

A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

By Louis Vaccaro

Bob Shanahan, who specializes in elder law, and D.J. Wright, will be our guest speakers at the May 11 meeting.

“The talk of your life” will be the topic of their presentation. Light refreshments will be served.

At our April meeting, Montgomery’s Open Space & Stewardship Director Lauren Wasilauski provided Montgomery seniors with maps and information on the many hiking trails and parks in Montgomery Township.

In addition she explained how we could help the environment by taking part in some upcoming activities, including stream cleanups and Earth day events in April. Following the presentation we had some games of bingo and enjoyed desert and beverages.

Senior Citizen Inc. vs. the Montgomery Senior Center

There seems to be some confusion on the differences between the senior wellness center and our organization. I would like to address these differences.

The Montgomery Senior Center is operated through a partnership between Montgomery Township and the Somerset County Office on Aging. The center is open Monday thru Friday 9 am to 4 pm at the Otto Kaufman Community Center in Skillman.

To join the center, a senior must be a resident of Somerset County and be at least 60 years of age. It offers a wide range of programs, games, and experiences in a social and uplifting atmosphere intended to positively impact overall health.

Lunch is offered each day for a suggested donation of \$2.50.

The center manager is Denise Crowley. For further information she can be reached at dcrowley@montgomerynj.gov or 609.466.0846.

Senior Citizen, Inc

Individuals who are 55 and up may join Montgomery Senior Citizen, Inc. The group is open to Somerset County, and also to surrounding counties.

Our organization provides additional activities during the day, but also at night and on the weekends. Many of our members have dual membership allowing



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them to have daily lunches and take part in some activities from each group.

Seniors can sign up for a lunch, particularly on our meeting day and then stay for our 1 pm meeting.

Day Trips

The trip to Wind Creek Casino in Bethlehem, PA, has been re-scheduled to Thursday, July 20.

Also, we are purchasing discount tickets to “West Side Story” for June 18 (Sunday), 2 pm and “Bye Bye Birdie” for August 5 (Saturday) at 2 pm. Visit Montgomerysc.org for information. ■

Montgomery Senior Citizens is a non-profit organization that hosts social and educational events and activities for its members. It is not operated by the township or county. The organization meets monthly, on the second Thursday of each month, at 1 pm at the Otto Kaufmann Community Center, Skillman. The organization also acts as a strong advocate for issues important to seniors. ■