

Montgomery Senior Citizens

April Newsletter

Upcoming Meeting – April 10th

We're excited to welcome back **Sigrid Solis** as our guest speaker! This time, she'll be presenting "**Keeping Your Mind Sharp**" – a comprehensive and engaging program specially designed for seniors.

This presentation will explore:

- How natural aging affects memory, focus, and mental clarity
- Practical strategies to maintain and even enhance cognitive function
- Tools to overcome those familiar "senior moments" and stay mentally sharp at any age

Stick around afterward for a fun Pizza Party!

It's the perfect way to relax, recharge, and enjoy some casual social time with friends after a great learning experience. What could be better than brain-boosting tips followed by pizza and good company?

Don't miss this perfect blend of learning, fun, and community!

We will be collecting **annual dues of \$20.00** at our upcoming meeting. Final 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

Email: montgomeryseniorcitizens@gmail.com Website:
<http://www.montgomerysc.org> Address: Montgomery senior Citizens-P. O Box
232, Skillman, NJ 08558