

## mGAP Update Week of Jan 19, 2025

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



### Women's Club hosted their Semi-Annual TECH DAY

The Montclair Women's Club, in partnership with Montclair Gateway to Aging in Place, hosted a highly successful "Tech Day" this past Friday. The event, held at the Montclair Women's Club invited participants to bring their tech problems, questions, and frustrations for hands-on assistance ...

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### 95-year-old Lox Slicer at Zabar's, Talks about an Unchanging New York and folks' go-to orders

Len Berk has called NYC home for almost a century—and has morphed into so many different characters ever since. Turns out, though, that the city has not changed much in 100 years ...

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### 31 History-Making Black Americans Everyone Should Know

If their names don't immediately ring a bell, you're not alone. Educators, activists, and historians have long been attempting to shine a light and pinpoint why so much African American history is missing from our nation's curriculum ...

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### REMINDER: Mark Your Calendars for January Focus Group Sessions to Discuss How the New Senior Center Can Improve Our Lives

Representatives from the Township, Aging in Montclair, Montclair Gateway to Aging in Place, and MNDC/Do Drop In are holding focus group sessions on January 23 and January 30, inviting community members to share ideas about how our new Senior Center can improve our lives ...

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### Wise Words for Wise Aging

*"How old would you be if you didn't know how old you are?"*

*Satchel Paige*



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