



## mGAP Update Week of Oct 20, 2024

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

VOTE VOTE VOTE VOTE



### Tech Question Day @ Montclair Women's Club

Learn some tips using Technology to better your life. Bring your tech problems, questions and frustrations to this interactive afternoon event.

If you are NOT a *"Digital Native"* this program is for you.

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### Public Health - Prevent, Promote, Protect

Homebound residents of Montclair, Verona, or Cedar Grove who need the **COVID-19 or flu vaccine** can contact the Montclair Health Department for assistance (973) 509-4970 ...

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### Utility Assistance Programs

If you need help with your utility bills, are in danger of utility shut off or are currently disconnected, apply for one of the **free** utility grant programs and inform your utility company immediately.

**Don't delay, apply for energy assistance today!**

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### Interested in taking a **FREE** College Class?

Join former Montclair Mayor and Councilman **Bob Russo** for an insightful dive into the workings of local government in "Government Problem-Solving" at Montclair State University. This hands-on course offers a unique opportunity to explore how real problems are addressed in your community, with a focus on municipal management and administration. You'll engage directly with local officials, attend council meetings, and participate in field visits to see how decisions are made and services delivered. **Best of all, this class is free for senior citizens to audit!**

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### Wise Words for Wise Aging

*"Technology is best when it brings people together."*

*Matt Mullenweg*



### 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.

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