



## mGAP Update Week of Feb 23, 2025

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

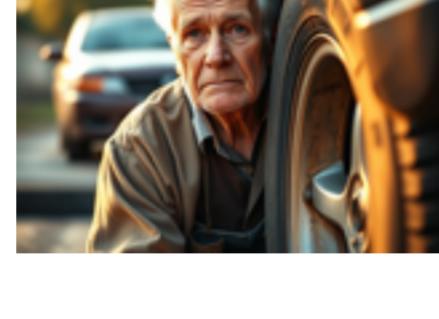


### Enjoy Live Theatre Close to Home at Montclair State University! 🎭

Why travel all the way to Broadway when you can enjoy fantastic live theatre right here in Montclair? Montclair State University's talented performers bring top-quality productions to the stage, offering drama, comedy, and musicals—**just minutes away!**

For our **senior community**, this is an easy and accessible way to experience great theatre without the hassle of long trips into the city. Convenient parking and local transportation options make it even easier to enjoy a wonderful night out. **Senior Discounts too !!!**

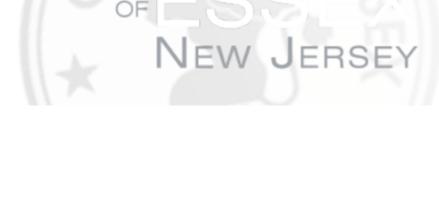
Check out the upcoming performances and get your tickets today: [Click Here](#)



### The Importance of Roadside Assistance for Seniors

Life has a way of teaching us lessons when we least expect it, and for **mGAP** member **George Frole**, a recent roadside emergency was a wake-up call about the necessity of having roadside assistance ...

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### Essex County invites seniors to enter its 2025 Legacies Writing Contest

Essex County invites senior citizens to participate in its annual Legacies Writing Contest. Seniors are encouraged to share their life stories, experiences and perspectives via written word. ...

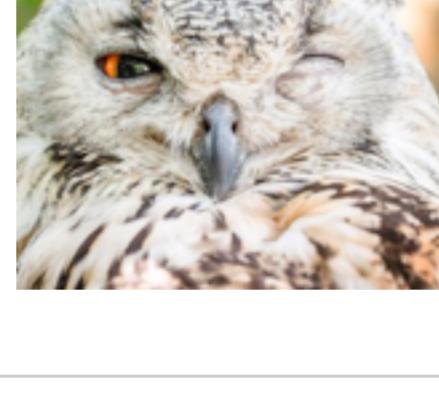
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### Moving Forward with the Target Zero Commission

Join the **NJ Bike & Walk Coalition** for a dynamic discussion with a distinguished panel on the new **Target Zero Commission** and discover how best to advance efforts for a statewide Safety Action Plan ...

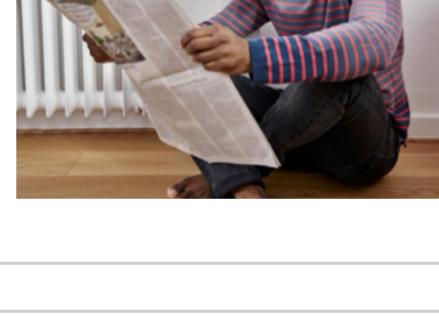
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### Wise Words for Wise Aging

*"I think that no matter how old or infirm I may become, I will always plant a large garden in the spring. Who can resist the feelings of hope and joy that one gets from participating in nature's rebirth?"*

*Edward Giobbi*



### 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.

[Click Here to Donate to Montclair Gateway to Aging in Place](#)

#### Great News!

For 2025, **mGAP** has received a generous matching fund donation from a loyal supporter. Please consider donating a recurring \$5.00 a month or \$60 a year to help us secure this match.



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