

## mGAP Update Week of Nov 23, 2025

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

🍂🍂🍂 **Happy Thanksgiving** 🍂🍂🍂

### Great News!

For 2026, **mGAP** has once again received a generous matching fund donation from a loyal supporter. Giving Tuesday is approaching soon. Please consider donating a recurring \$5.00 a month or \$60 a year to help us secure this match and to affirm that you appreciate the effort **mGAP** has made to inform, enlighten, and educate our neighbors.

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



### Giving Tuesday: Why mGAP's Advocacy Keeps Montclair Seniors Strong

**Giving Tuesday** gives groups like **mGAP** a chance to show why advocacy matters. Montclair Gateway to Aging in Place, focuses on one goal, helping seniors stay in their homes and their community. This work takes steady pressure on local and state government, clear public education, and strong partnerships with groups that serve older adults ...

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### Medicare Enrollment Ends Soon, Review Your 2026 Coverage Before Prices Rise

Medicare open enrollment ends December 7. You have a short window to review your coverage and pick the options that fit your health needs and your budget. Many people wait. Many people pay more than they need to. Here is what you should check before the deadline ...

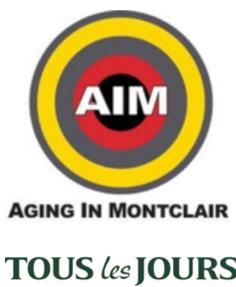
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### The Last 6 Weeks of the Year: Why Weight Gain Spikes for Older Adults and How to Stay Steady

The holiday stretch from Thanksgiving to New Year's creates a perfect storm for weight gain, especially for older adults. Research shows that about **75 percent of yearly weight gain happens during these six weeks**. This weight is harder to lose as you age because metabolism slows, muscle mass declines, and the body becomes less flexible with sudden changes in routine ..

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### Breaking Bread Launch: A Seat at the Table for Everyone

Join **Aging in Montclair** (A.I.M.) for the launch of our **Breaking Bread series**, where great food brings people together. Each month, we'll gather at a favorite local café or restaurant to share meals, discover new flavors, and enjoy conversations that nourish both heart and soul ...

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### Wise Words for Wise Aging

*If anyone asks, I'm not stuck here, I'm strategically settled.*



### 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](#)