



# The Borough of Montvale

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delivery of the  
newsletter

Montvale.org/Subscribe

A look at the Community, including upcoming events, important notices, meetings, and more.



## KEEP KIDS ALIVE DRIVE 25<sup>®</sup>

**Summer is almost! here! Keep our children safe.**

With summer just around the corner, The Borough of Montvale reminds residents that neighborhood traffic safety is no accident. Drive safe! Learn more at: [www.keepkidsalivedrive25.org](http://www.keepkidsalivedrive25.org)

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#### Chamber of Commerce Street Fair

Join us June 9 from 10 am - 5 pm on Memorial Drive for the annual street fair. Read more on page 9.

### The Mayor's Corner

We are finally getting into the summer months and the wet April months are behind us. This means the road work and pothole repair is able to resume and looking forward to finishing all the road work before September. Summer time also means vacations and time off, and looking at our workload, we don't have any major projects that would occupy additional time from us. That is a good thing and its welcomed, given our busy 2018 and early 2019 with the affordable housing issues.

On May 18, with perfect weather, we held our kickoff Old Time Picnic with about 1,000 residents in attendance. Everyone seemed to enjoy the food and activities, and thanks for all the kind comments we received throughout the event. I wish to thank Councilwoman Annmarie Russo Vogelsang for leading the committee and the time she and her mother, Mrs. Russo, spent working on the details of the picnic. Many thanks to all the committee members and all the volunteers who worked tirelessly ensuring everyone was having a great time. It was nice to see the business and the resident community come together to celebrate the anniversary. Many thanks to all of our sponsors who made this event possible. We truly have invaluable business community partners and we are very proud of them.

The governing body is always available to meet with residents to discuss their issues and listen to their concerns. Their contact information is on the borough

website, and it is their job and it is why you elected us, to listen to you and for you to make the point to pass on your concerns to us. I am always available to meet as well and I make a point of setting open hours and coffee hours so residents feel comfortable to just drop by and discuss their issues. Over the past three and a half years, I probably met with 300-400 residents one on one discussing different issues. I am sharing this with you for several reasons; one reason is that I don't have much to report on this month (that's probably a good thing), and the other reason is that I want more residents to know that it is completely appropriate to call us directly anytime they wish. I am usually contacted as the last resort when someone is frustrated or hearing answers they don't like. We want to be part of the solution, so please feel free to reach out either to me or to any council member, it is expected and it is what you elected us to do.

I hope you have a safe and healthy summer, and wish you safe travels if you are planning early vacations.



Mayor Michael Ghassali

Mayor Mike Ghassali  
Borough of Montvale  
201-391-5700 X217  
12 Mercedes Drive  
Montvale, NJ, 07645

# Montvale Police Department

On June 13th, after 24 weeks of intense training, our two newest Police Officers will graduate from the Bergen County Law and Public Safety Institute in Mahwah. Police Officers Nicholas DiSpoto and Scott Gaston will immediately begin a 360 hour Field Training Program where they will be paired with experienced Montvale Officers who are specially trained as FTOs or Field Training Officers. This stage starts with an “in house” orientation period, followed by a familiarization with local schools, roads, and daily Patrol Officer responsibilities. As the training period progresses, the new Officers will begin riding in a patrol car by themselves as the Training Officer “shadows” them as they respond to different types of incidents. Once the Training Officers are confident that the new Officers are ready, they are released from the program. Welcome, and best of luck to our new Police Officers.



Chief Joseph Sanfilippo

## Montvale Officials

### Mayor

Mike Ghassali (R)  
MGhassali@MontvaleBoro.org

### Council President

Elizabeth Gloeggler (D)  
EGloeggler@MontvaleBoro.org

### Administrator / Municipal Clerk

Maureen Iarossi-Alwan  
Miarossi@MontvaleBoro.org

## Council

Douglas Arendacs (R)  
DArendacs@MontvaleBoro.org

Rose Curry (R)  
RCurry@MontvaleBoro.org

Dieter Koelling (R)  
DKoelling@MontvaleBoro.org

Timothy E. Lane (R)  
TLane@MontvaleBoro.org

Annmarie Russo-Vogelsang (R)  
ARussovogelsang@MontvaleBoro.org

## Meetings This Month

<u>Mayor &amp; Council</u>	<u>Planning Board</u>	<u>Environmental Commission</u>	<u>Board of Health</u>	<u>Library Board</u>	<u>Historic Preservation</u>
6/11 - 7:30 pm 6/25 - 7:30 pm	6/4 - 7:30 pm 6/18 - 7:30 pm	6/17- 7:45 pm	6/3 - 7:45 pm	6/27 - 7:30 pm	6/6 - 8:00 pm

## Trash & Recycling This Month

3 East Zone Trash Pickup	4 Central Zone Trash Pickup	5 West Zone Trash Pickup	6 Recycling: Districts 3&4 Yard Waste Collection	7
10 East Zone Trash Pickup	11 Central Zone Trash Pickup	12 West Zone Trash Pickup	13 Recycling: Districts 1&2 Yard Waste Collection	14
17 East Zone Trash Pickup	18 Central Zone Trash Pickup	19 West Zone Trash Pickup	20 Recycling: Districts 3&4 Yard Waste Collection	21
24 East Zone Trash Pickup	25 Central Zone Trash Pickup	26 West Zone Trash Pickup	27 Recycling: Districts 1&2 Yard Waste Collection	28
1 East Zone Trash Pickup	2 Central Zone Trash Pickup	3 West Zone Trash Pickup	4 Recycling: Districts 3&4 Yard Waste Collection	5

## Library Programs

### Adult Programs

#### Scott Joplin Talk & Music Highlights

**Saturday, June 8, 1:00 pm -2:00 pm**

Music educator and musician Dan Lupo will present a music education program chronicling the life and achievements of composer Scott Joplin on Saturday, June 8, 1-2PM. The program will consist of a spoken lecture as well as live piano excerpts of Joplin's compositions. **FREE & OPEN TO THE PUBLIC.** Registration begins on Thursday, May 9, starting at 10:00 am. Register in person, by phone (201-391-5090), or via email at [montvalelibraryprograms@gmail.com](mailto:montvalelibraryprograms@gmail.com).

#### NASA Astrobiology Talk

**Thursday, July 11, 7:00 pm -8:00 pm**

Led by "Wild Bill" Jones on guitar, The Divine Miss Emily on bass fiddle, and joined by Ian Moore and his magic fiddle, the fun begins at the Montvale Library, Thursday July 11, at 7:00 pm. Come and enjoy as the trio performs their bluegrass-style Americana music, which includes everything from Flatt and Scruggs, Hank Williams, the Everly Brothers and maybe even a little Elvis. **FREE & OPEN TO THE PUBLIC.** Registration begins on Thursday, June 6, starting at 10:00 pm. Register in person, by phone (201-391-5090) or via email at [montvalelibraryprograms@gmail.com](mailto:montvalelibraryprograms@gmail.com).

**Contact:**



201-391-5700



[www.Montvale.org](http://www.Montvale.org)



The Borough of Montvale  
12 Mercedes Drive

## **Adult Programs (Continued)**

### **NASA Astrobiology Talk**

**Thursday, June 13, 7:00 pm -8:00 pm**

NASA Ambassador Laura Jean Checki will present a talk on "Astrobiology: The Search for Life" on Thursday, June 13, 7:00 pm -8:00 pm. FREE & OPEN TO THE PUBLIC. Registration begins on Thursday, May 16, starting at 10:00 am. Register in person, by phone (201-391-5090) or via email at [montvalelibraryprograms@gmail.com](mailto:montvalelibraryprograms@gmail.com).

## **Youth Programs**

### **Make a Time Capsule**

**Tuesday, June 4, at 3:45 pm**

First grade and up

In honor of the 125th Anniversary of Montvale, we will have a special program where students can make and decorate their own time capsules. Registration started May 20.

### **Volunteer Orientation Dinner**

**Wednesday, June 5, at 7:00 pm**

Calling all high school students!

Looking for a great opportunity to earn community services hours? Need hours for the National Honors Society, Girl/Boy Scouts/ or to add to your college resume? Join us for our volunteer orientation to learn about what volunteers do at the library and how you can become one. Registration started May 20.

### **Father's Day Craft**

**Tuesday, June 11, at 3:45 pm**

Ages 4-6

Join us for a special story hour and craft to celebrate Father's Day. Registrations started May 28.

### **Chemistry in the Kitchen**

**Thursday, June 13, at 4:00 pm**

First grade and up

June 13 is National Cupcake Lover's Day!

We will be making cupcakes that look out of this world with amazing decorations. Please bring a plastic container to this program to take home the treats you make. There is a \$2 non-refundable fee for this program due at registration.

Registration started May 28.

### **Summer Reading Kick Off Party**

**Thursday, June 27, 1:00 pm -3:00 pm**

All ages- family program

Join us for a celebration to kick off the start of the summer! Don't forget to bring your library card to register for the summer reading program and start checking out books towards your reading goal and awesome prizes too!

Registration starts on June 10.

### **Paul Shaver, Director**

Montvale Free Public Library

12 Mercedes Dr # 100, Montvale, NJ 07645

(201) 391-5090

## National CPR and AED Awareness Week/June 1 – 7, 2019

The Board of Health would like to recognize the twenty-one Montvale residents, Borough librarians, administration & police records staff who successfully completed the American Heart Association Heart Saver CPR/AED Training Class. In 2007, the AHA, in coalition with the American Red Cross and the National Safety Council, worked collaboratively to designate a National CPR and AED Awareness Week. In 2007, Congress unanimously passed a resolution to set aside June 1-7 each year as National CPR and AED Awareness Week. The intent was to spotlight how lives can be saved if more individuals knew CPR and how to use an AED. Everyone can do their part by completing a training class and becoming vocal about the need for CPR and AED training at home and at their workplace.



Hackensack  
Meridian Health  
Hackensack University  
Medical Center



## Spotlight on Measles

Please attend this free information session on measles.

- Learn more about the current outbreak of measles
- How to protect yourself
- Who should get vaccinated
- Improving the immunization landscape in New Jersey

**Presenter:** Joanne Wendolowski MS, RN  
Public Health Supervisor  
Hackensack University Medical Center  
Hackensack Meridian Health

**Date:** June 5, 2019  
**Time:** 6:00 p.m. – 7:00 p.m.

**Location:** Council Chambers  
12 Mercedes Drive  
Montvale, NJ

# Measles

## Montvale Senior Club

Seasons Restaurant: Thursday, June 20, 11:30 am - 3:00 pm in Washington Township. A delicious cocktail hour with a myriad of hors d'oeuvres, lunch and dessert. Dance music provided by our DJ. A celebration for another successful season until we meet again in September.

### SAVE THE DATE.....

**Statue of Liberty/Ellis Island:** Wednesday, June 26. A historic and scenic day trip filled with ancestry and cherished memories. Contact Marie Dineen for ticket information at 201-391-1831.

**Mount Airy Casino:** Wednesday, September 18. Buffet & Show, featuring THE CAPRIS. Contact Marie Dineen at 201-391-1831 or Dianne Carfora at 201-314-0141.

**Vermont - Food, Fun and Family Farms:** September 25 - 28. This overnight trip is 4 days and 3 nights. Package includes, wine and cheese tasting venues, scenic tours of picturesque country farms with winery and Ben & Jerry's factory tours. Contact Rosemarie Kelly at 201-391-8718.

### PLEASE NOTE THE FOLLOWING SENIOR SERVICES.....

**Montvale Senior Van:** Available Wednesday, Thursday and Friday. Contact Borough Hall at 201-391-5700.

**Chore Service:** Simple household repairs performed by senior volunteers for seniors 60+ and the disabled in Bergen County. Chore direct 201-489-7790. Volunteer Center 201-489-9454.

**Senior Club Business Meeting:** First Thursday of the month. Hero sandwiches are \$2.00.

**Senior Social Club Meeting:** Third Thursday of the month. Danishes and coffee are served.

**Senior sports and games programs:** Bocce is available on Game Days, Tuesday and Wednesday from 10:00 am to 12:00 pm. Sports contact is John Rotante at 201-391-4194 or Bill Maki at 201-930-0463.

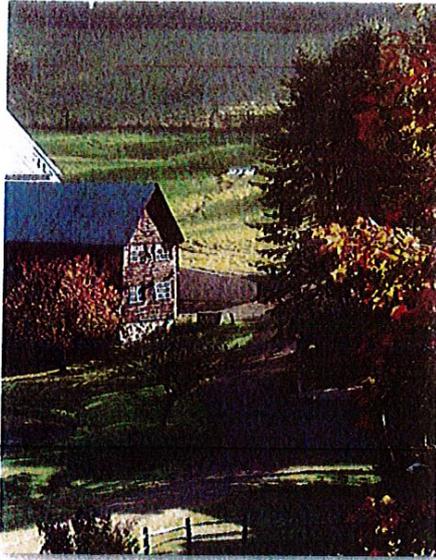
**Pizza/Bingo and Book Club:** Please check the June calendar at Borough Hall and the Senior Center for the times, dates and further information.

## Tri-Boro Food Pantry

The Tri Boro Food Pantry is located in the back of the Pascack Reformed Church, 65 Pascack Road, Park Ridge. We are open Tuesday and Thursday from 9:00 am to 11:00 am. We have drop off locations at the Montvale Library, Park Ridge Library, Park Ridge Boro Hall. Additionally, donations can be brought to worship at Montvale Free Church, St Paul's Church, Our Lady of Mercy Church, First Congregational Church Park Ridge, Christ Lutheran Church, Our Lady Mother of the Church and Temple Beth Shalom.

As always we are so thankful for your willingness to share our current needs with your community! This month the pantry would be grateful for donations of:

Paper towels  
Cold cereal  
Macaroni and cheese  
Tuna/ canned chicken



# VERMONT

*"...fun, food and family farms!"*



**4 DAYS - 3 NIGHTS**

**SEPTEMBER 25 - 28, 2019**

**\$669. Per Person**  
*Double Occupancy*

**\$788. Single**

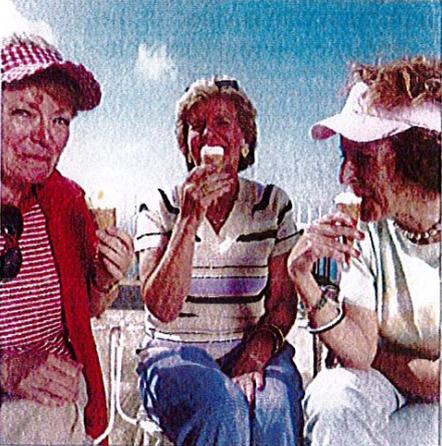
**PACKAGE INCLUDES:**

- \* 3 Nights Lodging
- \* 3 Breakfasts
- \* Lunch at the Trapp Family Lodge
- \* 2 Dinners, Including Live Cooking Demo
- \* Welcome Reception
- \* Vermont Marble Museum
- \* Middlebury with Local Winery or Woodchuck Hard Cider
- \* Danforth Pewter
- \* Maple Tasting at Morse Sugar Farm
- \* Ben & Jerry's Ice Cream Factory Tour
- \* Cheese Tasting at Cabot Cheese
- \* Vermont Country Store
- \* Souvenir Gift
- \* Luggage Handling
- \* All Taxes & Meal Gratuities
- \* Motorcoach Transportation

Cancellation insurance available upon request; see reverse side.

**FOR INFORMATION AND RESERVATIONS CONTACT:**

**MONTVALE SENIORS**  
**Rosemarie Kelly**  
**56 Erie Ave.**  
**Montvale, NJ 07645**  
**(201) 391-8718**



# TASTE THE FLAVOR OF VERMONT

## 4 Days - 3 Nights

*The sample itinerary described below is approximately like the one your group will be following during your stay with WHITE STAR TOURS. However, the exact times, days, and destinations may vary for your group.*

**Day 1** - Depart from your hometown and travel to the beautiful Green Mountains of Vermont, and your home-away-from-home at a lovely inn in the Killington Peak area. Enjoy a welcome reception on arrival, followed by dinner at a local restaurant.

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**Day 2** - After breakfast, depart with your local guide for a day of touring. View the largest marble display from around the world at the **Vermont Marble Museum**. Watch a sculptor at work, see the Hall of Presidents exhibit, and visit the gift shop. Lunch is on your own in the charming town of **Middlebury**, then head for a **Danforth Pewter** where you will see artisans at work and discover the history and romance of this timeless metal. There will be time to visit the gift shop. This evening you will enjoy a **gourmet dinner and live cooking demonstration** featuring a Vermont Chef; you'll love being entertained "in the kitchen" while receiving cooking tips and the recipe. Then taste the results! Return to your lodging this evening for a restful night.

**Day 3** - Following breakfast, you will learn how Vermont maple syrup is made, and taste the different grades at **Morse Maple Sugar Farm**. Later, you will travel to the **Trapp Family Lodge** where a hot and cold luncheon buffet awaits your group, complete with Austrian pastries. Visit the property, lodge, gift shop, and hear all that's new in the "Sound of Music" family. This afternoon you will taste the fresh flavor of newly made ice cream during your tour of **Ben & Jerry's Ice Cream Factory**. Complete the afternoon with a video of the cheese-making process at **Cabot Cheese**, and sample the different varieties of delicious cheeses. Dinner is on your own this evening at a local restaurant.

**Day 4** - After breakfast, check out and depart for Weston, VT and the popular **Vermont Country Store**, where nostalgia reigns. After your visit, depart for home with flavorful memories of your vacation in the beautiful Green Mountains of Vermont!

THANK YOU FOR ALLOWING WHITE STAR TOURS TO BE A PART OF YOUR TRAVELS!

### TRIP CANCELLATION PROTECTION

*Cancellation protection insurance is encouraged for medical emergencies that may occur and is valid for trips booked through White Star Tours. The enhanced option must be paid within 14 days from the day the first deposit for the trip is paid to the organization and/or group leader. To purchase the protection, please contact NTA/AON Insurance via their website at <https://nta.aontravelprotect.com> or phone directly at 1-800-388-1470 and provide the Tour Operator Locator #386097.*

# MONTVALE CHAMBER

**CO-PRESIDENTS**

**SCOTT L. FORMAN**  
CrossCountry Mortgage

**STEVEN FOX**  
Morgan Stanley

**1<sup>ST</sup> VICE PRESIDENT**

**TOM DAVEY**  
Davey's Locker

**VICE PRESIDENT**

**TOM CHAPMAN**  
Tom A. Chapman DMD

**TREASURER**

**DORIS SUTICH**  
Perfect Limo

**SECRETARY**

**THOMAS HARTEL**  
John M. Hartel, Co.

**COUNSEL**

**IRA KALTMAN, ESQ**  
Beattie Padavano, LLC

**Board Members**

**LINDA MITCHELL**  
Massage & Whole Body Health

**R. LORRAINE HUTTER**  
Borough of Montvale

**AMY DEBELLIS**  
CrossCountry Mortgage

**PAUL JORDAN**  
Wegmans Market

**Montvale Chamber & Wegman's Street Fair Sunday June 9<sup>th</sup> 10am – 5pm**



## Thank You To Our Sponsors!



**Join the Chamber!**  
**www.**  
**Montvale Chamber**  
**.com**



**Like us on Facebook**

## Announcements

### Special Events Committee

Looking to give back to your town in a way that benefits residents of all ages through fun family-oriented events? Recreation is currently seeking volunteers to assist in the planning and coordinating of Montvale's annual events such as Day In The Park, the Halloween Carnival, the Holiday Tree Lighting, the Egg Coloring and more! Join the Special Events Committee today to be a part of keeping these events successful, memorable and a tradition for Montvale. Please call 201-391-5700 ext. 251 or email [MontvaleRecreation@montvaleboro.org](mailto:MontvaleRecreation@montvaleboro.org) for more information.

Spring Fling at Fieldstone Middle School- May 4 from 10 am to 12 pm

Day in the Park- Saturday, September 21 Rain Date- Sunday, September 22

If there are any groups or residents who would like to be involved in the above-named events as volunteers or otherwise, please email [MontvaleRecreation@montvaleboro.org](mailto:MontvaleRecreation@montvaleboro.org).

### The Rich Prado & Ray Woodward Memorial Fishing Tournament

This year's fishing tournament will take place on Saturday, June 15! Sign-up begins at 8:30 am at Huff Pond on the day of the event. Competition begins at 9:00 am. This event is for youngsters currently in grades Pre-K-8. Participants should bring poles and hooks. Worms will be provided, but participants are also welcome to bring their own. All participants must be accompanied by an adult. Adults may assist children in grades 1,2,3 to bait hooks, hook fish and unhook fish. All contestants must reel in their own fish. Any contestant that does not behave appropriately will be disqualified from the tournament. All contestants must use worms only! Participants must be Borough Residents.

Awards for Largest Fish Caught and Most Fish Caught:

- Group 1: Pre-K & K
- Group 2: Grades 1, 2 & 3
- Group 3: Grades 4, 5 & 6
- Group 4: Grades 7 & 8

This event is presented to Montvale residents by the Special Events Committee and Montvale PBA.

### Day in the Park

This year's event will take place on Saturday, September 21 3:00 pm - 7:30 pm with a rain date of Sunday, September 22. If there are any groups or residents who would like to be involved in the above-named events as volunteers or otherwise, please email [MontvaleRecreation@montvaleboro.org](mailto:MontvaleRecreation@montvaleboro.org).

### 2019 Montvale Recreation Summer Camp

July 1 – July 26 (No Camp on July 4 & 5)  
Monday – Friday 9:30 am – 2:30 pm  
Memorial Drive

The Summer Camp grounds on Memorial Drive are CLOSED to the public during camp days and hours. Thank you in advance for your cooperation as we strive to keep our campers safe.

# Tennis Lessons

Memorial Drive Tennis Courts  
6-Week Session  
Mondays beginning May 6 and Saturdays beginning May 11  
\*No Class on Saturday, May 25 and Monday, May 27\*  
Resident Fee: \$80 Non-Resident: \$120  
Registration: April 1 through May 1 \*Space is Limited\*  
Fall Session will begin in September

## Beginner or Advanced-Beginner:

### Mondays

4:00-5:00PM Ages 5-7 and 8-11

5:00-6:00PM Ages 5-7 and 12-14

6:00-7:00PM High School and Adults

### Saturdays

12:00-1:00PM High School and Adults

1:00-2:00PM Ages 5-7 and 8-11

## Intermediate:

### Saturdays

2:00-3:00PM Ages 8-11

3:00-4:00PM Ages 12-14, High School and Adult

# Bollyx

Montvale Community Center Atrium  
1 Memorial Drive  
Tuesdays 6:00-7:00 pm  
May 7 – May 28  
Resident Fee: \$80 Non-Resident Fee: \$100

BollyX® is a Bollywood inspired dance-fitness program that combines exhilarating choreography with upbeat world music. One 50-minute class cycles between higher and lower intensity dance sequences, delivering a total body workout. BollyX®, a new and innovative cardio dance workout, inspired by Bollywood dance, allows participants to unleash their inner swagger as Bollywood truly is the central film industry of India! BollyX® is all about energy, passion, grit, intensity, excitement and confidence, encouraging participants to appreciate Bollywood dance from all regions across India. Steps have been designed with simplicity, but are so effective that participants can truly feel like they are dancing in a Bollywood movie whilst gaining an exhilarating workout and the ability to shed weight simultaneously! BollyX® is authentic, fun and approachable, it uses music that is out of this world and is a program that actually works! BollyX® embraces both women and men, giving them a chance to become rockstars! Hence their tagline..to unleash your inner ROCKSTAR!

# Golf

Memorial Fields near the Tennis Courts  
1 Memorial Drive  
Mondays  
April 29 – June 10  
Resident: \$105 Non-Resident: \$125

Come tee it up with TGA Premier Golf– we bring the golf course to you! Beginner and intermediate players will have a blast building their golf skills, learning about the rules and etiquette of the game, and exploring how academic concepts like gravity, spin, and force apply to golf through fun games and activities. We provide all the equipment! For more information contact: Kevin Rooney krooney@playtga.com or (201) 375-7406.

## Golf Schedule

SESSION	START DATE	START TIME	CLASSES
Ages 12-14	4/29/2019	4:45 PM	6 Classes
Ages 5-7	4/29/2019	5:45 PM	6 Classes
Ages 8-11	4/29/2019	6:45 PM	6 Classes

# Adult Volleyball

Memorial School Gymnasium  
Tuesdays 8:00-10:00 pm  
January 8 – May 21 (Next session will be Jan. 2020)  
Resident Fee: \$50 Non-Resident Fee: \$75

This program is for men and women 18 years of age and older. Volleyballs are provided to play pickup style games each week for those who attend. (PROGRAM IS CURRENTLY FULL)

## Monday Yoga

Montvale Community Center Atrium  
1 Memorial Drive  
Mondays 7:30-8:30 pm  
March 25 – May 20 (Next Session will resume in late August/early Sept)  
Resident Fee: \$80 (Only \$10/class!) Non-Resident: \$100

Begin the week with a yoga practice that restores well-being into your life. Yoga's many benefits include improved flexibility, muscle strength, preventing cartilage and joint breakdown, increased bone health, as well as increased focus, balance, self-esteem and inner strength. Classes begin with short meditation, a warm up, yoga poses and relaxation at the end of class. Debra Broadman has over ten years of experience empowering her students while she has also specialized in working with addiction and PTSD students. All levels are welcome, registration is ongoing and takes place online or at each class.

## Friday Yoga

Montvale Community Center Atrium  
1 Memorial Drive  
Fridays 9:30-10:30 am  
March 8 – May 10 (Next Session will resume in late August/early Sept)  
Resident Fee: \$80 Non-Resident: \$100

Begin the weekend with a yoga practice that restores well-being into your life. Yoga's many benefits include improved flexibility, muscle strength, preventing cartilage and joint breakdown, increased bone health, as well as increased focus, balance, self-esteem and inner strength. Classes begin with short meditation, a warm up, yoga poses and relaxation at the end of class. Debra Broadman has over ten years of experience empowering her students while she has also specialized in working with addiction and PTSD students. All levels are welcome, registration is ongoing and takes place online or at each class.

## Adult CoEd Soccer

Fieldstone Middle School- Field #1 & 2  
47 Spring Valley Road  
Sundays 5:00 pm - 7:00 pm  
March 24 – May 26 (Next session to immediately follow)  
Resident Fee: \$15 Non-Resident: \$20

This program is a great way to get back into the game of soccer! There will be co-ed pick-up style games played every Sunday evening. Participants must be 18 years or older. Registration is open and ongoing for this program, but it is only online ([Montvale.org/recreation](http://Montvale.org/recreation)) or at Borough Hall (during operating hours). You will not be able to register at any of the classes for this program. Please call 201-391-5700 ext. 251 with any questions.

# Tai Chi

Senior/Community Center Atrium: 1 Memorial Drive  
Fridays 12:15-1:00 pm  
April 19 – June 14  
Resident Fee: \$80  
Non-Resident Fee: \$100 (space permitting)  
Residents Who Belong to the Montvale Seniors Club: \$40

Tai Chi/Qigong is a gentle slow moving meditative martial art that began in China thousands of years ago. It is intended to strengthen and relax the body. Tai Chi requires little effort with circular and flowing motions to provide stretching that help the body and mind relax. Benefits include assistance with, preventing falls, Osteoarthritis, Parkinson's, Chronic Obstructive Pulmonary Disease, Depression, Cardiac Rehab, Stroke, Dementia, Fibromyalgia, Hypertension, Anxiety. Tai Chi is also known to improve balance, aerobic capacity, flexibility, sleep and many more...

## 30+ Basketball

Memorial School Gymnasium  
Mondays 8:00 -10:00 pm  
September 17 – May 20 (Next session will resume in Sept.)  
Resident Fee: \$75 Non-Resident (if space permits): \$95  
OPEN Registration: Attend a class to register at any point Sept - May

This program is for men and women 30 years of age and older. The pick-up game style welcomes all who have a passion for basketball.

## Senior Pickleball League

Memorial Drive Tennis Courts  
Fridays 2:00 pm

Are you a part of the Montvale Seniors Club? Join today for just \$15 a year and take advantage of the many programs offered such as this pickleball league! Pickleball is played by teams of 2 or 4 and combines many elements of tennis, badminton and ping-pong.

## Talkin' Baseball

If talking about Baseball as it was in years past is your thing, please join us at our monthly meetings. The group meets the first Wednesday of each month at 7:15 pm in the Recreation Center (entrance is behind the community center) There is no fee for this program.

## Field Use

Applications and Hold Harmless forms must be completed and returned to the Recreation Department, Attn: Lisa Dent, with Liability Insurance and payment. Forms are available online and at the Borough Hall front counter. Permits will be given according to availability and are not finalized until you receive email confirmation of available dates from Lisa Dent.

DEADLINE FOR FALL FIELD USE APPLICATIONS IS JUNE 1

Montvale Recreation  
MontvaleRecreation@montvaleboro.org

# Tennis Court Badges

## MONTVALE TENNIS COURT BADGES

Each year residents who wish to use the courts must register to receive their new access card.

Badges for the 2019 season, which runs from March 1 - December 31, may be purchased at the Borough Hall (during normal business hours beginning) OR online: [www.montvale.org/recreation](http://www.montvale.org/recreation)

<u>Residents</u>			<u>Non-Residents</u>	
Adult	\$30.00		Adult	\$60.00
Child/Student	\$10.00		Child/Student	\$20.00
Household Maximum	\$50.00		Household Maximum	\$100.00
Senior Citizens (62 & Over)	FREE		Senior Citizens (62 & Over)	\$10.00

There will be a \$10 fee for replacement badges

The Recreation Department has updated the tennis court's magnetic card reader to a proximity reader. Badges will no longer need to be swiped, but rather just moved within a close proximity to the reader. If there is an issue with the use of tennis courts or the courts themselves, please report it: 201-391-5700 ext. 251.

## Program Registration

Online Registration:

1. Go to [www.montvale.org/recreation](http://www.montvale.org/recreation)
2. Click the Register Tab at the top
3. Choose the program you would like to register for
4. Payment by credit card only

Paper Registration: Available at the first class of any session (except Adult Soccer). Payment by cash or check made out to the Borough of Montvale.