

mGAP Update Week of Mar 30, 2025

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

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.

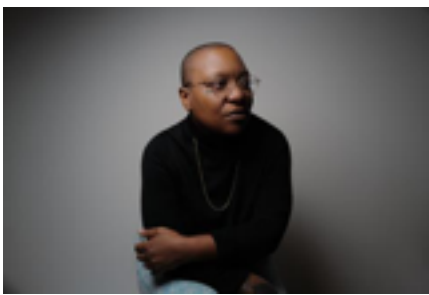
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50% Off Tickets to Two Exceptional Performances

For a short time, enjoy **50% off** tickets to two outstanding performances at **PEAK Performances**, at Alexander Kasser Theater at **Montclair State University**. Experience world-class artistry in an intimate setting—without the hassle of a long commute into NYC. Local theater offers top-tier performances with easier access, affordable pricing, and a more personal connection to the arts ...

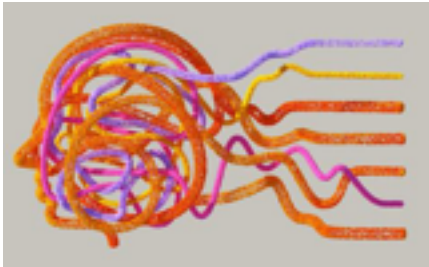
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Montclair Affordable Housing Opinion Survey

The Economic Development Committee (“EDC”), a subcommittee of the Township Council, worked with township staff to develop a survey to gather the opinion of township residents on **Affordable Housing**. The hope is that a wide swath of residents from all over town will submit responses to this **confidential survey** so we can get a comprehensive view of opinions from those living in all areas of town. The data received will then be analyzed to assess what Montclarians think about Affordable Housing. Based on the information received from the survey, the EDC will make recommendations on housing to the full Council.

[Montclair Affordable Housing Opinion Survey](#)



What Happens to Your Brain When You Retire?

For the millions of Americans who retire each year, stopping work might seem like a well-deserved break. But it can also precipitate big changes in brain health, including an increased risk of cognitive decline and depression ...

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Wise Words for Wise Aging

“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.”

Audrey Hepburn



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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