

The Borough of Montvale

Sign up for monthly email delivery of the newsletter

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

Montvale.org/Subscribe



125th Anniversay Old Time Picnic - May 18

We are celebrating Montvale's 125th Anniversary with a grand barbecue, apple pie eating contest, potato sack races, live music and entertainment, a petting zoo and much more! - Continued on Page 17

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Tri-Boro Memorial Day Parade Monday, May 27, 2019

Ceremony will begin at Veteran's Monument Park, 9:00 am

Parade begins in Montvale, 10:30 am

The Mayor's Corner

During this time of the year, we find new potholes showing up overnight after the past long winter. The PVDPW have been filling potholes every day when it is not raining, while the Borough Engineers are preparing plans to spend \$1.4 million to mill and pave about 14 streets around town. We have been spending a million dollars every year maintaining and paving streets on a rotating basis. Heavily traveled main roadways last about 15 years while less traveled side streets can last up 30 years with proper maintenance. Please continue to report potholes on your street, and we will publish all the streets that will be paved this year later in May.

The budget for this year looks great with zero municipal tax increase, even with spending \$1.4 million on roads, \$5.4 million in surplus, AAA bond rating. The good news is that we are expecting additional revenue in the next several years to keep taxes flat and may even be able to lower the rate.

I want to give a shout out to the Montvale Environmental Commission and their volunteers headed by Bob Hanrahan for their hard work and for their planning and executing the Montvale Clean-up day that took place on Saturday April 13. It makes a big difference when the public gets involved with care and passion to keep our community clean.



Mayor Michael Ghassali

Lastly, the Planning Board has been reviewing the input with the former Sony and the former Mercedes site plans. These hearing are ongoing and open to the public, I hope you find the time to attend some of these meetings and take part in the process. As usual, I am always available to discuss any matter related to our town and would be happy to attend Homeowners Association meetings and give you an update on our projects and respond to your questions. Summer is almost here, but schools are still open. Please drive carefully and DON'T text and drive as we are running a heavy campaign against texting while driving.

Mayor Mike Ghassali

Montvale Police Department

The Montvale Police Department "Community Camera" program is up and running. We are asking residents and businesses with video surveillance systems to register them with the Police Department.

In the event of a crime or incident requiring a police investigation, our Officers will be able to quickly identify areas that have cameras that may aid in the investigation. The program is voluntary, and does not give the police direct access to your surveillance system. For more information, and registration forms, please visit the "Police" section of the Borough website at www.montvale.org, and click on "Montvale Community Camera" under Police Documents.

Chief Joseph Sanfilippo



Montvale Officials

Mayor

Mike Ghassali (R) MGhassali@MontvaleBoro.org

Council President

Elizabeth Gloeggler (D) EGloeggler@MontvaleBoro.org Administrator / Municipal Clerk

Maureen larossi-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

From The Tax Department

Property taxes are due May 1, 2019. Grace period is 10 days. After May 10, interest will revert back to May 1. For your convenience, a drop box is located curbside by main entrance of Library. You may also pay online at www montvale.org.

Homestead Rebate/Credits have been applied to your May taxes, a revised tax bill was mailed to eligible recipients. Please call the State directly, with questions and/or concerns regarding your Homestead Rebate at 201-791-0500.

Meetings This Month

| Mayor & Council | Planning Board | Environmental Commission | Board of <u>Health</u> | Library Board | Historic Preservation |
|--------------------------------|-------------------------------|-----------------------------|---------------------------|---------------|--------------------------|
| 5/14 - 7:30pm 5/28 - 7:30pm | 5/7 - 7:30pm 5/21 - 7:30pm | 5/20- 7:45pm | 5/6 - 7:45pm | 5/23 - 7:30pm | No Meeting |

Trash & Recycling This Month

| Mon | Tue Wed | | Thu | Fri | |
|---------------------------|------------------------------|---------------------------|---|-----|--|
| 29 | 30 | 1 | 2 | 3 | |
| East Zone Trash Pickup | Central Zone Trash Pickup | West Zone Trash Pickup | Recycling: Districts 1&2 Yard Waste | | |
| | | | Collection | | |
| 6 | 7 | 8 | 9 | 10 | |
| East Zone Trash Pickup | Central Zone Trash Pickup | West Zone Trash Pickup | Recycling: Districts 3&4 | | |
| | | | Yard Waste Collection | | |
| 13 | 14 | 15 | 16 | 17 | |
| East Zone Trash Pickup | Central Zone Trash Pickup | West Zone Trash Pickup | Recycling: Districts 1&2 | | |
| | | | Yard Waste Collection | | |
| 20 | 21 | 22 | 23 | 24 | |
| East Zone Trash Pickup | Central Zone Trash Pickup | West Zone Trash Pickup | Recycling: Districts 3&4 | | |
| | | | Yard Waste Collection | | |
| 27 | 28 | 29 | 30 | 31 | |
| | Central Zone Trash Pickup | West Zone Trash Pickup | Recycling: Districts 1&2 | | |
| | East Zone Trash Pickup | | Yard Waste Collection | | |

Library Programs

Adult Programs

Musical History of the '50s: From Dino to Doo Wop Saturday, May 4, 3:00 pm – 4:00 pm

Contact:

This is the live musical story of how the musical trends of the 1950s evolved from big bands to pop to rock and roll. Joey G. will take you on a journey through the era they called the "Fabulous '50s" and recount how in 10 short years, radio stations would go from playing Sinatra to airing the musical likes of teenagers across the nation and a new music called rock and roll. With the coming of TV, the whole country would see a young man called "Elvis" and hear music that would change the way we would listen to music forever.

"The Space Race: 1957-1975", presented by author and photographer Kevin Woyce Thursday, May 9, 7:00 pm – 8:00 pm

201-391-5700

In May, 1961, President John F. Kennedy announced his daring plan for the American space program: landing a man on the Moon before the end of the decade. Relive the dramatic period from the pioneering Mercury and Gemini flights to the first Apollo Moon landings and the lesser-known scientific missions that followed. Along the way, learn about the visionaries and scientists who made space travel possible, and the American astronauts who boldly traveled "Where no one has gone before." Register in person, by phone (201-391-5090) or via email at <u>montvalelibraryprograms@gmail.com</u>.

www.Montvale.org

The Borough of Montvale

12 Mercedes Drive

Adult Programs (Continued)

"10 Financial Strategies for Women", presented by Debra Taylor

Thursday, May 16, 7:00 pm

About 90% of women will be managing their own finances at some point in their life. Women often have the best of intentions in managing their wealth, but often put themselves last. That's why every woman should have a plan! Free and open to the public. Register by phone (201-391-5090), in person, or by email at <u>montvalelibraryprograms@gmail.com</u>.

Youth Programs

Mother/Child Art Workshop for Mother's Day Wednesday, May 8 at 7:00 pm

Students in 1st grade and up with a mom, aunt, or grandmother can join us for this special art workshop. We will be painting with acrylic on real canvas. Make a memory and a work of art that you can cherish forever.

Registration started on April 22 (limited to 12 families). Second date will be added if necessary.

Beaded Bracelet Workshop

Thursday, May 9 at 4:00 pm Students in 1st-5th grade. Make a beautiful beaded bracelet for yourself, a friend, or mom or grandma! Registration started on April 29.

Garden Arts for Kids

Tuesday, May 20 at 3:45 pm

Students in Kindergarten - 4th grade can make their own mini garden that looks like it came from another planet to take home. Registration starts on May 6.

Chemistry in the Kitche

Thursday, May 23 at 4:30 pm Students in 1st grade and up. May is National Strawberry Month so you can be sure we will be cooking up some delicious recipes using strawberries during our cooking club. Registration starts May 13 (\$2 materials fee due at registration).

Tri-Boro Food Pantry

Spring has sprung! The pantry is starting to prepare for summer months- when we are very well visited by families who have hungry children that are home all day long- eating!!

This month we would be very grateful for donations of:

Cold cereal Snacks of all kinds Juice (boxes or bottles) Paper towels & toilet paper

As always, we are grateful for any unexpired food donations!



Montvale Fire Prevention Bureau

Fire Prevention Bureau would like to remind Montvale residents who are selling or renting their residences to schedule a fire prevention inspection. New Jersey requires all residential properties being sold or rented to schedule a fire prevention code inspection. Smoke detectors, carbon monoxide detectors and a fire extinguisher are required by New Jersey law. Detail requirements and the application are available on the borough website, under fire prevention or at borough hall. Also, a Continue Certificate of Occupancy (CCO) is required from the Building Department.

The fire prevention code inspection is valid for six months- please schedule your inspection once the closing date has been determined. Inspections are conducted on Tuesdays between the hours of 9:00 am – 12:00 pm. If you would like additional information email the new Fire Official, John Kurz at jkurz@ montvaleboro.org or leave a voice mail message at 201-391-5700 extension 258.

From the Construction Department

As we begin to enjoy the warmer weather, we all start to think of all those warm weather projects around our homes that we would like to get done including the ever present "honey-do" lists. To prepare for those projects, I would like to remind all residents and property owners that the construction department is available to answer any and all questions you may have relative to your project.

We will be happy to meet with you at your site to discuss what permits and approvals will be needed before you begin, listen to your ideas for your property, and help to guide you in any aspects of the project you are unaware of or unfamiliar with all in an effort to help make your project go smoothly and in a reasonable time frame.

All you need to do is contact the construction department at 201- 391-5700 and we will be able to set up a mutually agreeable time to assist you in the planning of your project. It has been my experience that a single phone call and some time spent discussing your plans will go a long way to the successful completion of a project. We are eager to assist our residents to achieve a problem free project in any way possible.



Montvale Senior Club

The Montvale Senior Club salutes the courageous heroes who died while serving in the U.S. Armed Forces. Memorial Day is Monday, May 27. Hope to see you at the ceremony.

Mother's Day Luncheon is on Thursday, May 16. Join us to celebrate Mothers at the Senior Center with a luncheon catered by Bellisimos, and live entertainment. Call Marie Dineen for information-201-391-1831.

Fieldstone Middle School Spring Concert will be presented on May 30 at 1:00 pm, Fieldstone Middle School. Light refreshments will be served. Montvale Seniors are invited to attend.

SAVE THE DATE-

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

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 is available on Wednesday, Thursday and Friday. Contact Borough Hall: 201-391-5700 for information.

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.

The Senior Club Business Meeting is the first Thursday of the month. \$2 hero sandwiches are available.

The Senior Club Social Meeting is the third Thursday of the month. Danish and coffee are served. For information on Senior Sports and Games programs please contact John Rotante 201-930-0463 or Bill Maki - 201-930-046

The Senior Monthly calendar is available at Borough Hall and the Senior Center, or online at Montvale.org <u>http://montvale.org/senior-events#year=2019&month=5&day=1&view=month</u>

Montvale Athletic League

MAL Fall Sports Registration Now Open!

montvaleathleticleague.teamsnapsites.com





4 DAYS - 3 NIGHTS

SEPTEMBER 25 - 28, 2019

\$669. Per Person Double Occupancy

\$788. Single

PACKAGE INCLUDES:

VERMONT

...fun, food and family farms!"

- * 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

WHITE STAR TOURS America's Leader in Group Travel 26 E. Lancaster Ave., Reading PA 19607 | 610.775.5000

WWW.

MontvaleChamber

| CO-PRESIDENTS | | 1 ST VICE PRESIDENT | VICE PRESIDENT | TREASURER | SECRETARY |
|-----------------------|-----------------------------|--------------------------------|-----------------------|----------------|---------------------|
| SCOTT L. FORMAN | STEVEN FOX | | TOM CHAPMAN | DORIS SUTICH | THOMAS HARTEL |
| CrossCountry Mortgage | Morgan Stanley | | Tom A. Chapman DMD | Perfect Limo | John M. Hartel, Co. |
| COUNSEL | Board Members | | | | |
| IRA KALTMAN, ESQ | LINDA MITCHELL | R. LORRAINE HUTTER | AMY DEBELLIS | PAUL JORDAN | Dr. Kelly Blundy |
| Beattie Padavano, LLC | Massage & Whole Body Health | Borough of Montvale | CrossCountry Mortgage | Wegmans Market | Spine & Health |



The Montvale Chamber of Commerce



2019 Street Fair

Sunday June 9th 10am - 5pm

For more Street Fair Information and Sponsorship Applications:

www.Montvale-Street-Fair.com



Join the Chamber! www.MontvaleChamber.com



.com

Stay on top of chamber news and events. facebook.com/Montvale-Chamber-of-Commerce



Your MVC is Coming to You!

Location:

River Vale Town Hall 406 Rivervale Road, River Vale, NJ 07675 Wednesday, May 15, 2019

Date: Time:

10:00am - 2:00pm

* Please note: Cancellations may occur due to weather conditions or at the discretion of the MVC over unforseen circumstances.

Our "Agency-on-wheels" offers ...

Driver Licenses

The Mobile Units provide the opportunity for drivers to renew their license, obtain a duplicate license, change their name or address on their license, add a boat endorsement, add a veteran designation, register to vote and/or make organ donation selections.

Initial licenses are currently not available in the Mobile Units.

Non-Driver Identification Cards

The Mobile Units can provide residents with photo identification that may then serve as a primary or secondary form of personal ID.



Wheelchair Accessible

MVC Mobile Units are wheelchair accessible and easy for all to use.

Registrations

Drivers may renew their registration or obtain a duplicate registration card for their vehicle in the Mobile Units.

License Plates

The Mobile Units allow drivers the option to surrender license plates.

Placards

Drivers may obtain a Persons with a Disability, Purple Heart, or Disabled Veteran placard from the Mobile Units.

Examination Permits

Customers can apply for an examination permit to take a written (law/knowledge) test. However, the written test itself is not available in the Mobile Units. Please visit njmvc.gov for test locations.



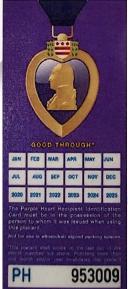
New Jersey Motor Vehicle Commission

FREE METERED PARKING FOR ELIGIBLE VETERANS

For Disabled Veterans, present:

The applicant's DD-214 (or DD-215 if applicable); and the applicant's award of disability letter from the U.S. Department of Veterans Affairs.





For Purple Heart recipients, present:

The applicant's DD-214 (or DD-215 if applicable), showing Purple Heart recipient status or the applicant's citation awarding the Purple Heart; or the applicant's general order for the Purple Heart.

New Jersey law (N.J.S.A. 39:4-207.10) permits exemption from payment of municipal parking meter fees, for up to 24 hours, for disabled veterans and Purple Heart recipients. Placards are available at any MVC agency or by mail.

https://www.state.nj.us/mvc/vehicletopics/disvet.htm



NEW JERSEY MOTOR VEHICLE COMMISSION

MONTVALE PBA DUELING PLANOS SATURDAY, MAY 18TH

DOORS OPEN @ 7PM

PROCEEDS DONATED TO A LOCAL FAMILY IN NEED

> PARK RIDGE ELKS LODGE 13 SULAK LANE PARK RIDGE, NJ

\$60 ADMISSION BEER, WINE, SODA INCLUDED PLUS CASH BAR TRICKY TRAY AND 50/50



PURCHASE TICKETS ONLINE AT MONTVALEPBA.COM or THE MONTVALE PBA FACEBOOK PAGE CONTACTANY OFFICER WITH QUESTIONS

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 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.

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 Camp is offered to children entering grades 1-7 in September 2019 (2019-2020 school year)

Entering 1ST- 5TH Grade Resident Camp Fee \$320/child (Family Max- \$960) Bowling: \$21/child Entering 1ST – 5TH Grade Non-Resident Camp Fee \$380 per child (Family Max- \$1140) Bowling: \$21/child

6 and 7 Graders- ADVENTURE CAMP REGISTRATION IS ENTIRELY SEPARATE AND THE ONLY CAMP OPTION FOR 6 & 7 GRADERS. REGISTRATION WILL TAKE PLACE IN PERSON ONLY ON MARCH 23, 2019 FROM 9:00 am TILL 11:00 am. Separate registration is necessary due to some trips requiring waiver forms and the parent information being completely different from regular camp info. For this reason, online registration is unavailable for 6 and 7 graders.

Registration opens March 1 and closes on May 1. After May 1, you are not guaranteed a spot in camp and you'll incur a late registration fee.

Residents/Non-Residents: \$30 Additional Fee per registration after the registration period closes.

*Please note that registration fees are non-refundable after May 1 for grades 1-5 unless a medical note from a doctor can be provided. Adventure Camp fees are non-refundable at any time.

Online: www.montvale.org/Recreation >Summer Camp Tab> Click Online Reg. (payment method is credit card only)

Paper: Pick up a copy of the registration form from Borough Hall, fill it in and either drop it off or mail it in with payment to Borough Hall, Attn: Lisa Dent. Checks Should Be Made Payable to: Borough of Montvale.

**LUNCH CALENDARS/ORDERS WILL ABSOLUTELY NOT BE ACCEPTED ANYTIME AFTER MAY 15 **

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* Online (www.montvale.org/recreation) or at Borough Hall Monday-Friday 8:30 am – 4:30 pm

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 7:00-8:00 pm April 30 – May 21 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 8:00-10:00pm January 8th – May 21 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 7:30-8:30pm March 25- May 20t 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 9:30-10:30am March 8 – May 10 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 5:00pm-7:00pm March 24 – May 26 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) 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 12:15-1:00pm February 15 – April 5 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 8:00pm-10:00pm September 17 – May 20 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 2:00pm This program will resume in the Spring.

Are you a part of the Montvale Seniors Club? Join today for just \$10 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 7:15pm 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. Montvale Recreation 12 Mercedes Drive Montvale, NJ 07645 201-391-5700 ext. 251

DEADLINE FOR FALL FIELD USE APPLICATIONS IS June 1

15

Please email Recreation Director, Lisa Dent, with any questions: MontvaleRecreation@montvaleboro.org

Introduction to Ham Radio

Montvale Borough Hall FREE Workshop

Ham/Amateur radio is a fun and interesting hobby! You can talk to local radio enthusiasts or make contacts all over the globe. You can communicate with the International Space Station and even use satellites that are orbiting the Earth to make radio contacts. You may even want to participate in radio contests that happen throughout the year.

Amateur radio also plays an important role during emergencies. Storms and power outages may impact your ability to use your home phone and get on the internet. How will you communicate in an emergency if your cell phone is broken, has a dead battery or you're in an area with no cell service? Cell towers can be damaged or overwhelmed during a disaster making your cell phone useless. During times like this, amateur radio can be used to get help or communicate with friends & family.

Come join us to learn how you can easily obtain a ham radio license to be a part of this rewarding, fun hobby! There is always something new to learn and you'll gain an important skill to have in emergencies. Please email MontvaleRecreation@montvaleboro.org for interest!

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

| Residents | | Non-Residents | |
|-----------------------------|---------|-----------------------------|----------|
| 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 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.

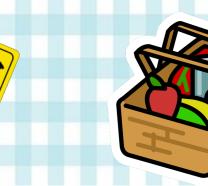


All Montvale residents, Montvale business owners and their employees are welcome to attend! Attention Montvale Residents: You are invited to an

OLD TIME PICNIC!

Saturday, May 18th 3PM- 8PM At Memorial Drive

We are celebrating Montvale's 125th Anniversary with a grand barbecue, apple pie eating contest, potato sack races, live music and entertainment, a petting zoo and much more!



Rain Date: May 19th

