



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!

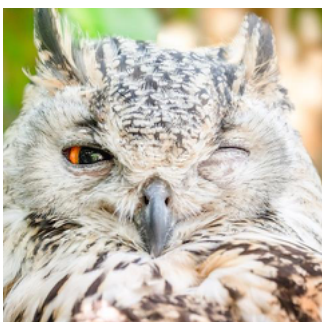
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Interested in taking a **FREE** College Class?

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

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