

mGAP Update Week of Mar 23, 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.

[Click Here to Donate to Montclair Gateway to Aging in Place](#)



A Day with Coach George Frole at the Wally Choice Center

It was a breezy Friday morning at the Wally Choice Community Center, where the gentle buzz of conversation blended with the soft tapping of Apple Watches and iPhones. The **Smart Senior/Smart Tech (SS/ST)** class was already in motion, and Coach George Frole — affectionately known as “Coach G” to the regulars — had just finished helping a group of seniors navigate their emergency messaging features ...

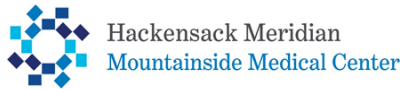
[Continue Reading](#)



Flip the Script on Aging

May is Older Americans Month! Join **LifeLong Montclair** in **FLIPPING THE SCRIPT** on how we view, talk about, and approach aging. Help us celebrate and elevate older adults by taking part in some of LifeLong Montclair's exciting events! ...

[Continue Reading](#)

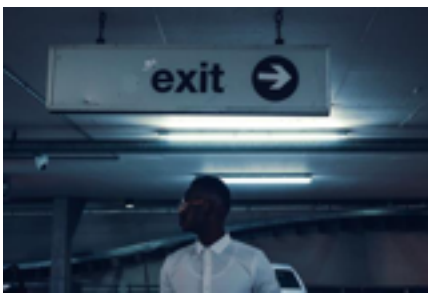


Audiology Screenings with Hackensack Meridian Mountainside Medical Center

Book a 15-minute appointment to receive a **free** Audiology Screening courtesy of Hackensack Meridian Mountainside Medical Center (at Montclair Public Library) ...

Date: Wednesday, April 2, 2025
Time: 1:30pm - 3:30pm

[Continue Reading](#)



Social Security to End Applying for Benefits by Phone

The Social Security Administration (SSA) says it will no longer allow beneficiaries and those applying for Social Security to confirm their identity over the phone and will instead require that they do so online or in person at a local office to complete the application process ...

[Continue Reading](#)



Wise Words for Wise Aging

“Some people, no matter how old they get, never lose their beauty – they merely move it from their faces into their hearts.

Martin Bauxbaum



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.

[Click Here to Donate to Montclair Gateway to Aging in Place](#)