

A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

By Louis Vaccaro

At our September meeting guest speaker was Sheryl from FYZICAL Therapy & Balance Center in Hillsborough, NJ. She provided education on the latest techniques to improve your balance and help to prevent a fall before it happens. Her presentation was excellent at providing information and fielding many questions. She also invited our seniors to a free evaluation to help prevent falls. With September being National Falls Prevention Awareness Month, the timing was just right. As with all our guest speakers the public is always welcome. Dessert, coffee and tea was served after the meeting

At our next meeting on October 10th there will be no guest speaker. Instead, Caitlyn Meador from Foot-hill Acres Rehabilitation & Nursing Center will be hosting Bingo. There will be some wonderful prizes for the winners. Dessert, coffee and tea will be served.

Montgomery Senior Citizens, Inc and Montgomery Senior Center (Wellness Center)

There is still some confusion on the differences between the Senior Wellness center and our organization.

The Montgomery Senior Wellness Center is operated through a

partnership between Montgomery township and the Somerset County office of Aging. The center is open Monday thru Friday from 9AM to 4PM 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's manager is Denise Crowley. For further information she can be reached at dcrowley@montgomerynj.gov or calling 609-466-0846.

Montgomery Township Senior Citizens, Inc consists of individuals who are at least 55 years of age. The group is open to membership in Somerset County and also the surrounding counties. Our organization provides additional activities during the day and discount tickets to different theatres in the surrounding area at night and on weekends. At our monthly meeting we have guest speakers who provide valuable information to our seniors. After the meeting we all enjoy light refreshments. At other meetings we would have pizza and enjoy some games of bingo. Each year in June we would have a picnic in the park, in July an ice cream social and year-end Holiday party for our members



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in December. You can get further information about our organization and many activities at our website: montgomerysc.org

Upcoming events

- “Miss Holmes” at the Somerset Valley Players located at 689Amwell Road (Rt. 514), Hillsborough, NJ 08844. For 3 weekends starting on October 18 thru November 3rd. Please check our website for further information.

- Birthday Breakfast on November 21st at 9:30AM. Our members with birthdays from September to December will be offered a free breakfast from a special menu. Other members attending will pay \$10 towards their breakfast.

- On December 3rd. “A Christmas Playhouse” at the Hunterdon Hills Playhouse. Price is \$60 for members and \$90 for non-members. This covers the cost of the bus, insurance, show, lunch, unlimited dessert and a tip for the bus driver. This represents a substantial discount considering that single-price ticket for HHP is \$89.00. Further information is available on our website.

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. Yet since we are near the end of the year, our dues for new members are now only \$10.00. 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