

A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

By Louis Vaccaro

February 2026

Thank you to everyone who attended our meeting, and a special thank you to Lisa Bayer, Dementia Specialist, for her engaging and informative presentation. Lisa's Using Your Wits - Part 3 session on brain nutrition was both insightful and interactive. The brain-boosting food samples and cognitive exercises were enjoyed by all and offered practical tips for supporting brain health. We appreciate Lisa for sharing her expertise and thank our members and guests for making the gathering such a success.

Montgomery Senior Wellness Center vs. Montgomery Township Senior Citizens, Inc.

Many people ask about the difference between the Montgomery Senior Wellness Center and Montgomery Township Senior Citizens, Inc. While both serve older adults, they operate independently with different purposes and offerings.

Montgomery Senior Wellness Center

The Senior Wellness Center is operated through a partnership between Montgomery Township and the Somerset County Office of Aging and Disability Services and is managed by Lisa Carra, Community Resource Manager (609-466-0846).

Location: Otto Kaufman Community Center, 356 Skillman Road, Skillman

Hours: Monday-Friday, 8:30 am-4:30 pm

Eligibility: Somerset County residents age 60+

Focus: Offers daily lunch and a variety of wellness, educational, and social programs designed to promote active, healthy, and independent living in a supportive environment.

Montgomery Township Senior Citizens, Inc.

Montgomery Township Senior Citizens, Inc. is an independent, member-driven organization dedicated to enhancing the quality of life for older adults through meaningful social connection, active engagement, and community involvement.

Our organization is designed to be welcoming, inclusive, and responsive to the interests of our members.

Eligibility: Open to individuals age 55 and older, including residents of Somerset County and surrounding counties

Offerings: A wide variety of daytime activities, evening and weekend entertainment, discounted theater and cultural event tickets, and engaging monthly meetings featuring informative and entertaining guest speakers

Goal: To create expanded social, educational, and recreational opportunities that encourage participation, friendship, and lifelong learning

While both organizations play an important role in supporting seniors, Montgomery Township Senior Citizens, Inc. offers a broader range of activities and greater scheduling flexibility, making it an ideal complement to the programs of the Senior Wellness Center. Our diverse



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offerings allow members to stay active, social, and engaged on their own terms. A unique and meaningful aspect of our organization is its multi-generational appeal. In some cases, our members' adult children also choose to join, underscoring the welcoming atmosphere, shared interests, and strong sense of community that define our group.

Upcoming events

Bingo with Caitlyn Meador - February 12
On February 12 at 2:00 PM, the Montgomery Seniors Club is delighted to host a fun-filled afternoon of Bingo with Caitlyn Meador. This members-only event promises laughter, friendly competition, and great prizes. Caitlyn, from Foothill Acres Rehabilitation & Nursing Center, is well known to our group for her warm personality, enthusiasm, and the lively Bingo sessions she leads. Her events are always a favorite—don't miss out!

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 visiting our website (Montgomerysc.org) and register as a new member. Meeting will begin at 1:45 PM 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

Mailing address: MSC- P.O. Box 232, Skillman, NJ 08558