

mGAP Update Week of Jan 21, 2024

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



Intergenerational Celebration at Nishuane Elementary Honors Dr. King’s Legacy

On Monday, January 15, 2024, **mGAP** organized its annual intergenerational educational program to honor Dr. Martin Luther King. This year **mGAP** partnered with Montclair's Nishuane and Hillside Schools. The theme of the presentation was "***Making a Difference When it Matters Most.***" ...

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Personal Reflections from a November 2023 Civil Rights Trip by Ann Lippel, mGAP President

Having been college students in the 1960's, my husband and I thought we had a very good handle on the struggle for voting rights by our liberal confreres. We marched, signed petitions and voted for folks who were on the right side of the struggle...

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SmartSeniors/SmartTech Training Schedule for 2024

Need to brush up your tech skills? **mGAP** Peer Coaches are ready to help you...

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America Is Aging Into a Housing Crisis for Older Adults

A new Harvard report highlights the housing challenges facing a fast-growing demographic amid the broader US affordability problem...

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Homelessness is Rising Among Our Generation of *Modern Agers*

If you know someone who is facing homelessness, you may be able to obtain supportive information at the 18Th Annual Project Homeless Connect Event, Wednesday, January 24, 2024, 10 am - 2 pm at [Essex County College Gymnasium in Newark, NJ](#). (sponsored by Essex County) ...



Wise Words for Wise Aging

"As I started getting older, I realized, 'I'm so happy!' I didn't expect this! I wasn't happy when I was young."

Jane Fonda, actress



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