

A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

By Louis Vaccaro

Montgomery Senior Citizens' Inc is proud and honored to have Montgomery Mayor Neena Singh as a guest speaker at its next meeting on May 9.

The mayor will discuss her new programs to help seniors in the township. The group is thankful she is taking time out from her busy schedule to meet with the group. All Montgomery seniors are welcome to attend.

At the April meeting, Cristina Lu, a public health nurse at the Office on Aging & Disability Services was the guest speaker. She spoke on healthcare that's covered under Medicare, especially on cardiovascular screening and intensive behavioral therapy and cardiovascular disease.

She also was available to answer questions. As always, the group served pizza and refreshments at the meeting.

As a group, we look forward to summertime. We are looking for folks who wish to extend a helping hand to our seniors.

There are many good people in this township that want to help, they just don't know how they can.

The "Scouts Help Seniors" program is a way volunteers can help local seniors with minor projects in their homes.

Some examples are changing light bulbs and batteries or moving and setting in place air condition units.

The Scouts also help with computer issues and small landscaping projects.

The Montgomery Senior Citizens will help identify the areas of need for local seniors and the volunteers can help them complete those projects.

Montgomery Senior Citizens are also working with the handyman program through the Office of Aging created to provide professional volunteers in area as carpentry, electrical and yard work. You don't have to be a senior member of the organization to get some assistance. Please contact Montgomery Senior Citizens for help or to volunteer.



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Upcoming Events

"Nonsense" at the Kelsey Theatre (West Windsor). Saturday, May 4, at 2 pm. Discount tickets are sold out.

Sign-up has begun for the annual picnic on June 20. It will be held at Montgomery Veterans Park and catered by Elmer's Catering. This event is for members only.

The annual ice cream social will be held at the July meeting.

Sign up now for the 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, 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 the group know by email. ■

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