

# YOUR CONNECTION

## HIGHLIGHTS

New Look

Programs and Services

Lunch Menu

Case Management

Wish List

2026 Travel

*"Because growing older should mean feeling connected, valued, and alive."*



**Northwest Dane  
Senior Services**



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



## SERVICES PROVIDED BY NWDSS

Call (608)798-6937 ext. 5



### Case Management

Provides support, services and resources to remain independent.

### Adult Day Program

Life enriching activities for persons with Alzheimer's and other related dementia.

### Wellness & Activities

Foot care, Cycling Without Age. See activity calendar for regular activities.

### Transportation

Assistance coordinating rides to medical appointments, lunch, shopping and activity programs.

### Sunny Seconds Thrift Shop

Consider donating and shopping at our thrift shop. Monday - Friday 9am - 3pm

### Onsite Hair Salon

Choose extension 7 to book an appointment.

### Volunteer Opportunities

So many ways you can help

### Nutrition

Home delivered meals and lunch with friends.



## Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am Vet to Vet Meeting (4 <sup>th</sup> Monday)	10am Caregiver Support Group (1 <sup>st</sup> Tuesday)	9:30am Exercise @ BE Village Hall	8:30am Tai Chi	12:30pm Nickel BINGO (3 <sup>rd</sup> Friday)
9:30am Gentle Yoga	1:00pm Euchre/Cards	12:30pm Nickel BINGO	12:30pm Golder Agers (1 <sup>st</sup> Thursday)	
10:00am Mental Wellness Group (3 <sup>rd</sup> Monday)	Foot Care (3 <sup>rd</sup> Tuesday)	Foot Care (4 <sup>th</sup> Weds)	1:00pm Mahjong	
10:30am Chair Yoga				
1:00pm Card Club (2 <sup>nd</sup> & 4 <sup>th</sup> Monday)				
2:00pm Arts & Crafts (1 <sup>st</sup> & 3 <sup>rd</sup> , 5 <sup>th</sup> Monday)				
4:00pm Tai Chi				
Blood Pressure Check by CP EMS following Yoga 1x per month		Blood Pressure Check by CP EMS following BINGO 1x per month		

## Transportation Options



### 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch Rides:</b> Pick-up 10:30am Return 12:30pm <b>Shopping Rides:</b> Pick-up 10am Return 11:30am Store: Piggly Wiggly in Cross Plains	<b>Lunch Rides:</b> Pick-up 10:30am Return 12:30pm <b>Shopping Rides:</b> Pick-up 10am Return 11:30am Store: Walgreens in Cross Plains	<b>Lunch Rides:</b> Pick-up 10:30am Return 12:30pm	<b>Lunch Rides:</b> Pick-up 10:30am Return 12:30pm <b>Shopping Rides:</b> Pick-up 11:15am Return 1:30pm Store: Walmart in Baraboo	<b>Lunch Rides:</b> Pick-up 10:30am Return 12:30pm

**Additional trips to hair appointments, banks, pharmacies, etc. are available every day from**

**10am – 1pm. Call Transit Solutions to sign up.**

# Activity Descriptions

## Yoga

Gentle Mat Yoga—Mondays 9:30 am

Chair Yoga—Mondays at 10:30 am

Both classes conducted by certified instructor.

Cost: Donation to  
NWDSS to help cover  
instructor fee.



## Nickel BINGO

Enjoy a friendly game of Nickel BINGO.

Cost: One nickel per card per game (max 2 cards)

Every Wednesday 12:30pm

Third Friday, Monthly 12:30pm

At NWDSS



## Arts & Crafts Club

Bring your own project to work on while connecting with other crafters.

1st, 3rd and 5th Mondays Monthly at 2:00—4:00pm

At NWDSS



## Tai Chi

Type

Cost

Mondays at 4:00pm

Thursdays at 8:30am

At NWDSS

Location and time change in the spring



## Golden Agers

A short meeting of older adults followed by Euchre for a \$1.00 donation.

1st Thursday Monthly at 12:30 — 3:45 pm

At NWDSS



## Cycling Without Age

Take a ride on our Trishaw "Danny." Call NWDSS to schedule a ride.

"The right to wind in your hair"

By Appointment

weather permitting



## Mahjong

Learn and play Mahjong.

Every Thursday at 1:00 pm

At NWDSS



## Vet to Vet Meeting

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

4th Monday of each month at 9:00 am

At NWDSS





# March 2026



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 DONATION IS \$5.00 PLEASE MAKE A DONATION AT THE LEVEL YOU CAN AFFORD.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Roast Beef, Lettuce, Tomato, Cheese Sandwich on WG Bread, Fresh Veggies & Ranch, & Side of Fruit	<b>3</b> Chicken Alfredo w/broccoli, Roast Garlic & Herb Chickpeas, & Side of Fruit	<b>4</b> Sloppy Joe on WG Bun, Tator Tots, Creamy Cucumber Salad, & Side of Fruit	<b>5</b> Herb Pork Chop, Herb Roasted Baby Reds, Glazed Carrots, WG Roll, & Side of Fruit	<b>6</b> Potato Crusted Cod, Lemon Orzo, Kale Slaw, WG Roll, & Side of Fruit
<b>9</b> Chicken Stew, Copper Penny Salad, WG Roll, & Side of Fruit	<b>10</b> Glazed Pork Chop, Potatoes Au Gratin, Green Beans, WG Roll, & Side of Fruit	<b>11</b> Chicken Pesto Croissant, Fresh Veggies and Ranch Dip & Side of Fruit	<b>12</b> Salisbury Steak w/ Gravy, over Mashed Potatoes, Stewed Tomatoes, Italian Veggies, & Side of Fruit	<b>13</b> Breaded Fish, Tarter Sauce, Roast Potatoes, Broccoli Slaw, WG Roll, & Side of Fruit
<b>16</b> Chicken Kiev, Mixed Veggies, WG Roll, & Side of Fruit	<b>17</b> Rueben Sandwich, Garlic Mashed Potatoes, Irish Baked Beans, & Side of Fruit	<b>18</b> Mac & Cheese, 3 Bean Salad, WG Roll w/butter, Side of Fruit	<b>19</b> Egg bake w/ Ham & Veggies, Green Beans, Biscuit, Side of butter, & Side of Fruit	<b>20</b> Coconut Breaded Shrimp, Broccoli Slaw, Chickpea & Carrot Salad, WG Roll, & Side of Fruit
<b>23</b> Beef Tips & Gravy over Mashed Potatoes, Steamed Carrots, WG Dinner Roll, & Side of Fruit	<b>24</b> Rotisserie Chicken (white and dark), WG Lemon Pesto Noodles, Glazed Carrots, Side of Fruit	<b>25</b> Scalloped Potatoes w/Ham, Green Beans, WG Roll w/butter, & Side of Fruit	<b>26</b> Garlic Parmesan Chicken over WG Buttered Noodles, Caesar Side Salad, & Side of Fruit	<b>27</b> Herb Crusted Cod over Lemon Orzo, Tarter Sauce, Roasted Potatoes, Kale Slaw, & Side of Fruit
<b>30</b> Chicken Salad on Croissant, Side Salad w/Dressing, & Side of Fruit	<b>31</b> Brat on WG Bun, side of ketchup, Potato Salad, Fresh Veggies w/Ranch, & Side of Fruit	Thank You  Middleton	  	   Cross Plains



# NWDSS MARCH 2026

DAILY ALTERNATIVE  
OPTIONS PLEASE  
ORDER #1-#5

TO RESERVE YOUR LUNCH PLEASE CALL:  
608-798-6937 EXT#5 BY 11:00 AM DAY PRIOR  
SUGGESTED DONATION IS \$5.00. PLEASE MAKE A  
DONATION AT THE LEVEL YOU CAN AFFORD.

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

**#2 Chicken Salad Salad Croissant w/Side of Cranberry Slaw**

**#3 Seafood Salad Croissant, w/side of Creamy Slaw**

**#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 Broccoli Slaw**



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

## TUESDAYS IN MARCH

**3/3 Tuesday: Boursin One Pot Vegetable Pasta.** Mixed cheese tortellini, tossed with olive oil, roasted carrots and onions, with Boursin Mixed Herb and Garlic Cheese. Served w/ whole Grain Garlic Toast.

**3/10 Tuesday: Chef Salad,** Mixed greens, ham & turkey, & diced tomatoes, topped w/cheese, croutons, & side of dressing w/side of cottage cheese.

**3/17 Tuesday: Chicken Caesar Salad:** Mixed greens, breaded chicken, parmesan, tomatoes, croutons & side of Caesar dressing.

**3/24 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.



# CASE MANAGEMENT

To connect with a Case Manager call 608-798-6937

Ext 3 for Vicki ([casemanager@nwdss.org](mailto:casemanager@nwdss.org)) or Ext 6 for Jennifer ([nwdcasemanager@nwdss.org](mailto:nwdcasemanager@nwdss.org))



**WINTER CLOSURE REMINDER:** If NWDSS will be closed due to severe winter weather, we will do our best to communicate this information as soon as the decision is made.

## Are you experiencing Financial Struggles?

NOTE: Programs noted below have an income and asset limit.  
Call for an appointment to assess your eligibility.



Federal, State, and Local Assistance Programs

Energy Bill Assistance

Return to Work Programs

Food Share, Food Panty, Farmer's Market  
Vouchers, Lunch at NWDSS

Prescription Assistance & Extra Help

Eviction Prevention

## Make your dollar stretch by visiting a FOOD PANTRY near you...

- ⇒ **Heights Unlimited** 314 Anne St., Mazomanie. Hours: Tuesdays 4:00-6:00 pm
- ⇒ **Christians In Action** 9 Brodhead St., Mazomanie. Hours: 2nd & 4th Saturday of the month, 10:00 to 11:30 am
- ⇒ **WayForward** 3502 Parmenter St., Middleton. Hours: Tues (10-2), Wed (4-7), Thru (10-2), Fri (9-12), Sat (10-12)



## FREE TAX Assistance

Call 608-798-6937 EXT 3

Available February 25 through April 9th to individuals over the age of 60. Tax Volunteer will determine your eligibility and provide you a list of what is needed.

## Caring Connections 2026

- ◆ **Caregiver Support Group:** 1st Tuesday of the month (10:00am to 11:30am)
- ◆ **Mental Wellness Group:** 3rd Monday of the month (10:00am to 11:30am)
- ◆ **VOLUNTEERS NEEDED** to visit with homebound individuals. Call or email a case manager for more information or to sign up (contact info above)



# CARING CONNECTIONS



## NEW PROGRAM!

Northwest Dane Senior Services initiative to bring people together through socialization, education & support.



- ◆ In-home Social Visits to address isolation & loneliness
- ◆ Caregiver Education Classes, Support Groups, Respite Opportunities to help older adults and their caregivers
- ◆ Pet Support for your fur-family members while you are hospitalized or in rehab

Contact the Case Management Team  
Jennifer Mellem 608-798-6937 Ext 6 or Vicki Beres  
608-798-6937 Ext 3, for more information

# STAY CONNECTED



## SPRING SILENT AUCTION

Bidding opens March 16 at 9am, closes March 31 at 3pm.

Located in NWDSS dining area.



## TRAVEL WITH NWDSS

Mackinac Island, Grand Hotel & Niagara Falls  
June 3

New England Rails & Trails  
September 30

Albuquerque Balloon Fiesta  
October 2

Rose Parade New Years  
December 30

## NWDSS Wish List

- Paper Towel
- Garbage Bags
- Stamps



## 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





From Left: Vicki, Kasey, Joan, Paulette,  
Jennifer, Annette and Patty

Not pictured: Rachel & Terra



## 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



1837 Bourbon Road  
Cross Plains, WI

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

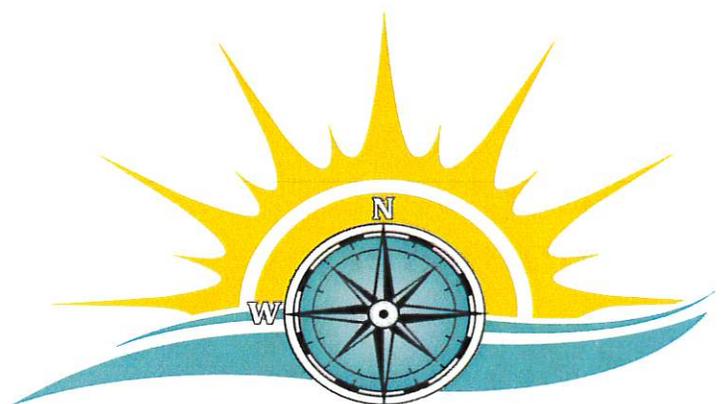
608-798-6937 (NWDS)

Hours: 8:00am—4:00pm

Monday thru Thursday

Fridays 8:00am-3pm

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



**Northwest Dane  
Senior Services**

