mGAP Update Week of Jan 22, 2023
This mGAP newsletter includes timely updates for Montclair’s community of older residents.

OPINION SURVEY
A revised Accessory Dwelling Unit (ADU) Ordinance is scheduled to be presented to the Montclair Town Council on January 24, 2023 for another first reading. If you are interested in seeing this ordinance become law, make sure to attend this important meeting. Town Council Meetings begin at 7:00 pm, location 205 Claremont. Click here for talking points and details.

TIME TO MAKE MONTCLAIR AGE-FRIENDLIER!
We’re open to all residents 55 and older and all who stand with us.

JOIN US:
Tuesday, Jan. 31, 2023
Union Congregational Church, 176 Cooper Ave.,
2:30 - 4:00 pm
* How did we get here?
* What are the key issues in need of attention?
* How do we work together to make impactful, effective change?
HELP MAKE OUR VOICES HEARD!

Congresswoman Mikie Sherrill
If you are having issues with your Social Security, Medicare, Veterans Benefits, etc., Congresswoman Sherrill’s office can help you cut through the red tape. Phone (973) 530 - 6560 or Email.

free MMC class
Is joint pain limiting your activities? Join us virtually as the physical therapy team shares ways to increase physical activity, complete daily tasks and address ways to ease joint pain.
At Mountainside Medical Center: MOVE vs IMPROVE
January 23, 2023, noon to 1 pm. Registration required.

Top Benefits to Using a Smartphone for Seniors
There are numerous benefits to using a smartphone, so we put together the Top 10 Benefits...

Stay Connected with Zoom
There are several reasons why video calling capabilities like Zoom and FaceTime are important for older residents...

mGAP Newsletter Archive
Want to check on an item you read in a previous Newsletter? Check out our Newsletter Archive.

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