

## **Casco Senior Services**

Senior Services will continue to offer a variety of programs to provide an opportunity for you to safely socialize with others, get more exercise, and try new things. These are important components of



maintaining your independence and sense of well-being. Feel free to wear a mask at any of our events if you are more comfortable with one. Many of our programs provide a hot lunch and we are prepared to provide it for you to take home with you so you do not need to remove your mask to eat. There is no charge for any program as it is covered by our senior millage. **If South**

**Haven Schools are closed due to snow, our program for that day is also cancelled.**

We will begin offering a new nationally acclaimed exercise program on January 6, ***Drums Alive***. This fun 45-minute program will be offered every Friday at 10:30 in the Township Hall. The music is upbeat and no special skill is required. Your “drum” will be a stability ball placed in a basket. You can choose to sit or stand. Forget your excuses for not exercising— this is happening right at the Township Hall. If you are interested in participating, please contact Mary Campbell and specify if you want to sit or stand to ensure we have sufficient equipment at the right height for you. (610-316-3550). We will add more days if attendance and interest is sufficient.

## **Spring 2023**

### **New Senior Services Programs**

**Cooking with Janet and Mary** – we had a full session in the Fall so register early to reserve a place. You will get to sample everything and leave with easy-to-follow recipes for use at home.

- **Making the Most of a Pound of Meat** – Monday February 20 at noon. You will sample some tried and true recipes and take home even more to help you deal with current high meat prices while offering a delicious meal.
- **Make Your Own Pizza** – Monday March 20 at noon. Take-out pizza is a high markup item. You will learn how easy and cost effective it is to make your own at home and have an infinite variety of toppings. You will sample ours then make a small take home one for later.
- **Entre Salads** – April 24 at noon – You will get to sample some well-known restaurant salads made with our “copy-cat” recipes so you will be prepared for a number of healthy salad dishes for Spring and Summer dining.

**Technology Help:** If you are looking for some help with your technology issues, Kathy Stanton is our Deputy Clerk and Technology Guru. We have scheduled two sessions with her to get you started on the right track. Be sure to register in Senior Services or by texting or calling 610-316-3550 as we will have lunch after each session.

- Technology Questions – February 13 – Noon-1:30 pm
- Using E-mail Effectively – March XX – Noon - 1:30 pm

**Tax Assistance Help:** Whiteford Financial Management has generously agreed to provide assistance with Federal 1040 EZ forms. Appointments are available at the Township Hall on Wednesday and Thursday mornings March 29<sup>th</sup> and 30<sup>th</sup>. Reach out to Mary at 610-316-3550 to schedule your 15-minute appointment and review the required documentation to bring with you.

## **Craft Classes**

- Easter Craft Class Monday April 3rd at 10:30 am. Maureen has volunteered to offer her well-attended workshop to customize an Easter Rabbit. No experience required and lunch will be served after. Reserve your spot early as her classes always fill quickly. Sign-up in Senior Services or call or text Mary at 610-316-3550.

Senior Memoir Snippets coming soon. Lois Schwartz will lead you thru a process to capture some important senior memories that you can share with family and friends. This 3 week program is offered March 9, 16, and 23<sup>rd</sup>. Please reserve your spot as lunch will be served after each session. Call or text Mary at 610-316-3550 or sign-up in Senior Services.

**Hidden Treasures of Casco the Overhiser Farm – June 5th noon – 1:30.** We have many farms in the area but this is the only one with a trout pond, a Petting Zoo, a Food Truck, a corn hole tournament, Tart pie cherries and many other unique offerings. Alex will fill you in on all the unique offerings and you will learn about an interesting place to take your out-of-town guests right here in Casco. You will enjoy lunch after so please reserve your spot by calling or texting Mary at 6210-316-3550.

Watch the Senior Services Web Site for more information on these additional Spring Programs

Let's Get Walking – Once the weather breaks, we will have a weekly walking group at the nature preserve – more info to come

Spring Luncheon – We will hold our annual Senior Services Spring Luncheon again at the Casco Methodist Church – check our website for updates on the date.

Celia continues to offer our long-standing exercise class on Mondays and Thursday at 10 and card players gather on Tuesdays at 12:30 for an afternoon of cards.

Senior Services continues to arrange services for home-bound individuals including Emergency Access Devices and Meals on Wheels. Contact Mary at 610-316-3550.

## **Volunteers**

Senior Services welcomes volunteer participation. Perhaps you have a skill or interest you would like to share by offering a class, maybe you would be willing to call others and let them know about upcoming programs or perhaps you would like to help out with our luncheon or a craft class. Please call Mary 610-316-3550 to discuss or just share your ideas.