

Casco Senior News

Do you have an hour or two a week that you would be willing to use to give a friendly call or pay a visit to one of our homebound seniors who are lonely. Want to help but don't have time every week, maybe you can help setup tables for our Annual Spring Senior Appreciation Luncheon or help serve the meal that day. Just give Mary a call 610-316-3550 as all help is welcome.

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.

December Classes – Lunch included – reserve a spot by calling Mary at 610-316-3550

Winter Votive and Reindeer Monday December 11 at 11:30 a.m. - Looking to brighten your decor or make a gift shop quality present? Consider joining us for these super easy to make crafts to brighten your winter décor. Our craft lady, Maureen, will make sure you have everything you need for your project. Lunch is included – reserve a spot by contacting Mary by text or phone at 610-316-3550.

Holiday Cookie Baking with Janet & Mary Monday Dec 4 at 11:30 a.m.

Whether you like traditional Chocolate Chip Cookies or something a little fancier, you are bound to like one of the cookie recipes offered. Janet and Mary will share their favorite recipes and provide some tips for cookie baking. You will get to have lunch, taste some samples, and take a couple dozen home to bake. This will give you a great start on your holiday baking and they will, stay fresh if you don't eat them before the holidays. Lunch is included so call or text Mary to reserve your spot 610-316-3550.

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

Bingo – Next session is Friday December 1 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 for this service