

mGAP Update Week of Apr 28, 2024

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



Council Approves Senior Center Lease

Montclair Township Council voted 6-0 Wednesday to approve a lease for over 4100 square feet of space dedicated to a Montclair senior center. It was the second reading of the ordinance introduced on April 10 ...

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5th Annual Plant Sale Fundraiser!

From May 2nd to May 5th, immerse yourself in a garden of possibilities as we bring you the finest selection of 100% locally grown seedlings. Each plant embodies the essence of Montclair, cultivated with love and care by our dedicated team and volunteers ...

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Get in line, grandma: Young people are adopting geriatric hobbies

If you're under the age of 80 and your ideal Friday night involves a cup of Sleepytime tea, a heating pad, and your bed — you're not alone.

In fact, you might just be a trendsetter. Millennials and Gen Zers — burnt out from the pandemic, a dicey job market, and high cost of living — are increasingly dipping their toes into a more mature lifestyle ...

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NJSave: One Application Provides Easy Access to Prescription, Energy and Other Assistance Through Department of Human Services Programs

More older adults and individuals with disabilities in New Jersey are now eligible to save on prescription drug prices, Medicaid premiums, hearing aids, utilities and other household expenses using the NJSave application, thanks to an increase in income eligibility requirements ...

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Finding the Right Fitness Shoes and Clothes

Choosing the right clothing and shoes for the exercise and physical activity you plan to do is important. Make sure your clothes and footwear are both comfortable and safe for you to be active. Try items on to make sure you have the proper fit. Keep these things in mind as you shop ...

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Wise Words for Wise Aging

*I Like The Way I Look.
I Like The Way I Feel.
I Like My Energy.
I Have Wisdom.
I Have Perspective. And I Can Tell You That Aging Can Be So Incredible.*

- Suzanne Somers



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