

Montgomery Senior Citizens March, 2025 Newsletter

Our next meeting is on Thursday, March 13th, 1:00^{PM} at the Otto Kaufman Community Center.

Our guest speaker will be Sheryl Bunca with Fyzical Therapy & Balance Center. She will discuss fall prevention, and how balance therapy benefits to get you stronger. She will also introduce a Neuropathy Program for anyone that suffers with pain, tingling, burning sensation from their neuropathy. She has set up a program that has shown proven results and can be done from the comfort of your home. It is called Nerve Reviver.

Also at our meeting, we will be entertained by Lorri Kulp Woodward. Lorri is a dynamic solo entertainer who has built a reputation for keeping her performances fun, upbeat, and full of energy. Specializing in a wide range of songs from the 1940s to the present, Lorri's music spans decades, ensuring that every performance has something for everyone. Lorri brings a wealth of musical talent and infectious energy to the stage, helping create an atmosphere of joy and connection. Lorri ensures that every performance feels both timeless and fresh. Whether it's getting everyone on their feet or creating a more relaxed, sing-along atmosphere, Lorri knows just how to keep the party going.

We will be collecting **annual dues of \$20.00** at our upcoming meeting. Additionally, sign-ups will be available for our **Birthday Breakfast in April** and upcoming **theater presentations**.

Bring a friend and join us—we'd love to see you there!

Respectfully,

Montgomery Senior Citizens Executive Committee

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