

A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

By Louis Vaccaro

March 2025

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We extend our heartfelt thanks to Sheryl Bunca from Fyzical Therapy & Balance Center for taking the time to share her expertise with us. Her presentation on fall prevention and the benefits of balance therapy provided invaluable information on how to improve strength, stability, and overall well-being. In addition, we appreciate her introduction to the Neuropathy Program, Nerve Reviver, which offers hope and relief for those suffering from pain, tingling, and burning sensations caused by neuropathy. This innovative, results-driven program is designed to be easily followed from the comfort of home, making it accessible to those in need. We are grateful for her dedication and commitment to helping others live healthier, more independent lives. Thank you, Sheryl, for your time, knowledge, and the positive impact you bring!

We sincerely thank Lorri Woodward for sharing her talent and energy with us. Her performance was truly entertaining, bringing joy, nostalgia, and fun to our gathering. With her vibrant spirit and wonderful music spanning the decades, she created an atmosphere of connection and celebration. We appreciate her dedication to making every event special and look forward to enjoying her music again in the future!

At our April 10th meeting our guest speaker is Sigrid Solis. She is back again this time to discuss "Keeping Your Mind Sharp," "This is a comprehensive senior program designed to help participants understand the natural effects of aging on the brain while providing effective strategies to maintain and enhance cognitive function.

This program covers how normal aging can impact memory, focus, and mental clarity, and offers practical tools to counteract these changes. This program will shed light on how to overcome those "senior moments" and empower individuals to stay sharp and mentally active at any age.

A pizza party after the guest speaker will definitely keep the energy up and provide a fun opportunity for everyone to mingle. Also, it should be a perfect way to keep the vibe relaxed and social. It sounds like the perfect balance of learning, fun, and mingling!

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.

UPCOMING EVENTS

Thursday, April 17, 2025

Birthday Breakfast

Time: 9:30 AM

Location: Star Diner, Hillsborough, NJ

Details: Free to members those birthdays are from January to April; others pay \$10 from a selected menu

Final sign-up and payment at the April meeting.

April 18 - May 4, 2025 (3 Weekends)

"Over the River and Through the Woods"

Location: Somerset Valley Players, 689 Amwell Road (Rte 514), Hillsborough, NJ 08844

Showtimes:

Friday & Saturday: 8:00 PM

Sunday: 2:00 PM



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May 2 - 18 (3 Weekends)

"The Girl on the Train"

Location: Somerset Valley Players, 689 Amwell Road (Rte 514), Hillsborough, NJ 08844

Showtimes:

Friday & Saturday: 8:00 PM

Sunday: 2:00 PM

Saturday, May 17, 2025

"Pippin"

Time: 3:00 PM

Location: Music Mountain Theatre, 1483 NJ 179, Lambertville, NJ 08530

Sign-up started at the March meeting; deadline for sign-up & payment is at the April meeting.

Sign-up via email and payment via postal mail is available.

I recommend contacting Montgomery Township Senior Citizens website (montgomerysc.org) directly for the most current details on discounted tickets available to members.

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. You can also visit us at our regular monthly meeting every 2nd Thursday of the month at 1pm. Meeting are at the Senior Center; Otto Kauffman Community Center, 356 Skillman Road, Skillman. All are welcome. Website: montgomerysc.org • Email: montgomeryseniorcitizens@gmail.com