

mGAP Update Week of May 14, 2023

This **mGAP** newsletter includes timely updates for Montclair's community of older residents.

Happy Mother's Day



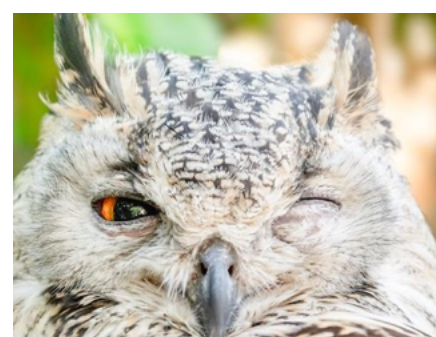
SmartSeniors/SmartTech for Wednesdays May 17, 24, 31, as well as June 7

Attend an in-person four-part workshop series where a team of peer coaches will work with you to learn how to increase your confidence in using Smartphones and Tablets... [Register at mGAP](#) or [Register at MPL](#)



Laptop always plugged in/charging, what is the effect on the battery?

One of the most significant concerns with laptops is their battery life. Many people use their laptops continuously while it is plugged in, and they often wonder if it is safe for the battery to be always connected to the power source... [Continue Reading](#)



Wise Words for Wise Aging

"Mothers are like glue. Even when you can't see them, they're still holding the family together."

—Susan Galene



mGAP Newsletter Archive

Want to check on an item you read in a previous Newsletter? Check out our [Newsletter Archive](#).

Montclair Gateway to Aging in Place is a 501 (c) (3) tax exempt charitable organization that survives on donations. Help us continue to serve you.

[Donate to Montclair Gateway to Aging in Place](#)