

## mGAP Update Week of Jan 11, 2026

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

### Great News!

For 2026, **mGAP** has once again received a generous matching fund donation from a loyal supporter. Please consider donating an amount you are comfortable with to help us secure this match and to affirm that you appreciate the effort **mGAP** has made to inform, enlighten, and educate our neighbors.

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



### League of Women Voters of New Jersey and Partners Co-host Meet & Greet for Candidates

LMV is co-sponsoring a **Meet & Greet** for the 13 candidates seeking the Congressional seat in NJ District 11 in a Special Primary Election. The seat was vacated by **NJ Governor-Elect Mikie Sherrill** ...

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### "Montclair is stronger when we work together" - School Superintendent Turner

Montclair School Superintendent Turner is soliciting input regarding the future of the Montclair Schools. Montclair residents of all ages need to be involved in this process. Residents are invited to offer thoughts on the [linked survey](#) and join community advisory groups.

What happens to Montclair's Public Schools is a joint responsibility. We can make positive use of our time and wisdom starting here. The survey is open through **January 30, 2026, at 5:00 PM** and can be accessed at:

<https://tinyurl.com/BUDGETSY2627>



### Key Voting dates and resources to share with your friends and neighbors

**Dec 22:** Primary Vote-By-Mail Ballots were mailed  
**Jan 15:** Voter Registration Deadline for Primary  
**Jan 29:** Deadline to Apply for a Mail-In Ballot by Mail for Special Primary  
**Jan 29 to Feb 3:** In-Person Early Voting for Primary Election  
**Feb 25:** Primary Election Day

For More Information on Vote by Mail, Early Voting & Dropbox locations and voting resources, please visit your [Essex County Board of Elections](#)



### The Science of Setting Goals That Last

January has a certain gravity. A sense that this is when things are decided. When momentum is claimed. When the year begins to bend in one direction or another.

But beneath the cultural noise of resolutions and reinvention, there's a more durable question worth asking first: What do I actually want to practice this year?

A growing body of research suggests that how you orient yourself mentally before committing to a goal may matter more than the goal itself ...

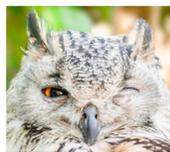
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### This 10-Second Fit Test Could Predict How Long You Will Live

Can you sit down on the floor and stand back up again without using your hands or getting on your knees for support? Your ability to do this simple-sounding but challenging movement reveals a surprising amount about your physical health and how long you'll live, new research shows ...

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### Wise Words for Wise Aging

*"You are never too old to set another goal or to dream a new dream."*

C.S. Lewis



### 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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