

YOUR CONNECTION

● HIGHLIGHTS ●

Programs and Services

Lunch Menu

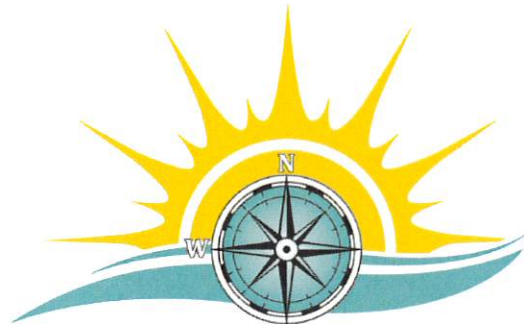
Case Management

Wish List

Walking With A Purpose

Trout Days

"Because growing older should mean feeling connected 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 th Monday)	10am Caregiver Support Group (1 st Tuesday)	9:30am Exercise @ BE Village Hall	8:30am Tai Chi	12:30pm Nickel BINGO (3 rd Friday)
9:30am Gentle Yoga	1:00pm Euchre/Cards	12:30pm Nickel BINGO	12:30pm Golder Agers (1 st Thursday)	
10:00am Mental Wellness Group (3 rd Monday)	Foot Care (3 rd Tuesday)	Foot Care (4 th Weds)	1:00pm Mahjong	
10:30am Chair Yoga				
1:00pm Card Club (2 nd & 4 th Monday)				
2:00pm Arts & Crafts (1 st & 3 rd , 5 th 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
Lunch Rides: Pick-up 10:30am Return 12:30pm Shopping Rides: Pick-up 10am Return 11:30am Store: Piggly Wiggly in Cross Plains	Lunch Rides: Pick-up 10:30am Return 12:30pm Shopping Rides: Pick-up 10am Return 11:30am Store: Walgreens in Cross Plains	Lunch Rides: Pick-up 10:30am Return 12:30pm	Lunch Rides: Pick-up 10:30am Return 12:30pm Shopping Rides: Pick-up 11:15am Return 1:30pm Store: Walmart in Baraboo	Lunch Rides: 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 and connect with friends old and new.

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

At NWDSS



Tai Chi

Type - YMT (Traditional)

Cost: \$7 (Mondays only)

Mondays at 3:00pm

Thursday Practice at 8:30am

No Cost



At Black Earth Park starting May 4, 2026

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





May 2026

Senior Dining

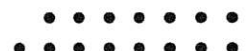


Fellowship, Food & Fun

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
<p><i>Thank You</i></p> <p>Family Owned Since 1959</p> <p>Clasen's</p> <p>EUROPEAN BAKERY</p> <p>Middleton</p>	<p>SUB-ZERO</p> <p>WOLF</p>  	<p>Drift Bake House</p>  <p>Mazomanie</p>  <p>PJ's</p> <p>Cross Plains</p>		<p>1 May Day</p> <p>Breaded Cod, Tartar Sauce, Sweet Potato Puffs, WG Roll, & Side of Fruit</p>
<p>4</p> <p>Ham Salad on Croissant, Chickpea Salad, Side Salad, Dressing, and Side of Fruit</p>	<p>5</p> <p>Chicken Fajita Pasta Over MG Noodles, w/Onions & Peppers, Black Beans w/ Cumin, and side of Fruit</p>	<p>6</p> <p>German Skillet w/Hamburger, Tomatoes & Rice, Green Beans, Parslied Carrots & Side of Fruit</p>	<p>7</p> <p>Sausage Egg & Cheese Biscuit, Tator Tots, Creamed Spinach, & Side of Fruit</p>	<p>8</p> <p>WG Fish Sandwich w/Cheese Tartar Sauce, Mashed Sweet Potatoes, Coleslaw, & Side of Fruit</p>
<p>11</p> <p>Tuna Salad Sandwich on WG Bread, Side Salad w/Dressing & Side of Fruit</p>	<p>12</p> <p>Chicken Cordon Bleu, Mashed Potatoes, California Blend, & Side of Fruit</p>	<p>13</p> <p>Baked Honey Glazed Ham, Garlic Mashed Potatoes, Broccoli Au Gratin, WG Roll & Side of Fruit</p>	<p>14</p> <p>Egg bake w/ Ham & Veggies, Green Beans, Biscuit, Side of butter, & Side of Fruit</p>	<p>15</p> <p>Coconut Breaded Shrimp, Broccoli Slaw, Chickpea & Carrot Salad, WG Roll, & Side of Fruit</p>
<p>18</p> <p>BBQ Chicken on WG Bun, Tator Tots, Kale Slaw, & Side of Fruit</p>	<p>19</p> <p>Baked Ziti w/mozz cheese, Caprese Salad, Kidney Bean Salad, Garlic Toast, & Side of Fruit</p>	<p>20</p> <p>Scalloped Potatoes w/Ham, Green Beans, WG Roll w/butter, & Side of Fruit</p>	<p>21</p> <p>BBQ Pork Mac & Cheese, Baked Beans, WG Roll w/butter, Side of Fruit</p>	<p>22</p> <p>Herb Crusted Cod over Lemon Orzo, Tarter Sauce, Roasted Potatoes, Kale Slaw, & Side of Fruit</p>
<p>WE WILL BE</p> <p>CLOSED</p> <p>FOR</p> <p>MEMORIAL DAY</p> 	<p>26</p> <p>BBQ Pulled Pork on Sesame Bun, Cheesy Potatoes, Baked Beans, Caprese Salad, & Side of Fruit</p>	<p>27</p> <p>Creamed Chicken on WG Bun, Three Bean Salad, Glazed Carrots, & Side of Fruit</p>	<p>28</p> <p>Bacon Cheddar Frittata, Hash Rounds, Biscuit, & Side of Fruit</p>	<p>29</p> <p>Breaded Shrimp, Cocktail Sauce, Coleslaw, WG Roll, & Side of Fruit</p>



NWDSS MAY 2026

DAILY ALTERNATIVE
OPTIONS PLEASE
ORDER #1- #5
*WG- (Whole Grain)

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 WG Bread w/ Side of Kale Slaw

#2 Chicken Salad on WG Bread w/Side of Cranberry Slaw

#3 Tuna Salad on WG Bread, w/side of Creamy Slaw

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

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



Salad Menu



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



TUESDAYS SPECIALS IN MAY

5/5 Tuesday: Italian Salad, Mixed greens, banana peppers, salami, pepperoni, tomatoes, black olives, shredded mozzarella, croutons, & Italian dressing

5/12 Tuesday: Chef Salad, Mixed greens, ham & turkey, & diced tomatoes, topped w/cheese, croutons, & side of dressing w/side of cottage cheese.

5/19 Tuesday: Bacon Blue Cheese, Mixed greens, bacon, tomatoes, crispy fried onions, croutons & side of blue cheese dressing.

5/26 Tuesday: Shredded Chicken Salad: *Mixed Greens, rotisserie chicken, corn, tomatoes, cucumber, cheddar cheese, croutons, & side of French Dressing*

Caring Connections

Support, connect, socialize

UPCOMING EVENTS

SUPPORT GROUPS

**MAY
5**

10:00 AM
11:30 AM

Caregiver Support Group

Every 1st Tuesday

Support for caregivers of loved ones with Dementia, Alzheimer's or other memory impairments

**MAY
18**

10:00 AM
11:30 AM

Mental Wellness Support Group

Every 3rd Monday

General support around grief, loss, and the challenges of aging

NEW PROGRAMS!

**MAY
7**

10:00 AM
11:00 AM

Cognitive Health Workshop

Learn about cognitive health, signs and symptoms of memory decline, and what steps to take

**Please call to RSVP*

**MAY
14**

10:00 AM
12:00 PM

Cognitive Health Screenings

Schedule a 30 minute individual screening for yourself or a loved one

**Please call to RSVP*

**OCT
19**

1:00PM
3:00PM

Crossing Bridges

Mondays Oct 19 - Nov 9

4-week educational series for caregivers and their loved ones who have mild memory loss, or early stage Dementia or Alzheimer's

Call to sign up!

OR

Call for more information

Case management

608-798-6937

Ext 3 or Ext 6





COGNITIVE HEALTH WORKSHOP

JOIN US IN LEARNING
ABOUT COGNITIVE
HEALTH.

MEMORY CHANGES, SIGNS,
SYMPTOMS, AND RISK
FACTORS. WHAT IS NORMAL
AGING AND WHEN YOU
SHOULD BE CONCERNED.

FREE SCREENINGS
OFFERED.



WORKSHOP

MAY 7, 2026
10:00AM-11:00AM



SCREENINGS

MAY 14, 2026
10:00AM-12:00PM
(30 MIN TIME SLOTS)



Please Call To Sign Up | 608-798-6937 | Ext 5



MAY

Word Search

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

May
 May Day
 Mother's Day
 Flowers
 Spring
 Cinco de Mayo
 Garden
 Memorial Day
 Butterfly
 Ladybug
 Plants
 Grass



Stay Connected

Black Earth Children's Museum is offering grandparents 1/2 price museum admission all Fridays in June! What a fun and memorable way to spend time with your grandkids.
www.blackearthchildrensmuseum.org



Walking With Purpose

Join us Tuesdays starting May 5 at 8:15am



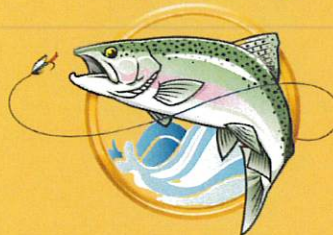
NWDSS Participating in

TROUT DAYS

Saturday, May 2

Vendor Booth

Cycling Without Age



WISH LIST

Packaged Desserts

Hand Sanitizer

Stamps

Sunny Seconds

SUNNY SECONDS THRIFT SHOP OPEN

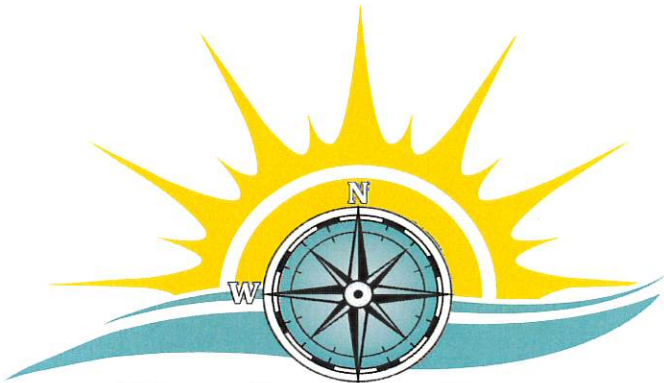
Saturday, May 2, 2026

8am-Noon



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

Paulette Glunn, Executive Director

Ext. 2 execdir@nwdss.org

Vicki Beres, Lead Case Manager

Ext. 3 casemanager@nwdss.org

Jennifer Mellem, Case Manager

Ext. 6 nwdcasemanager@nwdss.org

Rachel Nelson, Nutrition Program Director & Salon Manager

Ext. 7 nutrition@nwdss.org

Annette Geisler, Program Assistant

Ext. 4 assistant@nwdss.org

Joan Heberlein, Lead Adult Day Program

Specialist general@nwdss.org

Kasey Klinger, Adult Day Program

Specialist general@nwdss.org

Patty Hillebrand, Accounting Assistant

Ext. 8 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

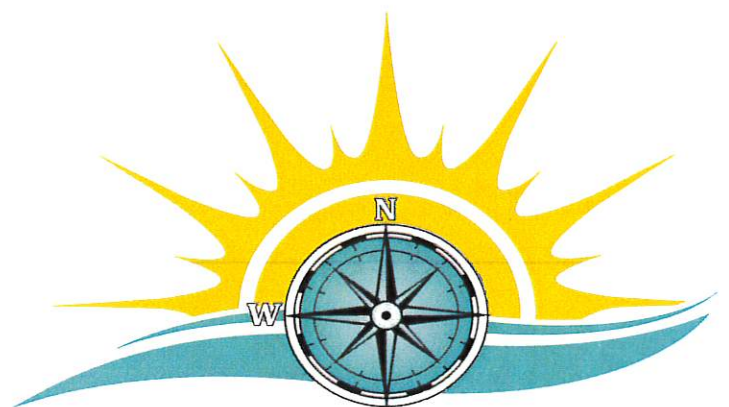
608-798-6937 (NWDS)

Hours: 8:00am—4:00pm

Monday thru Thursday

Fridays 8:00am-3pm

www.nwdss.org



**Northwest Dane
Senior Services**

