

A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

By Louis Vaccaro

Even though Montgomery Senior Citizens took the summer off from providing a monthly column, they were still active.

Their picnic on June 20 had a great turnout with over 75% of the membership attending. There were many choices of good food provided by a food truck and plenty of great conversations!

The Ice cream social on July 11 was a great success, with plenty of ice cream and fixings with another wonderful turnout,

At the Montgomery Senior Citizens August 8 meeting, members enjoyed bingo and winners got some great prizes.

At the September meeting, the guest speakers will be Sheryl and Amanda from a new Fyzical Therapy & Balance Center. Amanda, a physical therapist, applies their state-of-the-art balance program to evaluate and treat you. They utilize the most relevant techniques to improve your balance and help to prevent a fall before it happens.

The guest speaker events are always open to the general public at 1:30 pm on the second Thursday of the month. Please check the dates for meetings and speakers at Montgomerysc.org.

Upcoming events

Discount tickets to “Miss Holmes” at the Somerset Valley Players located at 689 Amwell Road (Rte 514) Hillsborough. The show runs for three weekends, starting on October 18. Visit the website for further information.

Discount tickets for “White Christmas” on Saturday, November 9 at 3 pm at the Music Mountain Theatre at 1483 NJ-179, Lambertville, NJ. Cost is \$20 for members and \$25 for non-members. No bus service would be provided

Now that we are six months into 2024, Montgomery Senior Citizens is charging new members a fee of only ten dollars for the remainder of the year. Please check their website to view the schedule and learn how to register for membership. ■



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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