



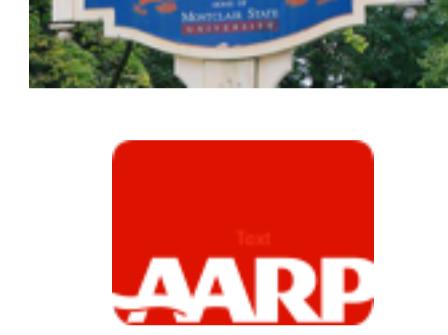
mGAP Update Week of May 16, 2025

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.

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



"Flip The Script on Aging" - Older Americans Month!

Reading of a Township Proclamation on May 20

AARP's 2025 theme for Older Americans Month is "*Flip The Script on Aging*"

Let's show our solidarity for funding for The Lifelong Montclair Center for Modern Aging which is due to open in late 2025 and tell the Montclair Council that we want to *Flip the Script on Aging and Urge Them Not To Fall Asleep at the \$\$ Switch*.

Join us at the Council Meeting on May 20 ...

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June Free First Thursday: Caribbean Heritage Celebration

Celebrate Caribbean Heritage and the start of summer at the **Montclair Art Museum** with an evening of vibrant music, colorful art, and fun community activities. From live DJ sets and pop-up exhibitions to fashion shows, hands-on art making, and gallery tours, there's something for everyone to enjoy at this festive, family-friendly event ...

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Preventing Stroke: Lifestyle Changes that Save Lives

May 20, 2025 at 1:00 PM - 4:00 PM ET

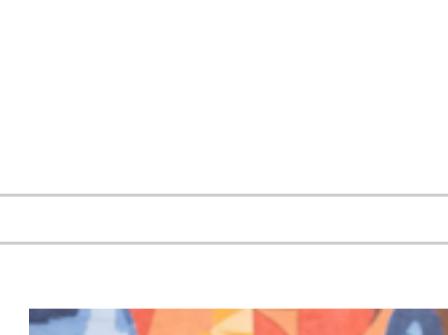
This **Free** lecture focuses on empowering individuals with actionable steps to reduce their risk of stroke through healthy lifestyle choices.

Speaker: **Mina Elmiry**, MD Internal Medicine
Mountainside Medical Center Auditorium

May 20: 1pm - 2pm

Following the lecture, attendees can get their blood pressure checked. Hospital Conference Room 2
2pm - 4pm ...

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Your Town, Your Voice: Volunteer for a Montclair Board or Commission

Want a real say in how our township grows? Step up and serve on one of Montclair's boards or commissions -- where residents turn passion into policy, advise the Council, and keep community projects moving. Terms are flexible, the impact is lasting, and the next open seat could be yours ...

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Nominations Open for the 2025 AARP NJ Andrus Award for Community Service

Know an extraordinary volunteer age 50 or older? Show your appreciation by nominating him or her for the Andrus Award for Community Service. **AARP's** most prestigious **New Jersey volunteer award** recognizes individuals who are sharing their experience, talent and skills in ways that significantly enrich the lives of others. Only one individual or couple from New Jersey may be selected each year ...

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Wise Words for Wise Aging

As you get older, it's important to stay active and engaged in life. Continue to learn, explore, and socialize to maintain a sense of purpose and vitality.



mGAP Newsletter Archive

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