

A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

By Louis Vaccaro

February 2025

The January meeting of the Montgomery Senior Citizens Organization had a good balance of business and fun, setting a positive tone for the year ahead. During the official business portion, they welcomed and registered both existing and new members, and after the meeting, the group felt more connected. The bingo session was a big success. The game was full of laughs and excitement, with people rooting for each other. Plus, members had great conversations over refreshments.

The organization is pleased to welcome Sigrid Solis, a dedicated health advocate from the Montgomery Township Health Department, as the featured speaker for their February 13 meeting. Ms. Solis will be presenting the highly regarded “Move to Get F.I.T” program, an initiative aimed at empowering individuals to lead healthier, more active lives through education and practical strategies. This program is a cornerstone of the Health Ease curriculum, a comprehensive, evidence-based approach to promoting physical activity among older adults. Developed by the New Jersey Institute for Successful Aging in collaboration with the New Jersey Department of Human Services, the curriculum integrates cutting-edge research to address the unique needs of older populations.

As is customary for their monthly meetings, they warmly invite the public to join them for the guest speakers’ portion. Please note that the business meeting, scheduled to begin at 1 pm, and the refreshments served afterward, are exclusively for members. The group appreciates your understanding and looks forward to welcoming both members and guests to participate in the appropriate segments of the gathering.

Understanding the Differences: Montgomery Senior Wellness Center vs. Montgomery Township Senior Citizens, Inc.

The Montgomery Senior Citizen Organization often receives questions about the differences between the Montgomery Senior Wellness Center and their orga-

nization, Montgomery Township Senior Citizens, Inc. While both groups focus on enhancing the lives of seniors, each operates independently, with unique memberships, programs, and goals.

Here’s a detailed comparison to help clear up any confusion:

Montgomery Senior Wellness Center

The Center is managed through a partnership between Montgomery Township and the Somerset County Office of Aging. Managed by Denise Crowley

Location and Hours:

Situated at the Otto Kaufman Community Center in Skillman, the center operates on weekdays only, from Monday through Friday usually from 9:00 AM to 2:00 PM.

Eligibility Requirements:

Membership is exclusive to Somerset County residents who are 60 years of age or older.

Focus and Services:

The center provides a variety of wellness-focused activities such as fitness classes, social gatherings, health-related workshops, and meals. It primarily serves as a daytime resource for senior residents.

Montgomery Township Senior Citizens, Inc.

Operated as an independent organization comprised of local seniors working to foster community and engagement among peers.

Membership Eligibility:

Open to individuals who are 55 years of age or older. Membership is available not only to Somerset County residents but also to seniors from surrounding counties.

Expanded Offerings:

Our organization extends activities and opportunities beyond what the Senior Wellness Center provides, including:

Daytime Activities: Additional social and recreational events designed to suit various interests.

Evening and Weekend Entertainment: Discounted tickets to theater performances and other events in the region, ensuring there are options for entertainment outside regular daytime hours.

Monthly Meetings: A platform for social



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interaction and learning, featuring guest speakers who share valuable information on topics like health, finances, and local resources.

Social and Community Benefits:

By offering a broader range of activities and opportunities at various times, we aim to complement the services of the Senior Wellness Center while creating a sense of community and inclusion.

Why the Distinction Matters

While both the Montgomery Senior Wellness Center and Montgomery Township Senior Citizens, Inc. work toward enriching the lives of seniors, Montgomery Senior Citizens cater to providing more options to our members. Together, the groups contribute to a thriving and supportive senior community in Montgomery and beyond.

If you have any questions, don’t hesitate to reach out—they’re here to help! (Montgomerysc.org)

UPCOMING EVENTS

► Somerset Valley Players (SVP) in Hillborough, NJ, is offering discounted ticket options for their upcoming production of “Over the River and Through the Woods,” running from March 7 to March 23, 2025 to our members. The group will be featuring additional shows at local theaters over the year please consult their website for additional information.

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. Meeting are at the Montgomery Senior Center (Otto Kaufman Community Center 356 Skillman Road, Skillman, NJ 08558). All comers are welcome. Website: montgomerysc.org • Email:montgomeryseniorcitizens@gmail.com