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

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