

A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

By Louis Vaccaro

October 2026

We would like to thank Detectives Jesse Peterson and Joseph Ceccato of the Montgomery Township Police Department for joining us at our September 10 meeting and giving such a wonderful and informative presentation on scams and fraud.

They shared important information about scams currently affecting seniors and members of our community, along with helpful reminders about what we can do to protect ourselves. We truly appreciate the time they took to speak with our members and answer questions.

We make it a point to invite the Police Department to speak with us each year because staying informed is one of the best ways to avoid becoming a victim. We were also pleased to have several non-members join us and take part in the presentation. This is one of the things we are proud to do as a club—we want everyone in our community to have the opportunity to receive this important information.

Before the presentation, our members enjoyed pizza and beverages while spending time together. It was another great meeting for the Montgomery Township Senior Citizens Club.

October 8 Meeting – Dementia Live®
At our October 8 meeting, we are pleased to welcome Jackie Fix from Arbor Terrace, who will present a special program called Dementia Live®.

This will be more than just a presentation. Dementia Live® is an interactive experience that gives participants a unique

inside-out understanding of what it may be like to live with dementia. It is designed to help us better understand some of the challenges that people with dementia face as they go about everyday activities.

The experience can help us see dementia from a different perspective and develop a greater sense of understanding and compassion. Participants will also learn practical tips and tools that can help improve communication and strengthen our connections with family members, friends, and loved ones who may be experiencing memory or cognitive changes.

I believe this will be an especially worthwhile program because many of us have been touched by dementia in some way, whether through a family member, friend, neighbor, or someone we care about. Understanding what a person may be experiencing can make a real difference in how we communicate and interact with them.

As is customary at our monthly meetings, non-members are welcome to attend the guest speaker portion of the meeting. Please feel free to invite a family member, friend, or anyone in the community who may benefit from this program.

We look forward to having Jackie Fix join us and to experiencing Dementia Live® together. I hope many of our members—and some of our community guests—will take advantage of this opportunity to learn something that could be helpful to someone they know and care about.



Lou Vaccaro

Holiday Trip to Hunterdon Hills Playhouse **Wednesday, December 16**

Join the Montgomery Township Senior Citizens Club for our annual holiday trip to Hunterdon Hills Playhouse!

Cost: Members: \$65, Non-Members: \$92

Your trip includes: Round-trip deluxe motorcoach transportation, Holiday performance, Table-served prix-fixe luncheon, Famous unlimited dessert buffet, coffee & tea, (Entrée choices: Yankee Pot Roast, Roast Turkey, Lemon Pepper Cod, Fried Jumbo Shrimp, Lasagna Rollettes, or Roasted Vegetable Kabob.)

Seating is limited for this trip. Additional information and registration details will be announced at our October meeting.

Thinking About Joining the Club?

Our annual membership dues are just \$20 per calendar year. For those 55 years of age or older who live in Montgomery Township, the membership fee for new members joining after June 30 is only \$10.

If you're thinking about joining, now is a great time! By joining for just \$10, you can also save money on our Hunterdon Hills holiday trip. The member price is \$65, compared with \$92 for non-members—so your membership can more than pay for itself!

Membership also gives you the opportunity to take part in our Holiday Party, Birthday Breakfasts, discounted theater tickets, and many other activities and programs throughout the remainder of the year. Join us, save money, and enjoy all the benefits of being a member!

Montgomery Senior Citizens, Inc. is a nonprofit organization open to Montgomery Township residents age 55 and older. Annual membership dues are \$20.00 per person. First-time members who join after June 30, receive a reduced membership fee. To become a member, visit our website at montgomerysc.org and register as a new member. Our meetings begin at 1:45 PM and are held at:

Montgomery Senior Center Otto Kaufman Community Center 356 Skillman Road Skillman, NJ 08558

Website: montgomerysc.org, • Email: montgomeryseniorcitizens@gmail.com.

Mailing Address: Montgomery Senior Citizens, Inc. P.O. Box 232, Skillman, NJ 08558