

YOUR CONNECTION

● HIGHLIGHTS ●

Programs and
Services

Lunch Menu

Case
Management

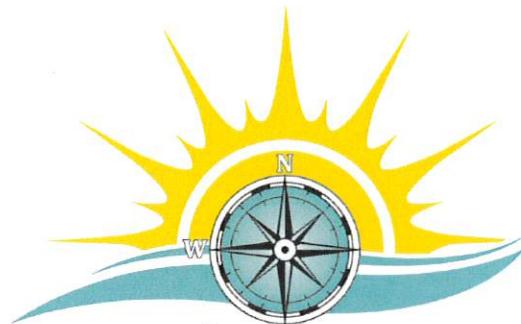
Food Forward and
Food Pantries

Sunny Seconds

Travel Meeting

Build a Bouquet

*"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 help you remain independent.

Wellness & Activities

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

Sunny Seconds Thrift Shop

Consider donating and shopping at our thrift shop. Monday - Friday 9am - 3pm. All proceeds go directly to programs and services provided by NWDSS.

Adult Day Program

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

Transportation

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

Nutrition

Home delivered meals and lunch with friends.

Volunteer Opportunities

So many ways you can help!



Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am Vet to Vet Meeting (4 th Monday)	10:00am 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)	
10:30am Chair Yoga	Foot Care (3 rd Tuesday)	Foot Care (4 th Weds)	1:00pm Mahjong	
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 while connecting with other crafters.

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

At NWDSS



Tai Chi

Type—YMT (Traditional)

Cost: \$7 (Mondays only)

Mondays at 4:00pm

Thursdays at 8:30am



At Black Earth Park

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





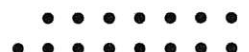
August 2026



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
3 Sloppy Joe on WG Bun, Tator Tots, Creamy Cucumber Salad, & Side of Fruit	4 Southwestern Chicken & Cheese Roll ups w/ Fiesta Corn & Black Beans in Soft Shell Tortilla, Side of Sour cream & Side of Fruit	5 Cold Ham & Cheese Sandwich on WG Bread, Mayo Packet, Creamy Cucumbers, & Side of Fruit	6 Chicken Pesto over WG Noodles, Green Beans, Pre Mixed Caesar Side Salad, Garlic Bread & Fruit	7 Breaded Cod, Roasted Baby Reds, Broccoli Slaw, WG Roll, & Side of Fruit
10 Meatloaf w/ Gravy over Mashed Potatoes, Side of Buttered Corn, Kidney Bean Salad, WG Roll & Side of Fruit	11 WG Beef Burrito Casserole, w/Salsa & Sour Cream, Tomato & Corn Salad, & Side of Fruit	12 Turkey & Ham Sub w/lettuce, tomato, & side of mayo, Carrots & Celery Sticks w/ranch & Side of Fruit	13 Sausage Egg & Cheese Biscuit, Tator Tots, Creamed Spinach, & Side of Fruit	14 Breaded Shrimp, Roasted Potatoes, Sweet Corn, WG Roll, & Side of Fruit
17 WG Ham Salad Sandwich, Chickpea Salad, Fresh Broccoli & Cauliflower & Ranch, & Side of Fruit	18 Beef Tips & Gravy over Mashed Potatoes, Steamed Carrots, WG Dinner Roll, & Side of Fruit	19 German Skillet w/Hamburger, Tomatoes & Rice, Mixed Veggies, WG Roll, & Side of Fruit	20 Egg bake w/ Ham & Veggies, Green Beans, Biscuit, Side of butter, & Side of Fruit	21 Herb Crusted Cod over Lemon Orzo, Tarter Sauce, Roasted Potatoes, Kale Slaw, & Side of Fruit
24 Roast Beef, Lettuce, Tomato, Cheese Sandwich on WG Bread, Fresh Veggies & Ranch, & Side of Fruit	25 Breaded Chicken Tenders, Roast Potatoes, Corn, WG Roll, & Side of Fruit	26 Scalloped Potatoes w/Ham, Green Beans, WG Roll w/butter, & Side of Fruit	27 Breaded Pork Fritter, Potatoes Au Gratin, Carrots & Peas, WG Roll, & Side of Fruit	28 Coconut Breaded Shrimp, Roasted Chickpeas, Broccoli Slaw, WG Roll, & Side of Fruit
31 Italian Sausage w/ Grilled Red & Green Peppers & Onions w/ Balsamic Glaze on a WG Bun, 3 Bean Salad, & Side of Fruit		Thank You Family Owned Since 1959  Middleton	Thank You  	Thank You   Cross Plains 



DAILY ALTERNATIVE
OPTIONS PLEASE

ORDER #1- #5

*WG- (Whole Grain)

NWDSS AUGUST 2026

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



**TUESDAYS SPECIALS IN
AUGUST**



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



8/4 Tuesday: Italian Salad, Mixed greens, banana peppers, salami, pepperoni, tomatoes, black olives, shredded mozzarella, croutons, & Italian dressing

8/11 Tuesday: Chef Salad, Mixed greens, ham & turkey, & diced tomatoes, topped w/cheese, croutons, & side of dressing w/side of cottage cheese.

8/18 Tuesday: Bacon Blue Cheese, Mixed greens, bacon, tomatoes, crispy fried onions, croutons & side of blue cheese dressing.

8/25 Tuesday: Taco Salad, Mixed Greens, taco meat (ground beef), corn, tomatoes, black beans, onions, cheddar cheese, garnished with tortilla strips, served w/salsa, & sour cream.



Food Resources

Together we can put food on the table



Mazomanie Community Food Pantry

9 Broadhead St
Mazomanie, WI

608-795-4336

2nd and 4th Saturdays
10:00-11:30am



Heights Unlimited (at The Grove)

314 Anne St
Mazomanie, WI

608-767-3663

Tuesdays
4:00-6:00pm



Wayforward (ALL Dane Cty residents)

3502 Parmenter St
Middleton, WI

608-836-7338

Tuesdays-Saturdays
(hours vary)

Nutrition Programs at NWDSS

Daily lunch in our dining room.
11:30am Monday-Friday

Daily home delivered meal services.
11:00am-1:00pm Monday-Friday

Food Forward at NWDSS - Stay Tuned!

This program is temporarily on hold as we restructure the details. In the meantime, all currently available food items are located in the dining room for pick up during normal business hours.

**Questions? Call Case Management at
608-798-6937 Ext 3 or Ext 6**



NORTHWEST DANE SENIOR SERVICES WELLNESS EVENT

1837 BOURBON RD, CROSS PLAINS
608-798-6937

SAVE THE DATE

Wednesday, Sept. 23rd

10:00 am - 1:30 pm

**SCHEDULE YOUR
VACCINATION TODAY**

(608) 837-5949 X-6

OR (608) 697-0513

Walk-in's also Welcome!



- Vaccination Clinic
- Mental Health Resources

- Cross Plains EMS Care Connect Program
- Blood Pressure & Blood sugar Readings

- Caring Connections Support Group Information
- NWDSS Programming

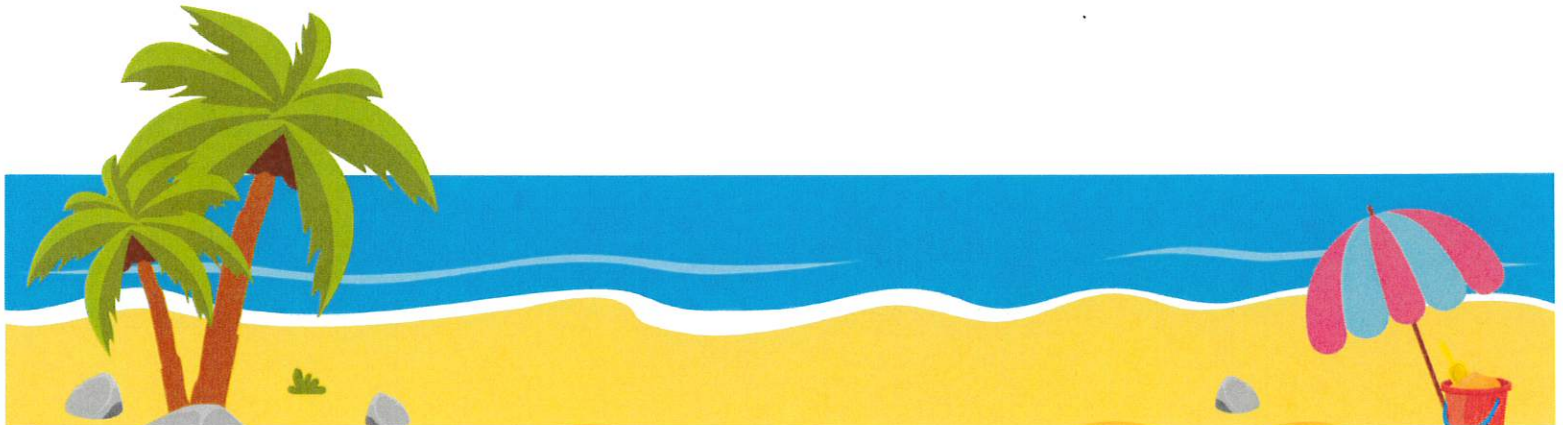
CALL 608-798-6937 FOR MORE INFORMATION OR Visit NWDSS
online at www.nwdss.org

AUGUST

Word Search

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

August
Back to School
Corn on the Cob
State Fair
Summer
Sunflowers
Campfire
Sunshine
Ice Cream
Grilling
Hot
Beach
Watermelon
Bike Rides
Swimming



Sunny Seconds

Closed

**Aug. 3-7 for
store refresh**

Build Your Own

Bouquet

August 4, 2026

1:30 pm at NWDSS

MUST PRE-REGISTER



**STAY
CONNECTED**



**Nutrition Coordinator
Mon - Fri 9am - 1pm
Call 608-798-6937 for
more information or
stop in to apply**



**Travel With NWDSS
Info Meeting
August 11, 11:00am**

**Salon Space for rent in
our NWDSS Hair Salon
Call for details**



WISH LIST

**Pre-packaged Treats
Stamps**



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

Bottom Left: Vicki, Paulette, Kasey



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

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

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

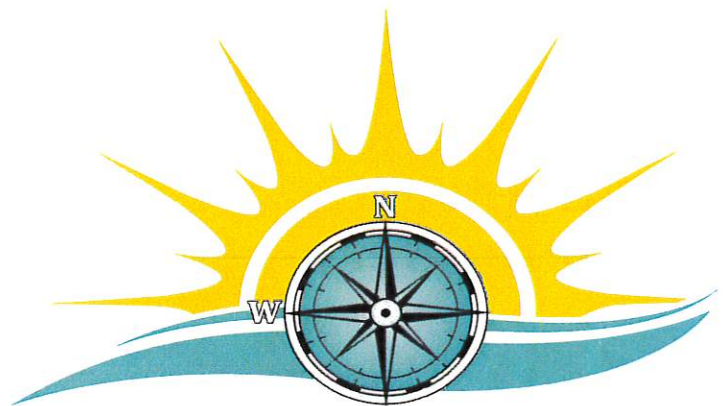
608-798-6937 (NWDS)

Hours: 8:00am—4:00pm

Monday thru Thursday

Fridays 8:00am-3pm

www.nwdss.org



**Northwest Dane
Senior Services**

