

# A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

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By Louis Vaccaro

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March 2026

At our last meeting, Caitlyn Meador from Foothill Acres Rehabilitation & Nursing Center hosted Bingo at 2:00 PM and did a truly wonderful job. Caitlyn's enthusiasm, warmth, and sense of humor made the afternoon especially enjoyable. Members had a great time participating in the friendly competition, and the excitement in the room grew with each round. There were wonderful prizes for the winners, and everyone enjoyed dessert along with coffee and tea while visiting with friends. We sincerely thank Caitlyn for another successful and entertaining event. We look forward to seeing everyone at our next enjoyable afternoon together!

## Thursday, March 12, 2026 - 2:00 PM

Amy Maritato from the Office on Aging and Disability Services of Somerset County will present an overview of the wide range of programs, resources, and support services the department offers to older adults and individuals with disabilities. The presentation will highlight key services such as care coordination, benefits counseling, caregiver support, and access to community-based resources that promote independence, safety, and overall well-being. She will also discuss how these services strengthen the community by supporting aging in place, reducing bar-

riers to access, and connecting residents with essential health, social, and long-term care supports. Pizza, coffee, and tea will be served to our members—so there are plenty of good reasons to join us for this informative meeting. 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.

## Upcoming trips

Since the pandemic, the cost of bus transportation has increased significantly. As a result, we have needed to collaborate with other organizations to help ensure that seats are filled and trips remain financially viable. In the past, we have unfortunately had to cancel some planned trips due to insufficient participation. By working together with neighboring organizations, we hope to avoid future cancellations and continue offering enjoyable and affordable travel opportunities to our members. We have also been working to build stronger connections within our surrounding community. Last year, some of our members attended a trip to the 9/11 site in New York through Stonebridge at Montgomery.



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Participants simply paid a fee that covered round-trip bus transportation and the entrance cost.

This year, we have information on two upcoming bus trips. One is to the Philadelphia Flower Show, and later in the year there will be a trip to see Aladdin on Broadway. Both trips are being organized through the Princeton Recreation Department. Please check their website for further details. To encourage participation, we are providing a subsidy to help our members attend each trip. By offering this incentive, we demonstrate to our partnering organizations that our Club actively supports their programs by helping to fill seats. This strengthens our relationships and allows us to offer additional trips and opportunities for our members, even when events are organized by other groups.

Beyond our bus trips, we are excited to encourage members to experience the wonderful local theater opportunities available to us. To make it even more enjoyable, the Club will offer a ticket discount with proof of purchase. We hope many of you will take advantage of this opportunity to support local talent and enjoy a great performance.

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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](http://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](http://montgomerysc.org) •

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