

## mGAP Update Week of Jun 18, 2023

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

**HAPPY FATHER'S DAY**



### Strategy for Accessory Dwelling Units (ADUs) *(online event)*

Before small, backyard cottages were known by their technical term of "Accessory Dwelling Units" (**ADUs**), they were often called "Granny Flats" for a reason. If done well, these small, economical, senior-optimized housing units can enhance the safety, social connections and quality of life for seniors—keeping them in the neighborhoods where they may have lived for decades.

Thursday, June 22th, 2023 from 3:00 PM - 4:00 PM.

[Register for Online Event](#)



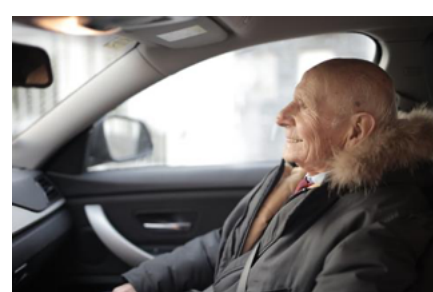
### Juneteenth Family-Friendly Festival Rescheduled to Sat, 6/24

The Juneteenth Family Festival is now scheduled for Saturday, June 24th between Noon & 6pm at [Hillside School](#). Please note that at 11:30am there will be an additional Juneteenth commemorative event at [Howe House](#), 369 Claremont Ave., Montclair.



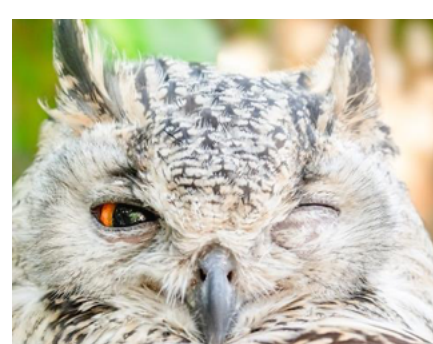
### Happy to Chat Benches

This [movement started in the UK](#) and is now spreading to many other countries. The Happy to Chat benches are specially designed, often brightly marked, benches that encourage the people sitting next to each other to engage with one another—whether that be superficial chit chat or something deeper. [Continue Reading ...](#)



### POSTPONED: The CarFit® event has been rescheduled to June 19

Older drivers can adapt to factors that may affect their driving by making individual adjustments to find their best person-to-vehicle fit. [Continue Reading](#)



### Wise Words for Wise Aging

*Father's Day addition*

*"My father gave me the greatest gift anyone could give another person, he believed in me."*

—Jim Valvano



### mGAP Newsletter Archive

Want to check on an item you read in a previous Newsletter? Check out our [Newsletter Archive](#).

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