

A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

By Louis Vaccaro

At our last meeting on March 14, Dr. Dan Torino, an orthopedic surgeon, was our guest speaker. He is a specialist in hip and knee replacements.

He provided our group with a brief overview of joint replacement surgeries, when to consult a doctor, signs/symptoms to look out for relating to joint issues.

After the presentation, Caitlyn Meador from Foothill Acres Rehabilitation & Nursing Center did her usual wonderful job in hosting Bingo and providing prizes. Light refreshment were provided.

Our next meeting on Thursday, April 11 at 1 pm at the Otto Kaufman Community Center in Skillman will feature Lisa Bayer, director of marketing and education at Always Best Care in Princeton.

Bayer will discuss ways to promote good brain health. She will discuss learning about cognitive skills, the importance in overall brain function, and what we can do to keep our minds as sharp as possible.

All of our brain skills will be challenged with fun and interactive cognitive fitness exercises. After the presentation our members will be

treated to pizza and drinks from a local pizzeria.

As with all our guest speakers, the general public is welcome to attend. Only our members are invited to the festivities afterwards.

Upcoming Events

Limited tickets are available for **“Trailblazing Women of Country – A Tribute to Patsy, Loretta, and Dolly” at the McCarter Theatre in Princeton.**

The show is Sunday, April 14, at 7 pm. \$26 for members and \$31 for non-members.

Tickets are still available for **“Ragtime” at the Dutch Apple Theatre in Lancaster, PA.** The show is on Wednesday, May 1. \$100 for members and non-members, which covers the bus, lunch, and show.

A few tickets are still available for **“Nonsense” at the Kelsey Theatre** in West Windsor. The show is on Saturday, May 4, at 2 pm. \$20 for members and \$24 for non-members.

Sign-up and payment continue for the **Birthday Breakfast at the Star Diner in Hillsborough** on Thursday, April 18, at 10 am.

It is free for those with birthdays from January to April. Others pay \$10. Final sign-up and payment will be collected at the April meeting. Choices are from a select menu.



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Sign-up begins for our annual **Picnic at Montgomery Veterans Park** on June 20 and catered by Elmer’s Catering. The picnic is exclusive to members and the cost is \$10.

We reluctantly have to increase the cost for the picnic. Even with charging \$10, the organization is subsidizing around \$18 per attendees to include picnic items and all the extras such as coleslaw, potato salad, and assorted drinks.

Sign-up begins for our bus trip to **Bally’s Casino in Atlantic City** on September 19. The cost is \$42 for members and non-members. A \$2 tip for the bus driver is included.

Bally’s is offering a \$20 voucher to be used at the casino for all those attending.

As always, sign-ups can be done in person at a meeting or by email or by sending a check to: Montgomery Senior Citizens, P.O. Box 232, Skillman, NJ 08558. If you are sending a check, please let us know by email that a check is coming.

Hope to see you at our upcoming events. Thank you for all your support. ■

Montgomery Senior Citizens, Inc. 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 \$20.00. You can join by visits our website (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 1:00 PM. Meeting are at the senior center (Otto Kauffman Community Center 356 Skillman Road, Skillman, NJ 08558). All are welcome.

Website: montgomerysc.org • Email: montgomeryseniorcitizens@gmail.com