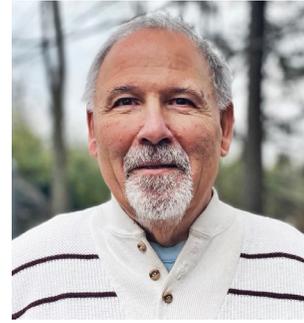


A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS



Lou Vaccaro

By Louis Vaccaro

January 2026

A Senior Moment–January 2026

Your participation helped make our Holiday Party warm, lively, and truly memorable. Each of you bring something special to our gatherings, and it is this spirit of friendship, support, and community that continues to make the Montgomery Seniors Club such a remarkable organization.

We are grateful for the camaraderie shared, the conversations enjoyed, and the laughter that filled the room. Moments like these remind us why our club continues to thrive year after year.

A particularly meaningful highlight of the day was the gracious presence of Mayor Neena Singh, who honored us by formally swearing in our new Vice President. Her involvement added a dignified and heartfelt touch to the celebration. This ceremonial moment symbolized not only a transition but also the continued growth and strength of our organization.

To all who joined us—thank you once again for your support and enthusiasm. We look forward to many more joyful gatherings together!

Upcoming Events

On January 8, Lisa Bayer, Dementia Specialist with Always Best Care Senior Services, will present Part 3 of her Using Your Wits series. This session will explore brain nutrition and the foods that best support optimal brain health. Attendees will have the opportunity to sample “brain-boosting” foods and participate in interactive, food-related cognitive exercises designed to engage all core brain functions. As is customary at our monthly meetings, we warmly invite the public to attend the guest speaker portion. Please note that the business meeting begins at 1:45 PM, with the speaker presentation following shortly afterward. Refreshments served after the program are for members only. We appreciate your understanding and look forward to welcoming both members and guests to the appropriate segments of the gathering.

On February 12, the Montgomery Seniors Club is pleased to host a fun-filled afternoon of Bingo with Caitlyn Meador at 2:00 PM. This event is for members only. Caitlyn Meador, 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 packed with fun, friendly competition, and wonderful prizes.

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