

mGAP Update Week of Jan 25, 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](#)



Organizing for Social Justice: Then and Now .. A Special Intergenerational program

More than 70 eighth grade **Glenfield** performing arts students filled the Glenfield new media center to hear from Montclair seniors who lived through the civil rights era and witnessed Dr. King when he spoke at Montclair High School in the mid-1960s. These were not textbook stories. These were first-hand accounts of organizing, marching, protesting, and finding courage at a young age ...

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Cold weather is not a Nuisance for Seniors. It is a Health Risk.

Aging bodies lose heat faster, circulation slows, and common health conditions worsen. Each winter brings higher rates of falls, heart stress, and hypothermia among older adults. A few smart steps at home and outdoors reduce these risks fast. This guide shows what to watch, what to change, and how to stay safe when temperatures drop ...

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What Marjorie Prime Teaches Us About Growing Old

Marjorie Prime is a Broadway play that explores memory, identity, and loss through the use of AI, where an elderly woman uses a service to create a "Prime" (a younger, AI version) of her deceased husband to help her recall her past. The play, a Pulitzer Prize finalist, examines the relationship between humans and technology as it questions what we choose to remember and forget, and the nature of love and legacy ...

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Heart Health: Understating the Basics of Cardiovascular Wellness

Join MMC on **February 25th from 12pm-1:30pm** for an interactive lecture on tips how to take care of your heart health from their Internal Medicine team!

Have your Blood Pressure and Glucose check for **free** on a first come first serve basis during the event.

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2nd Listen and Learn planned

In anticipation of the March School Funding Referendum, **mGAP** and **MNDC** are planning a second **Listen and Learn** for Montclair older residents to once again meet with **Superintendent Turner** on Feb 26.

Details to follow. And, in case you have not completed your Board of Education community survey regarding the future of the schools, you still have time until January 30 to submit online ...

[Click to Complete Survey](#)



Wise Words for Wise Aging

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

Francis of Assisi



mGAP Newsletter Archive

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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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