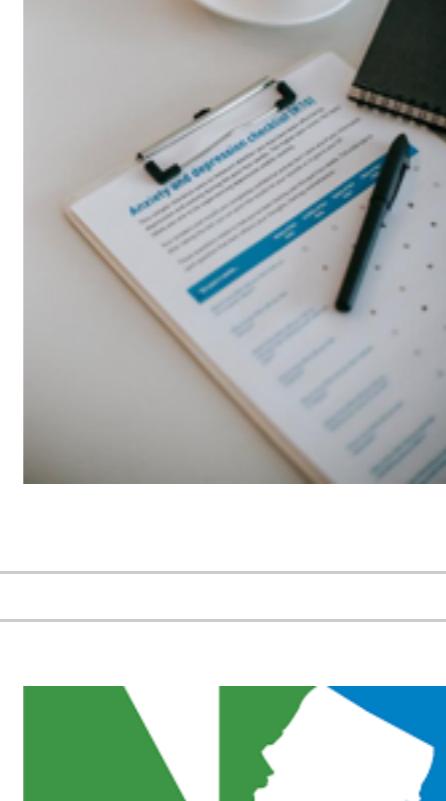




mGAP Update Week of Feb 9, 2025

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

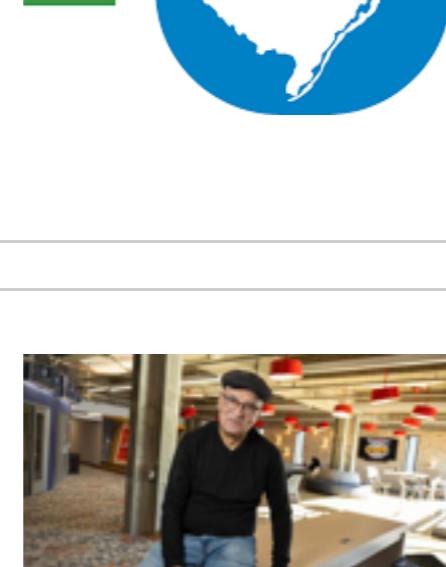
IT'S SUPER BOWL SUNDAY



Hearing Aid Survey

In an effort to make the **new** Montclair Senior Center ([60 South Fullerton Ave](#)) as welcoming as possible to individuals with hearing challenges, **The Montclair Modern Aging Collective** is gathering data on hearing aid use. This data can be very persuasive in obtaining grant funding for state-of-the-art infrastructure equipment. Please click below to add your information to this survey before the Feb 15th deadline ...

[Click Here to complete short survey](#)



Big Change Coming To NJ's ANCHOR Property Tax Relief Program

Seniors and disabled homeowners in New Jersey will notice a **big change** when they go to apply for the state's property tax relief programs this year, Treasury officials said. ...

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'Age Is An Asset': Montclair Native, 71, Inspires At Rutgers-Newark

James Evans, a 71-year-old Africana Studies major at Rutgers University-Newark, marvels at how his life has come full circle. "My younger self would have laughed out loud," he says. "Back then, college wasn't even on the radar. I was a teenage rebel – actually, more of an idiot. Would a smart person get expelled from high school his senior year for truancy?" ...

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Missed Out on Spring? Plan Ahead for Free Summer & Fall Classes at Rutgers

Thinking about learning something new? It might be too late to join Rutgers University's Spring session, but don't worry—Summer and Fall classes are just around the corner! As a senior citizen, you may be eligible to take classes for **FREE** at Rutgers.

Explore new subjects, meet like-minded people, and enjoy the college experience without the stress of exams or tuition costs. Whether it's history, literature, technology, or the arts—there's something for everyone ...

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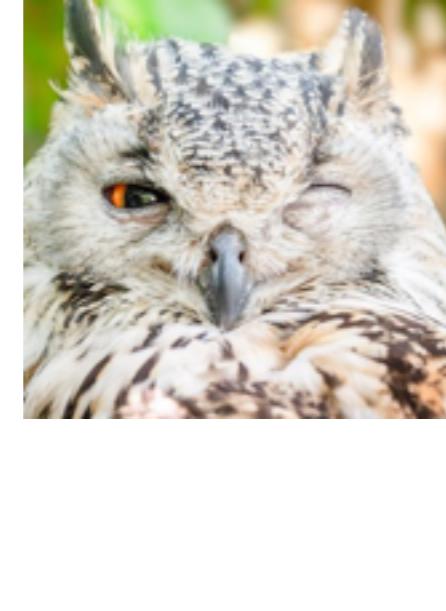


Guided House Tour: Eyewitness To Black History

Sunday, February 16, 2025
12:00 PM - 3:00 PM
Crane House & Historic YWCA

Explore the history of African Americans here in Montclair, from the 18th century to modern day ...

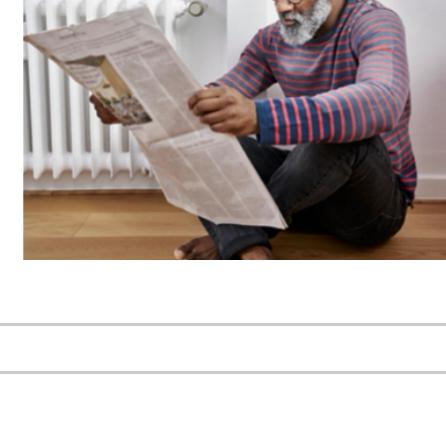
[Continue Reading](#) (*Seniors discount*)



15 Surprising Things That Can Increase Your Risk of Falling

Each year, more than 14 million adults aged 65 and older fall, according to the Centers for Disease Control and Prevention (CDC), and about 1 million of them end up hospitalized. However, falls can be prevented. Here are 15 surprising things that can increase your risk of falling, plus advice on how to lower your risk ...

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Wise Words for Wise Aging

When you get to my age, you'll really measure your success in life by how many of the people you want to have love you actually do love you...If you get to my age in life and nobody thinks well of you, I don't care how big your bank account is, your life is a disaster. That's the ultimate test of how you have lived your life.

Warren Buffett



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