



# Your Connection

September 2025

The background of the central text box is a collage of four images: top-left shows autumnal food like pumpkins and apples; top-right shows a full moon over a field; bottom-left shows an outdoor patio at night with string lights; bottom-right shows hands clinking glasses at a table.

**NWDSS**  
*Presents*  
**DINE ON HARVEST**  
*MOON*  
October 9, 2025  
6:00 pm—9:00 pm  
Sugarland—Arena, WI  
Food, Drink, Silent Auction, Live Music  
\$60/person

**Prize BINGO to be played during Dine On Harvest Moon  
until prizes valued at \$25 or more are gone!**

**No additional cost, included in price of ticket**







Join us **September 22 at 9:00 am** (the 4th Monday of each month)

**Monthly Vet-to-Vet meetings are held at NWDSS**

Led by Jonathan Howell, Veterans Outreach Program Specialist at the Madison Vet Center



## *Arts and Crafts Club for Seniors*

**First and third Mondays of the month, 2:00-4:00 PM, starting on Monday, September 15, 2025, at Northwest Dane Senior Center.**

**Bring your own project to work on while connecting and chatting with friends. All art and craft projects are welcome: painting, knitting, crocheting, scrapbooking, needle felting, etc.**



**Come learn and start a new project!**



*The Golden Agers will meet*

**Thursday, Sept. 4, 2025.**

Meetings will be held the first Thursday of every month from 12:30pm to 3:45pm.

A short meeting will be followed by Euchre for a \$1.00 donation.

**Everyone is welcome!**

Meetings will take place at NWDSS

**October Meeting will be on Oct 9th.**

NWDSS provides premier programs & services for older adults and their families that promote well-being, independence, involvement in their community and the ability for them to age successfully.

\*Participants are not mandated to use onsite services or offerings

## Adult Day Program

Life enriching activities for persons with Alzheimer's or other related dementia and respite for caregivers  
Monday through Friday 8:30 AM—3:30 PM

## Exercise Classes

Black Earth Village Hall Wednesdays at 9:30am, Chair Yoga Mondays at NWDSS 10:30am,

Gentle Mat Yoga Mondays at 9:30am

Tai Chi Mondays at 4pm and Thursdays 8:30am

## Case Management

Provides support and services, advocacy, medical equipment, federal, state & local assistance programs to remain safe in your home and community. Home visits & service plans can be coordinated to assess needs.

## Foot Care

Foot care done by a registered nurse, monthly, third Tuesday and fourth Wednesday. Cost \$25 call 798-6937 to schedule an appointment.

## Nutrition

Lunch with friends Monday—Friday 11:30 AM. To make reservations call 798-6937 by 11 AM the day before. Home delivered lunch meals are delivered Monday through Friday to homebound individuals ages 60+. Call the Case Manager at 798-6937 Ext 3 for more information and assessment. Suggested donation \$5.00.

## Transportation Options

Medical Rides and other related rides with RSVP (requires a 3 business day notice)

- RSVP (Retired Senior Volunteer Program) - **call NWDSS 798-6937 EXT 5**
- Riders must be 60+ and must be able to transfer on their own into and out of the vehicle.  
\*Contact the Case Manager for other resources if you have wheelchair transport needs.
- Receptionist will register you, take your appointment information, set up a driver for you and call you back with details
- Cost is by donation - driver will give you an envelope (self addressed to be returned to RSVP of Dane County)
- Dane County Transportation Center **608-242-6489**
- Forward Health/Medicaid participants call **MTM 1-866-907-1493**

Grocery, other shopping needs and outings (day prior notice)

- Call Transit Solutions 608-294-8747 to schedule ride or outing
- Suggested donation is **\$2** (Piggly Wiggly) & **\$3** (Madison/Baraboo)

Local Errands (day prior notice)

- Call Transit Solutions 608-294-8747 to schedule your local errand.
- Suggested donation is **\$2**

Bus to NWDSS for Lunch or Activities (day prior – 8:30 AM deadline for lunch)

- Call NWDSS **608-798-6937 EXT 5**
- Receptionist will sign you up
- Suggested donation is **\$1**



Visit our website at [www.nwdss.org](http://www.nwdss.org). **NWDSS is a nonprofit charitable organization**

*Stop by for a tour & additional information or call to schedule an appointment!*

# Activities

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**Chair Yoga:** Mondays at 10:30 at NWDSS

**Exercise Class:** Wednesdays at 9:30am

at the Black Earth Village Hall

**Tai Chi:** Mondays at 4:00pm &  
Thursdays at 8:30am shelter in BE

**Nickel BINGO**

**Wednesdays 12:30pm-2:30pm**

**&**

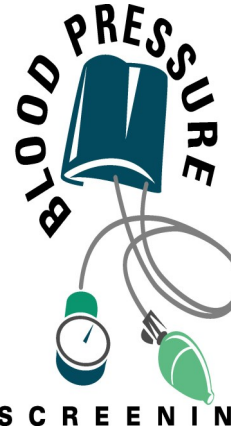
**Friday, Sept.19, 12:30pm**



Join us at NWDSS  
and learn how to  
play **MAHJONG**

**Thursdays**

**1-3PM**



CP EMS will be here  
to do blood pressure  
screenings twice  
monthly!

After Yoga on a  
Monday and a  
BINGO Wednesday!

**THANK YOU!!!**

**TRANSIT**  
SOLUTIONS

**Transit Solutions Bus Trips – Northwest Dane**

- Please contact the Cross Plains Senior Center to make a reservation for meal transportation – (608) 798-6937
- Please contact Transit Solutions to make a reservation for shopping transportation – (608) 294-8747
- Shopping riders are allowed up to six grocery bags. Our driver will assist you with unloading your groceries.
- No fare will be collected. Donations accepted.
- Passengers must be age 60 and over who live in their own home/apartment or have a disability.



**Monday**

**Lunch Rides:**

**Pick-up: 10:30am  
Return: 12:30pm**

**Shopping Rides:**

**Pick-up: 10:00am  
Return: 11:30am  
Store: Piggly Wiggly  
in Cross Plains**

**Tuesday**

**Lunch Rides:**

**Pick-up: 10:30am  
Return: 12:30pm**

**Shopping Rides:**

**Pick-up: 10:00am  
Return: 11:30am  
Store: Walgreens in  
Cross Plains**

**Wednesday**

**Lunch Rides:**

**Pick-up: 10:30am  
Return: 12:30pm**

**Additional trips to  
hair appointments,  
banks, pharmacies,  
ect are available  
every day from  
10:00am-1:00pm.  
Call to sign up!**

**Thursday**

**Lunch Rides:**

**Pick-up: 10:30am  
Return: 12:30pm**

**Shopping Rides:**

**Pick-up: 11:15am  
Return: 1:30pm  
Store: Walmart in  
Baraboo**

**Friday**

**Lunch Rides:**

**Pick-up: 10:30am  
Return: 12:30pm**



Senior Dining



Fellowship, Food & Fun

## September 2025

MEALS PROVIDED BY: LANCASTERS PIGGLY WIGGLY  
ALL MENU ITEMS ARE PREPARED IN KITCHENS THAT ARE NOT ALLERGEN-FREE.

WE CANNOT GUARANTEE THAT FOOD ALLERGENS WILL NOT BE TRANSFERRED THROUGH CROSS CONTACT. NO SUBSTITUTIONS ALLOWED.  
MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY OF INGREDIENTS/PRODUCTS.

TO RESERVE YOUR LUNCH PLEASE CALL 608-798-6937 EXT #5  
SUGGESTED MINIMUM DONATION IS \$5.00 PLEASE MAKE A DONATION AT THE LEVEL YOU CAN AFFORD.



### 8 Monday

Cheesy Chicken Broccoli & Rice Casserole, Fresh Carrots & Dip, Chickpea Salad, & Side of Fruit,

### 15 Monday

Reuben on Rye, w/ Sauerkraut & Thousand Island Dressing, Glazed Carrots, Roasted Potatoes, & Side of Fruit

### 22 Monday

Roast Beef Submarine w/Lettuce, Tomato, Cheese, & Side of Mayo, Side Salad w/ Dressing & Side of Fruit

### 29 Monday

Cheeseburger Mac and Cheese w/WG noodles, Side of mixed veggies, Baked Beans, & Side of Fruit

### 2 Tuesday

Cheeseburger on WG Bun w/ Lettuce & Tomato, Potato Rounds, Kale Slaw, & Side of Fruit

### 9 Tuesday

\*Baked Ham, Mashed Sweet Potato, Corn, WG Roll, & Side of Fruit

### 16 Tuesday

WG Baked Chicken Burrito, W/ Cheese, Side of Southwest Corn & Bean Salad, Sour cream, & Side of Fruit

### 23 Tuesday

WG Loaded Chicken Enchiladas w/Beans & cheese Garnish, Side of Corn & Cilantro Salad, Sour Cream, & Side of Fruit

### 30 Tuesday

WG Soft Shell Chicken Tacos (2), W/ Taco Cream Cheese, Diced Tomatoes, & Shredded Lettuce, Side of Salsa, & Black Beans, & Side of Fruit

### 3 Wednesday

Swedish Meatballs & Gravy over WG Noodles, Caprese Salad, & Side of Fruit

### 10 Wednesday

Pot Roast, Garlic Mashed Potatoes, Peas & Carrots, WG Roll w/butter, Fruit

### 17 Wednesday

Scalloped Potatoes w/Ham, Green Beans, Biscuit w/Butter, & Side of Fruit

### 24 Wednesday

Sloppy Joe Sandwich on WG Bun, Cheesy Potatoes, Pickled Beets & Side of Fruit



### 4 Thursday

Breaded Pork Fritter, Potato Rounds, Mixed Veggies, Seasoned Roasted Chickpeas, & Side of Fruit

### 11 Thursday

Baked Chicken Parmesan over WG Noodles, Side Salad w/ Dressing, & Side of Fruit

### 18 Thursday

Meatloaf w/Gravy, Mashed Potatoes, mixed veggies, WG Roll & Side of Fruit,

### 25 Thursday

Beef Stew, w/Carrots & Peas, Side of Roasted Potatoes, WG Roll, & Side of Fruit

### 5 Friday

Baked Lemon Dill Cod w/butter over Wild Rice Pilaf, Slaw, Roasted Veggies, WG Roll & Side of Fruit

### 12 Friday

Breaded Shrimp, w/ Cocktail Sauce, Cheesy Potatoes, Broccoli Slaw, WG Roll, & Side of Fruit

### 19 Friday

Breaded Cod, Tarter Sauce, Baked Potato Rounds, Broccoli Slaw, WG Roll, & Side of Fruit

### 26 Friday

Herb Crusted Cod, Lemon Orzo, Mixed Veggies, Kale Slaw, & Side of Fruit







NWDSS

## Salad Menu

### TUESDAY'S IN SEPTEMBER

**9/2 Tuesday: Cranberry Turkey Wrap on WG Tortilla**, Roasted Turkey, Cream Cheese, Dried Cranberries, Chives, Lettuce, & Havarti Cheese. Served w/a side of Jellied Cranberry Sauce.

**9/9 Tuesday: Chef Salad**, Ham & Turkey, cheese, tomato, croutons, & dressing w/ side of cottage cheese.

**9/16 Tuesday: Quinoa Deli Salad**, Hearty quinoa and chickpeas over chopped Lettuce, bell pepper, artichoke hearts w/ diced ham, mozzarella, & red-wine vinaigrette. Served w/whole grain garlic toast

**9/23 Tuesday: Chicken Taco Salad**, Mixed greens topped with shredded chicken, corn, black beans, green onion, cilantro, & diced tomatoes, topped w/ cheddar cheese & corn chips. Served w/ salsa & ranch dressing.

**\*All Salad Entrees & Alternative Meal Options Will Come With Choice of Milk (white or chocolate), Fruit, & Dessert.**

DAILY ALTERNATIVE  
OPTIONS PLEASE ORDER

#1- #5

**#1 Egg Salad Croissant w/ Side of Broccoli Slaw**

**#2 Tuna Salad Croissant w/ Side of Slaw**

**#3 Chicken Salad on Croissant w/ Side of Fresh Veggies & Ranch**

**#4 Fresh Toss Salad (Lettuce, Tomatoes, Cucumber, Hard Boiled Egg, Chickpeas, & Side of Dressing) & croutons**

**#5 Chicken Wrap on Whole Grain Tortilla w/ Side of Kale Slaw**

PLEASE CALL A DAY PRIOR  
TO ORDER OR MAKE  
CHANGES.

608-798-6937 EXT 5

# Case Management

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## Join us for Caring Connection Opportunities!

### Mental Wellness Group Series



**Mondays 11:30am-1pm**

(lunch provided by NWDSS; call to RSVP)

**Sept 22, Oct 20, Nov 17**

Education, Guided Discussion, Practical Tools

**Themes and Topics: Grief & Loss, Life Transitions, Relationships, Gratitude & Meaning**



**Facilitator: Tyler Scheuffner, Mental Health Specialist**

### Caregiver Support Group Series

**Tuesdays 10-11:30am**

(respite provided for loved ones; call to RSVP)

**Oct 7, Nov 4, Dec 2**

Caregivers for a loved one with any form of dementia or significant cognitive changes.

Emotional Support, Resources, Dementia-friendly Education

**Themes and Topics: Communication, Self-Care, Advanced Directives and Decision Making, Disease Progression**

**Facilitator: Julia Hayde, Dementia Support Specialist for the ADRC**



### Resilience Retreat for the Aging Mind and Body

**Tuesday Nov 11, 10-11:30am** (call to RSVP)



Embrace a positive perspective about the benefits and opportunities of aging and build emotional resilience for a stronger YOU!

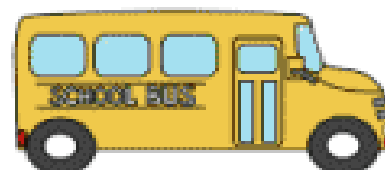
**Themes and Topics: Interactive Sessions, Open and Honest Discussions, Mindfulness and Meditation Techniques, Creative Activities**



**Facilitators: Alyson Schaefer and Tammy Haack, experienced mental health professionals and educators**

# September

## WORD SEARCH



P	E	A	R	S	L	E	A	V	E	S	Q	S	G	A
X	P	Z	Y	K	H	I	D	B	H	A	R	D	Q	M
B	R	D	H	A	C	O	R	N	H	W	N	I	O	G
Z	U	O	U	H	A	F	O	L	X	V	F	A	L	L
K	W	X	U	C	P	C	Y	E	L	L	O	W	H	B
G	F	A	E	P	Y	F	R	I	E	N	D	S	I	H
Z	B	F	O	O	T	B	A	L	L	Q	N	P	Q	P
X	E	O	Y	B	C	K	I	V	P	S	R	Z	T	L
Y	R	E	H	A	P	P	L	E	S	X	Z	O	A	P
H	X	Q	L	P	I	E	Y	U	M	T	R	E	E	S
N	X	Q	S	C	H	O	O	L	O	O	Z	U	G	Q
C	O	R	N	X	M	K	A	H	P	E	N	C	I	L
B	L	B	O	O	K	S	B	A	C	K	P	A	C	K
G	K	C	C	J	V	E	S	L	E	Z	B	R	N	W
A	V	R	Y	O	V	N	M	T	B	F	Z	M	G	M



Acorn  
Apples  
Backpack  
Books  
Corn  
Fall  
Friends

Football  
Leaves  
School  
Pears  
Pencil  
Trees  
Yellow





## NWDSS Salon

Call 608-798-6937 ext. 5

to schedule an  
appointment

1:15pm-3:15pm

Monday-Friday



**Mackinac Island, the Grand Hotel  
& Niagara Falls**  
8 days

Departure Date: 6/3/26

Air Gateway: Madison

Rates: \$4149 per person/double  
Transfer to MSN

## Travel

with

# NWDSS

and  
Premier Travel

**Albuquerque Balloon Fiesta**  
6 days

Departure Date: 10/02/26

Air Gateway: Madison

Rates: \$3949 per  
person/double  
Transfer to MSN

**New England Rails and Trails**  
9 days

Departure Date: 9/13/26

Air Gateway: Madison

Rates: \$4775 per person/double  
Transfer to MSN



**Rose Parade New Year's**  
6 days

Departure Date: 12/30/26

Air Gateway: Madison

Rates: \$4449 per person/double  
Transfer to MSN

## Our Thrift Shop SUNNY SECONDS

September Hours

9AM-3PM

Monday-Friday


Check Facebook for Sat. hours



Paper Towels

Copy Paper

Toilet Paper



**Endres**  
Insurance Agency, Inc

Business - Farm/Ag  
Home - Auto - Liability  
Life - Long Term Care

(608) 798-3811  
info@endresinsurance.net  
www.endresinsurance.net  
1805 Bourbon Rd  
Cross Plains, WI 53528



**NWDSS  
LOVES  
Pets**

NWDSS understands that pets are family and we can assist with some of the expenses your furry friend may need!

**Donations:**  
NWDSS accepts monetary donations, food, toys, treats, pet accessories

**Assistance:**

- Pet Food
- Veterinary Care
- Medications
- Grooming
- Nail Trimming
- Boarding
- Vaccinations

**Contact: 608-798-6937**

## “NEW” Gentle Yoga at NWDSS

**Monday, Sept. 8, 15, 22, 29**

**9:30am-10:10am**

**Yoga Poses**

**Meditation**

**Breathing Techniques**

Bring a mat, water bottle and dress in clothing you can easily move in

*No charge for class, donations to NWDSS appreciated*

Limited to 12 participants age 55 and up

Call NWDSS to sign up

**608-798-6937**



### **Middleton-Cross Plains Area School District**

Hello! My name is Amy Scherneck and I am the Summer School and Community Outreach Coordinator for the Middleton-Cross Plains Area School District. We are excited to host Adult Learning Opportunities for community members,



and we are seeking information about the kinds of classes and activities you would be interested in joining.

Please take a moment to complete this quick [survey](#) if you are reading this online. If you prefer, feel free to email me ideas at [ascherneck@mcpasd.k12.wi.us](mailto:ascherneck@mcpasd.k12.wi.us) or call 608- 829-9028. We look forward to working with you! Survey web address and QR code:

[https://mcpasd.sjc1.qualtrics.com/jfe/form/SV\\_1XgyT036LNjSPHM](https://mcpasd.sjc1.qualtrics.com/jfe/form/SV_1XgyT036LNjSPHM)



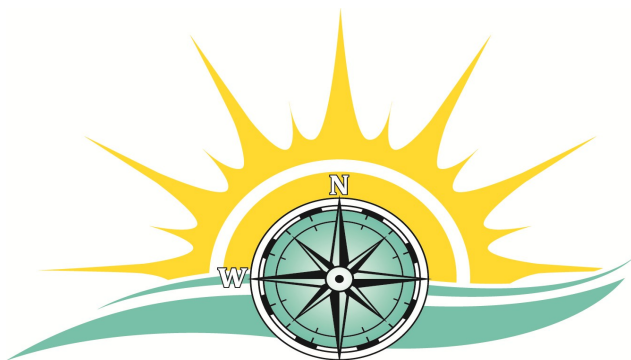




Left top: Terra, Patty, Annette, Joan, Jennifer

Left Bottom: Vicki, Paulette, Kasey

Not pictured: Rachel



**Northwest Dane  
Senior Services**

## *Meet the* **STAFF**

### **Main Reception, RSVP, Meals**

Ext. 5      [general@nwdss.org](mailto:general@nwdss.org)

### **Paulette Glunn**, Executive Director

Ext. 2      [execdir@nwdss.org](mailto:execdir@nwdss.org)

### **Vicki Beres**, Case Manager

Ext. 3      [casemanager@nwdss.org](mailto:casemanager@nwdss.org)

### **Jennifer Mellem**, Case Manager

Ext. 6      [nwdcasemanager@nwdss.org](mailto:nwdcasemanager@nwdss.org)

### **Rachel Nelson**, Nutrition Program Director & Salon Manager

Ext. 7      [nutrition@nwdss.org](mailto:nutrition@nwdss.org)

### **Annette Geisler**, Program Assistant

Ext. 4      [assistant@nwdss.org](mailto:assistant@nwdss.org)

### **Joan Heberlein**, Adult Day Program Specialist      [general@nwdss.org](mailto:general@nwdss.org)

### **Kasey Klinger**, Adult Day Program Specialist

### **Patty Hillebrand**, Accounting Assistant

Ext. 8      [accounting@nwdss.org](mailto:accounting@nwdss.org)

### **Terra Morris**, Social Media Consultant

x



1837 Bourbon Road  
Cross Plains, WI

x

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To continue to receive your monthly paper newsletter, please mail in a \$12 yearly donation to NWDSS

## Contact Us . . .

**Northwest Dane Senior Services, Inc.**

1837 Bourbon Road

Cross Plains, WI 53528

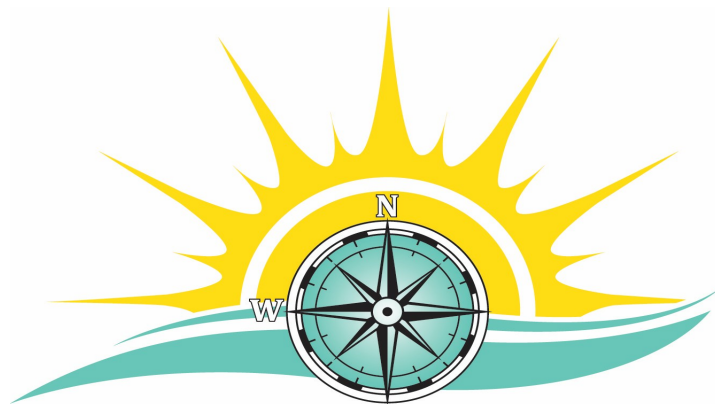
608-798-6937 (NWDS)

Hours: 8:00am—4:00pm

Monday thru Thursday

Fridays 8:00am-3pm

[www.nwdss.org](http://www.nwdss.org)



**Northwest Dane  
Senior Services**

