges Dessert MO: Black Bean Patty
27 Tatar Tot Casserole WW Bread, Butter California Blend Veggies Apricot Fruit Salad Dessert MO: Black Bean Tatar Tot Casserole	28 Chicken Enchiladas Corn Refried Beans Tropical Fruit Dessert MO: Black Bean and Cheese Enchiladas	29 Meatloaf Mashed Potatoes & Gravy WW Bread, Butter Green Beans Pears Dessert MO: CHICKPEA PATTY	30 Chicken Veggie Stir Fry Brown Rice Stewed Tomatoes Pineapple Dessert MO: Tofu Veggie Stir Fry	31 Chicken Parmesan Penne Pasta Marinara Peas Applesauce Dessert MO: VEGGIE CHICKEN PARMESAN

FREE Virtual Welcome to Medicare Seminar

What you need to know about enrolling in Medicare!

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. **The free virtual seminar will be on Saturday, January 18, 2025, 9-11:30am via zoom. To register please email AAA@danecounty.gov by 1/10/25.**

TUESDAY SALAD MENU:

JANUARY 7: SOUTHWEST CHICKEN, CORN, BLACK BEAN SALAD W/TORTILLA STRIPS, RANCH DRESSING

JANUARY 14: BBQ CHICKEN SALAD W/CRISPY ONION STRAWS, RANCH DRESSING

JANUARY 21: CHEF SALAD W/EGG, FRENCH DRESSING, CROUTONS

JANUARY 28: ITALIAN SALAMI MOZZARELLA SALAD W/CROUTONS, ITALIAN DRESSING

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 congregate or home delivered meals. The Senior Center will be closed for programs. The closings will be announced on the TV in the am.

DIRECTOR'S NOTE:

HAPPY NEW YEAR AND ALL THE BEST FOR A SAFE AND HEALTHY 2025. Winter is upon us, so remember to be safe and warm in your homes and when venturing out in the elements. Make sure your furnace has been serviced by a professional for safety in heating your home. Smoke and carbon monoxide detectors are great safety features, make sure to change the batteries every 6 months. When going out, dress in layers of loose clothing, wear mittens or gloves, hat or ear warmers, warm socks and outdoor footwear, and keep your skin protected from the cold air. Frostbite is the most common injury that can happen to fingers and toes, nose, ears and chin. Hypothermia can also occur when the body's temperature drops below 95 degrees. Use a cane, ski pole or walking stick to balance when walking outdoors. STAY SAFE!

CASE MANAGER'S NOTE: [Monthly Mippa Moment– Annual Medicare Advantage Open Enrollment Period](#)

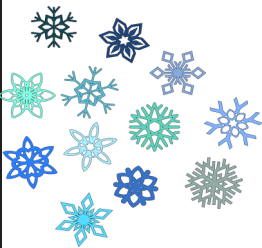

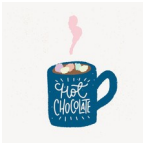

The Medicare Advantage open enrollment Period (MA-OEP) runs every Jan 1st –March 31st alongside the annual general enrollment period (GEP). The gap is to get into original Medicare part a and b. however, the MA-OEP is a time when you can make changes to an existing Medicare advantage plan. If you have a Medicare advantage plan, here are the only actions you can take during the MA-OEP.

- if you already in a Medicare advantage plan with or without drug coverage, you can switch to another Medicare advantage plan.
- You can drop your Medicare advantage plan and return original Medicare. You'll also be able to join a separate Medicare drug plan.

New advantage plan coverage would start the first day of the month after you apply/drop a plan. The MA-OEP period does not allow people to switch from a drug plan to another if they only have original Medicare.

Remember, Wisconsin's Medicaid program may be able to help pay for certain Original Medicare costs if you are eligible to enroll in a "Medicare Savings Program, even if you are in an Advantage plan. Medicare Savings Programs are for those who receive Medicare benefits and have limited countable income and assets. You can apply online at access.wi.gov, over the telephone, by mail, or in person with your local agency. To find the address or phone number for your agency, go to www.dhs.wisconsin.gov/forwardhealth/resources.htm or call Member Services at 800-362-3002 .

JANUARY 2025 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Millers Groceries 10am Euchre at 12:30	2	3
6	7 Tai Chi 1pm Ageless Grace 2pm	8 Millers Groceries 10am Blood Pressure Check 10:00-11:00 Euchre at 12:30	9 Dodgeville Shopping 9:30am	10
13 Card Making 9am 	14 Men's Group Noon Tai Chi 1pm Ageless Grace 2pm	15 Millers Groceries 10am Euchre at 12:30 Foot Clinic 8:30-3:30pm	16 Vintage Brewing for lunch the bus leave at 10:30am	17 Hot Chocolate and Treat Social 1pm 
20 SENIOR CENTER CLOSED MLK DAY	21 Tai Chi 1pm Ageless Grace 2pm Badger Hearing 1-3pm	22 Millers Groceries 10am Euchre at 12:30 Foot Clinic 8:30-3:30pm	23 Dodgeville Shopping 9:30am	24 Bingo 12:30 
27	28 Tai Chi 1pm Ageless Grace 2pm	29 Millers Groceries 10am Euchre at 12:30	30	31

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 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 from Dec 20th through Feb 2025 will be closed. Seniors are welcome to join us for a meal on Wednesdays at the Senior Center. Please call 2 day prior to make a reservation at 608.437.6902. Lunch served at 11:15

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. Please call Patsy Byrnes at 608-437-2518 to reserve a ride for medical appointment 4-5 days in advance. New riders will need to fill out an application at the Senior Center, bring a drivers license/photo ID and your covid vaccine card. Masks are recommended but not required.

Medicaid Rides -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. Thank you in advance.

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 the congregate meals at the Senior Center or Finks Café. Call the Senior Center at 608-437-6902 to go on the 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. New hours: SENIORS ONLY Fridays 9:00-10:30 am. All shoppers-3:00-6:00 pm and Saturdays 10:00-11:30 am.

The Clothes Closet is open every Saturday from 10:00-11:30 am

Ruby’s Pantry Drive Up—2nd Tuesday of month 4:00-5:30 pm at The New Hope Evangelical Free Church, 639 8th St. Mt. Horeb Cost -\$25.00/car

FOOTCARE CLINIC WITH AMY FOSTER

Wednesday, January 15— 8:30-3:30pm

Wednesday, January 22 —8:30-3:30pm

Cost is \$25.00/Senior Center- \$35.00/Home
Call the Senior Center at 608-437-6902/appt.
Call Amy at 608-576-8986 for in-home appt.

Mount Horeb Area Senior Center

107 North Grove Street

Mount Horeb, WI 53572

Music Word Search

O Z S S M D S R E X W M G T D
N C E G N E E C Y T A D N S R
A V K A N T L L A L O E Y E U
I F B C R O O O L L M N N R M
P F L A H P S E D U E K O R N
W S U H H G T R R Y P D M H O
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CHORUS
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FORM
GLOCKENSPIEL
HALF
HARMONY
INSTRUMENT

MALLET
MELODY
MUSIC
NOTE
PARTNERSONG
PIANO
QUARTER
REST
RHYTHM
ROUND

SCALE
SIXTEENTH
SYNCOPIATION
TRIANGLE
WATERBURY
WHOLE
WOODBLOCK
XYLOPHONE

