

A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

By Louis Vaccaro

May 2025

A Senior Moment---May 2025

On behalf of everyone at our April 10 meeting, we want to extend our heartfelt thanks to Sigrid Solis for your engaging and insightful presentation on Keeping Your Mind Sharp. Your expertise and practical strategies provided valuable tools to help us maintain cognitive function and overcome those "senior moments. We truly appreciate your time, knowledge, and dedication to empowering others to stay mentally active at any age. Thank you for joining us again and for making such a positive impact! Following the meeting, members enjoyed a relaxed and social atmosphere with delicious pizza and refreshments. It was a wonderful opportunity to connect, share thoughts, and enjoy good company. Thank you to everyone who attended and contributed to another successful gathering! We look forward to seeing you at our next month's meeting

At our May 8 monthly meeting, a detective from the Montgomery Township Police graciously accepted our invitation to speak with our seniors about scams that target older adults and others. Increasing awareness and knowledge about these scams is crucial, as even younger individuals can fall victim to these fraudulent schemes. The more information we have, the better prepared we are to recognize and avoid these threats. Detective Joseph extends an invitation "Join members of the Mont-

gomery Police Detective Bureau for an informative presentation on common scams targeting seniors and how to avoid becoming a victim. Learn about phone, email, and online scams, red flags to watch for, and steps you can take to protect yourself and your finances. There will be time for questions and discussion. All are welcome!"

After our special guest presentation, the fun continues with Bingo, hosted by Caitlyn Meador of Foothill Acres Rehabilitation & Nursing Center. Stick around for your chance to win some great prizes, enjoy a few laughs, and wrap up the day with a little friendly competition. We hope to see you there!"

As is customary for all their monthly meetings, we warmly invite the public to join us 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

"Over the River and Through the Woods"
April 18 – May 4, 2025 (3 Weekends)
Somerset Valley Players
689 Amwell Road (Rte 514), Hillsborough, NJ 08844
Showtimes:
• Fridays & Saturdays – 8:00 PM
• Sundays – 2:00 PM



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"The Girl on the Train"
May 2 – May 18, 2025 (3 Weekends)
Somerset Valley Players
689 Amwell Road (Rte 514), Hillsborough, NJ 08844
Showtimes:
• Fridays & Saturdays – 8:00 PM
• Sundays – 2:00 PM

"Pippin"
Saturday, May 17, 2025
Time: 3:00 PM
Music Mountain Theatre
1483 NJ 179, Lambertville, NJ 08530
Sign-up via email & payment via postal mail available

"Fiddler on the Roof"
Saturday, June 14, 2025
Time: 2:00 PM
Kelsey Theatre
1200 Old Trenton Rd., West Windsor, NJ 08550
(Campus of Mercer County Community College)

"Young Frankenstein"
Saturday, June 21, 2025
Time: 3:00 PM
Music Mountain Theatre
1483 NJ 179, Lambertville, NJ 08530

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

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