# MONTCLAIR GATEWAY
TO AGING IN PLACE

*m*GAP Update Week of Sept 21, 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
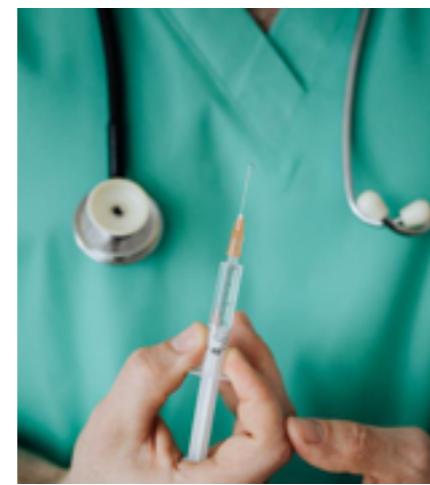
Is Medicare the same price as last year?

Medicare costs are set to rise soon. Seniors should review their plans, check how the increase affects their premiums and coverage, and look for ways to reduce out-of-pocket expenses before the changes take effect.

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21st night of September

The 21st night of September is here, which begs the question: Do you remember? That is the question posed in the famous opening line to perhaps one of the catchiest songs from the band **Earth, Wind and Fire, "September,"** which launched the date of Sept. 21 into the cultural lexicon since its release in 1978.

Listen to Song
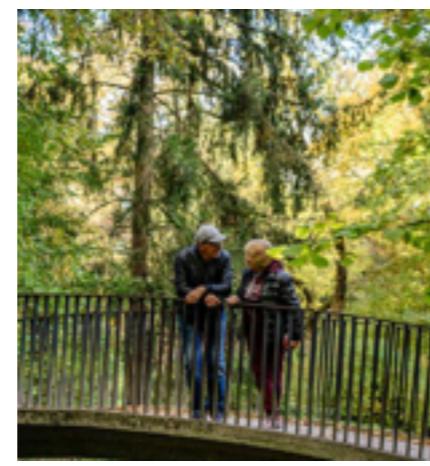
Fall is the best season for Seniors

September offers seniors the perfect mix of mild weather, vibrant scenery, and expanded community programs. With fewer crowds, better travel deals, and plenty of health resources like flu shots, it's the ideal time to stay active, eat well, and connect with others ...

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Wise Words for Wise Aging

"I suppose real old age begins when one looks backward rather than forward."

Mary Sarton

*m*GAP Newsletter Archive

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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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