



## mGAP Update Week of Mar 16, 2025

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



## Great News!

For 2025, mGAP has received a generous matching fund donation from a loyal supporter. Please consider donating a recurring \$5.00 a month or \$60 a year to help us secure this match.



## The Ultimate Sleep Guide for Longevity (*rest*)

Sleep isn't just about feeling rested—it's a biological age eraser. High-quality sleep reduces inflammation, regulates metabolism, repairs tissues, and strengthens cognitive resilience. Yet, in a world that glorifies productivity, sleep often takes a backseat ...

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## Blueberry Banana Power Smoothie for Seniors (*nourish*

Imagine waking up to a creamy, delicious blend of sweet blueberries, banana, and nutty peanut butter, packed with protein, fiber, and omega-3s to fuel your day. This smoothie isn't just breakfast—it's a supercharged start that keeps you energized, focused and satisfied. With chia seeds, leafy greens, and protein powder, every sip is a step toward a healthier, stronger you ...

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## Walking: The Key to Longevity for Senior Citizens (*thrive*)

Aging is an inevitable part of life, but how we age is largely influenced by our lifestyle choices. One of the simplest yet most effective ways to promote longevity is walking. This low-impact exercise offers immense benefits for senior citizens, improving physical health, mental well-being, and overall quality of life ...

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# Wise Words for Wise Aging

*"Aging is an extraordinary process where you become the person you always should have been."*

David Bowie



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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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