

mGAP Update Week of Jan 28, 2024

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



Support Annual "SOUP FOR SENIORS" Campaign

Looking for a community service project that everyone can participate in? Join our "Soup for Seniors" canned soup drive! It's that time of year and our residents love a hot bowl of soup at lunchtime....

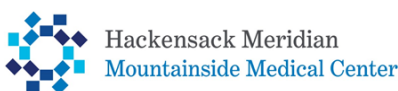
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Advance Directive for Driving?

Modern aging includes planning for those what-if scenarios that may unexpectedly complicate our lives. One of those is certainly safety behind the wheel of our cars. An "advance directive" for driving is a tool that might be appropriate as we grow older....

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New Year New YOU !!!

Take control of your own health. Achieving your most optimal health by practicing healthy habits.

Join us virtually! January 31, 2024 12pm - 1pm

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Sign On for 2024 SmartSeniors/SmartTech Classes !!!

Over 200 modern agers have taken our classes so far. We are not too old to demystify the digital mega-sphere with the support of our peer coaches. Start with small or big issues. We can help...

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Wise Words for Wise Aging

"He who is of a calm and happy nature will hardly feel the pressure of age, but to him who is of an opposite disposition, youth and age are equally a burden."

Plato (427-346 B.C.)



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.

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