

# A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

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By Louis Vaccaro

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At our July meeting our guest speaker was Dr. David Mostafavi, an ophthalmologist, with a practice in Princeton. His lecture covered glaucoma, macular degeneration and cataracts.

Dr. Mostafavi explained in simple terms, using analogies to bring his point across. All were impressed with his knowledge on these subjects. Members gave him a big thumbs up.

After his presentation, members enjoyed an ice cream social, with strawberries and all the fixings. Thank you to Betsy and the refreshment committee.

The next meeting is August 10, 1 pm at Montgomery Veteran's Park. Erika Van Wagner from the Montgomery Health Department will provide a list of items that should be readily available in case of an emergency.

The list includes documents, medications, who to share your plan with, and other important contacts/information.

For members, we will serve pizza and refreshments. In addition, Cris Brown from Foothill Acres Rehab and Nursing Center

will be hosting a Jeopardy game.

Since this series of articles began in *The Montgomery News*, people have reached out to the Montgomery Seniors organization wanting to know how they can help our seniors.

Our "Scouts help Seniors" program is a way volunteers can help seniors with minor home projects, such as changing light bulbs and removing and setting-in-place air condition units. Working one-on-one to help solve computer issues and minor landscaping is also needed.

Senior Citizen Inc is also working with the handyman program through the Office of Aging, created to provide professional volunteers in areas of carpentry, electrical, and yard work. Senior do not have to be a member of our organization to get assistance. So please contact us so we can help.

## Upcoming events

**August 5 (Saturday) 2 pm**  
"Bye Bye Birdie" at the Kelsey Theatre, in West Windsor. Seniors aged 60-plus tickets are \$20. For non-members, tickets are \$22. Transportation is not provided.

Members/non-members can sign up by website or email.



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**August 13 (Sunday) 5:05 pm**  
Somerset Patriots at Patriot Park in Bridgewater, 15 miles away. Baseball game and all-you-can-eat barbecue buffet is \$35. Buffet service is from 4 pm to 5:30 pm. Gates open at 4 pm. In addition, first 1,500 adults and 500 kids will get a promotional T-shirt. Committed to 30 tickets. Transportation is not provided.

## About Montgomery Senior Citizens, Inc.

Montgomery Senior Citizens is a non-profit organization. People above the age of 55 and living in Montgomery Township and the surrounding area are able to join. Our annual fee is \$10. You can join by visiting our website ([Montgomerysc.org](http://Montgomerysc.org)) and register as a new member. You can also visit us at our regular monthly meeting every 2nd Thursday of the month at 1 pm. Meetings are at the senior center (Otto Kauffman Community Center 356 Skillman Road, Skillman. All are welcome.

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