

## Casco Senior News

Senior Services will close for the holiday season at the end of exercise on Thursday Dec 21 and reopen on Tuesday January 2 for cards. We are closed other days when South Haven Schools close due to snow. Call Mary at 610-316-3550 if you need anything.

Although we do not offer a food pantry, we do have a few bags of non-perishable food on the senior services desk at the Township Hall through the generosity of one of our seniors. Feel free to take one for your own use or for a neighbor who might be able to put it to good use.

As winter approaches, we could use some fresh books and puzzles in the self-service lending library in the Senior Services office. White elephants and other unneeded items are welcome contributions as Bingo prizes.

**January/February Classes – Lunch included – reserve a spot by calling Mary at 610-316-3550**

### **Valentine's Craft Monday January 29th at 11:30 a.m.**

Whether you are looking for a cute gift for your favorite Valentine or want to brighten your winter decor, you will enjoy making this Valentine craft project with Maureen. Lunch is included so enjoy the time out and visit with some of your neighbors in the process. Call Mary at 610-316-3550 to reserve a spot.

### **Cooking Soup with Janet and Mary February 5 at 11:30 a.m.**

Nothing is more comforting than a steaming bowl of homemade soup. It seems to warm the body as well as the soul. You will get to taste some of Janet and Mary's favorites. You will take home easy to follow recipes that let you duplicate the process at home. In addition to the soups, you will have a salad and dessert so you will have a filling lunch. Contact Mary at 610-316-3550 to reserve a spot.

### **Get Moving with Our Drop-In Exercises Classes**

Monday & Thursday at 10 a.m. – balance and stretching

Friday at 10:15 am – sit or stand for 60's music and cardio drumming

Upcoming Pickleball Basics - May 14 & 16

**Bingo – Next session is Friday January 26 at 2 pm are our next sessions**

### **Support for Homebound Casco Seniors**

Casco Township Residents who are homebound, 60 years old or older and in need of support may be eligible for support to help them continue to live independently in their home. There are no income qualifications as these services are provided by millage dollars. Call Mary at 610-316-3550 to learn more. What is available:

- Home Delivered Meals – Monday thru Friday
- Essential In-Home Support Visits & Personal Emergency Response Device
- Transportation for medical and legal appointments, shopping, and errands
- Adult Day Care for seniors in need of continuous support – currently a wait list

Have a Happy Holiday Season!