

YOUR CONNECTION

HIGHLIGHTS

Programs and Services

Lunch Menu

Case Management

Wish List

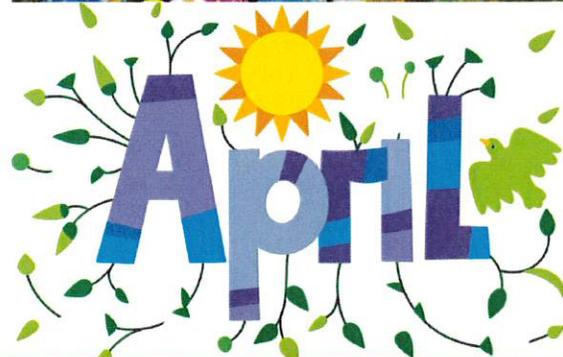
Annual Board Meeting

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 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 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





April 2026

Senior Dining

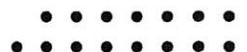


Fellowship, Food & Fun

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>Middleton</p>	<p><i>Thank You</i></p> 	<p>1 Fishwich on WG Bun, w/cheese, & side of tarter sauce, Roasted Potatoes, Glazed Carrots, & Side of Fruit</p>	<p>2 Chicken Pesto-over WG Penne, Roasted Tomatoes, Garlic Toast, & Side of Fruit</p>	<p>3 Breaded Coconut Shrimp, Cocktail Sauce, Roasted Potato, Cali Blend, & Side of Fruit</p>
<p>6 Chicken Breast in Wine Sauce w/Mushrooms over Wild Rice, Green Beans,& Side of Fruit</p>	<p>7 WG Soft Shell Beef Tacos w/Cheese, Lettuce, Side of Sour Cream,& Salsa, Cilantro Corn & Beans, & Side of Fruit</p>	<p>8 BBQ Pork Mac & Cheese, 3 Bean Salad, WG Roll w/butter, Side of Fruit</p>	<p>9 Salisbury Steak w/ Gravy, over Mashed Potatoes, Stewed Tomatoes, Italian Veggies, WG Roll, & Side of Fruit</p>	<p>10 Breaded Fish, Tarter Sauce, Roast Potatoes, Broccoli Slaw,WG Roll, & Side of Fruit</p>
<p>13 Creamy Tuna Casserole over WG Noodles, Cheesy Broccoli, Pickled Beets,& Side of Fruit</p>	<p>14 Chicken "Biscuit" Pot Pie w/Carrots & Peas, Creamy Coleslaw,& Side of Fruit</p>	<p>15 Glazed Pork Chop, Potatoes Au Gratin, Baked Beans, WG Roll, & Side of Fruit</p>	<p>16 Egg bake w/ Ham & Veggies, Green Beans, Biscuit, Side of butter, & Side of Fruit</p>	<p>17 Coconut Breaded Shrimp, Broccoli Slaw, Chickpea & Carrot Salad, WG Roll, & Side of Fruit</p>
<p>20 Rotisserie Chicken (white and dark), WG Lemon Pesto Noodles, Glazed Carrots, Caprese Salad, & Side of Fruit</p>	<p>21 WG Burrito Bake, Topped w/Shredded Cheese, Corn Bread, Sour Cream, Salsa, & Side of Fruit</p>	<p>22 Scalloped Potatoes w/Ham, Green Beans, WG Roll w/butter, & Side of Fruit</p>	<p>23 Garlic Parmesan Chicken over WG Buttered Noodles, Caesar Side Salad, & Side of Fruit</p>	<p>24 Herb Crusted Cod over Lemon Orzo, Tarter Sauce, Roasted Potatoes, Kale Slaw,& Side of Fruit</p>
<p>27 Ham & Asparagus Strata, Hash Rounds, Biscuit w/ Butter, & Side of Fresh Fruit</p>	<p>28 Brat on WG Bun, side of ketchup, Potato Salad, Fresh Veggies w/Ranch,& Side of Fruit</p>	<p>29 Sloppy Joe on WG Bun, Tator Tots, Creamy Cucumber Salad,& Side of Fruit</p>	<p>30 Herb Pork Chop, Herb Roasted Baby Reds, Glazed Carrots, WG Roll, & Side of Fruit</p>	<p><i>Thank You</i></p>  <p>Cross Plains</p>



NWDSS APRIL 2026

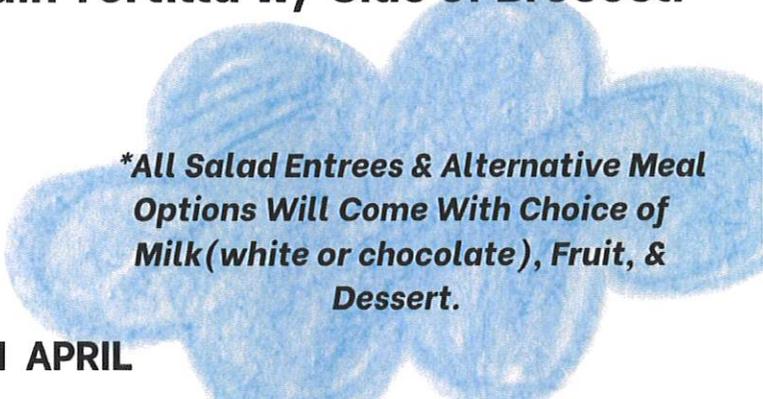
DAILY ALTERNATIVE
OPTIONS PLEASE
ORDER #1-#5

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 Ham Salad Croissant w/ Side of Kale Slaw**
- #2 Chicken Salad Croissant w/Side of Cranberry Slaw**
- #3 Tuna Salad Croissant, 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 IN APRIL

4/7 Tuesday: Italian Salad, Mixed greens, banana peppers, salami, pepperoni, tomatoes, black olives, shredded mozzarella, croutons, & Italian dressing

4/14 Tuesday: Chef Salad, Mixed greens, ham & turkey, & diced tomatoes, topped w/cheese, croutons, & side of dressing w/side of cottage cheese.

4/21 Tuesday: Bacon Blue Cheese, Mixed greens, bacon, tomatoes, crispy fried onions, croutons & side of blue cheese dressing.

4/28 Tuesday: Honey Mustard Chicken, Mixed Greens. breaded chicken, tomatoes, cucumber, diced red onion, corn, cheddar cheese, croutons, & side of honey mustard dressing

* SPRING * WORD SEARCH

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

BLOOM
APRIL
TULIPS
BUNNY

BUTTERFLY
CHIRP
DAFFODIL
FLOWERS

GREEN
GROW
SEEDS
RAIN

SUNSHINE
BLOSSOM
CHICK
GRASS

SHOWERS
EGGS
GARDEN
CATERPILLAR

Caring Connections

Support, connect, socialize

UPCOMING EVENTS

**APR
7**

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

**APR
20**

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 an 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

FREE SCREENING & WORKSHOP ON COGNITIVE HEALTH

Have you experienced any of these challenges?

- Difficulty recalling words or names of friends
- Missing medication or meal times
- Concerns about memory loss or cognitive decline

Workshop Event Details

Brain Health Awareness: Signs, Risk Factors, and Screening

When: May 7 (Thu) | 10:00 – 11:00 AM
Where: Northwest Dane Senior Services

RSVP your slot by contacting (608) 798-6937 Ext 5.

Screening Event Details

When: May 14 (Thur) | 10:00 AM – 12:00 PM
Duration: Six 30-min sessions open
Where: Northwest Dane Senior Services

RSVP your slot during workshop event or
contact (608) 798-6937 Ext 5.



MENTAL HEALTH
RESOURCE TEAM
FOR DANE COUNTY OLDER ADULTS

Stay Connected

"Together, we shape a
brighter future for
NWDSS"

ANNUAL BOARD MEETING

1837 Bourbon Rd Cross Plains, WI 53528

Tuesday, April 14, 2026
3:00 pm



TRAVEL WITH NWDSS

Mackinac Island, Grand Hotel & Niagara Falls - June 3

New England Rails & Trails Sept. 30

Albuquerque Balloon Fiesta - Oct. 2

Rose Parade New Years - Dec. 30

Spring Silent Auction

Bidding closes
March 31 at 3pm
Bid now at NWDSS

WISH LIST

Packaged Desserts
Sandwich Bags
Hand Sanitizer
Stamps

NWDSS Participating in

TROUT DAYS

Saturday, May 2

Vendor Booth

Cycling Without Age



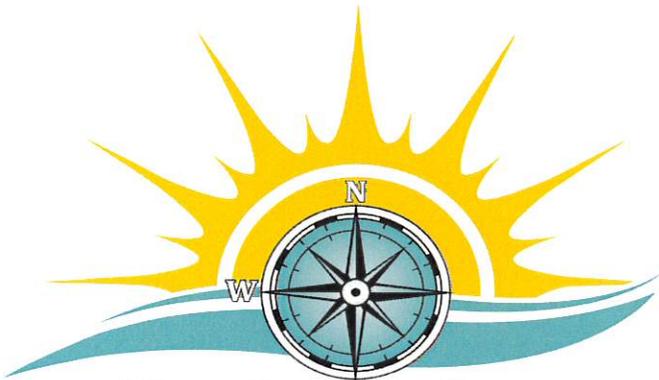
Sunny
Sec  nds

SUNNY SECONDS THRIFT SHOP IS IN
NEED OF ADDITIONAL VOLUNTEERS.
IF INTERESTED,
CALL ANNETTE OR PAULETTE.



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

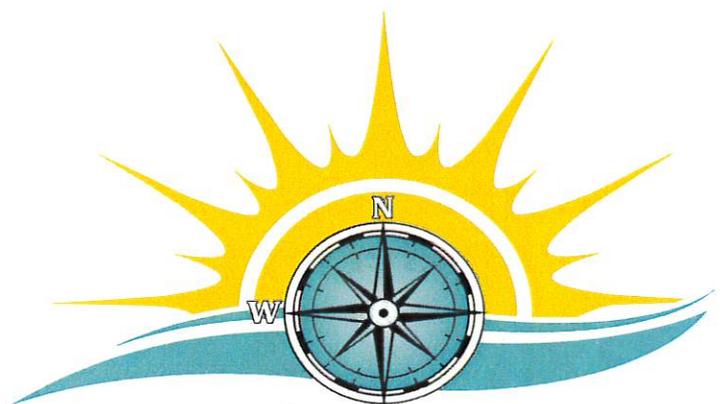
608-798-6937 (NWDS)

Hours: 8:00am—4:00pm

Monday thru Thursday

Fridays 8:00am-3pm

www.nwdss.org



**Northwest Dane
Senior Services**

