



## mGAP Update Week of Apr 21, 2024

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



### Fun Ways for Older Adults to Stay Physically Active

There are lots of fun and simple ways to build exercise into your daily routine. Find ideas for activities to do with your family and ways to stay active in all four seasons ...

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### New Text Message Scam Targeting New Jersey Residents

Fraudulent operators are sending text messages to some residents requesting payment for unpaid road tolls. If you receive a text claiming you owe an unpaid toll, do not click on any links or provide personal information ...

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### Volunteers Needed for Community Open Space

Contribute to the revitalization of a newly envisioned communal area by participating in the restoration of an authentic Olmsted Brothers garden layout ...

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### Wise Words for Wise Aging

*"Oh, the worst of all tragedies is not to die young, but to live until I am seventy-five and yet not ever truly to have lived."*

*Martin Luther King Jr.*



### mGAP Newsletter Archive

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

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