



# The Borough of Montvale

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newsletter

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



## Halloween Carnival

This year's Halloween Carnival will take place on Friday, October 25th from 7:00 PM to 8:30 PM in the Fieldstone Middle School Cafetorium and Gym. Learn more on page 11.

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## The Mayor's Corner

This month we held our 9/11 Ceremony attended by our community, guest speakers, first responders and the Boys and Girls Scouts with performances by the Pascack Hills Chamber Choir and Ms. Zita Stratis. A moving and somber talk given to us by first responder John Nichols, who was on the scene as he shared his experience and photos he had taken.

This month I was notified by SUEZ that our town is currently lead-free. However, if your home was built before 1985, there is a 15% chance that the internal plumbing of the house may contain lead. I urge you to have your water tested annually and remediate it quickly. We also completed the road paving project for this year in time before school started. We do have some money left to possibly pave one or two smaller roads; we are waiting on the final analysis from the engineer. We also had a group of volunteers from Scouts, the Fire Department and Environmental Commission who

helped clean Huff Pond and removed debris from the perimeter, to prepare it for the full dredging that will take place in the spring. We thank everyone who took time on a Sunday morning to help with the cleanup.



Mayor Michael Ghassali

I held a town hall meeting on September 16, and discussed several town issues with residents. These informal meetings are meaningful to me and to members of the Council as we can exchange ideas and discuss issues as a community. As we move into the fall season, we begin to prepare for our 2020 budget.

I look forward to seeing you at the meetings and wish you and your families all the best.

Mayor Mike Ghassali  
Borough of Montvale  
201-391-5700 X213

# Montvale Police Department

Our first Junior Police Academy started on September 17. The program is one night each week for a total of 10 weeks, and will allow 7th and 8th grade students to experience what it is like to become a Police Officer. Trainees will learn how to march, participate in physical training, observe and participate in staged motor vehicle stops, and learn valuable leadership lessons. For those who missed the opportunity to participate this year, we will be offering the program annually, so monitor the Montvale Police Department Facebook page for information.



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

### Mayor & Council

10/7 - 7:30 pm  
10/29 - 7:30 pm

### Planning Board

10/01 - 7:30 pm  
10/15 - 7:30 pm

### Environmental Commission

10/21 - 7:45 pm

### Board of Health

No Meeting

### Library Board

10/24 - 7:30 pm

### Historic Preservation

10/3 - 8:00 pm

## Trash & Recycling This Month

| Mon                    | Tue                       | Wed                    | Thu   | Fri |
|------------------------|---------------------------|------------------------|---|-----|
| 30                     | 1                         | 2                      | 3   | 4   |
| East Zone Trash Pickup | Central Zone Trash Pickup | West Zone Trash Pickup | Recycling: Districts 1&2<br>Yard Waste Collection |     |
| 7                      | 8                         | 9                      | 10  | 11  |
| East Zone Trash Pickup | Central Zone Trash Pickup | West Zone Trash Pickup | Recycling: Districts 3&4<br>Yard Waste Collection |     |
| 14                     | 15                        | 16                     | 17  | 18  |
| East Zone Trash Pickup | Central Zone Trash Pickup | West Zone Trash Pickup | Recycling: Districts 1&2                          |     |
| 21                     | 22                        | 23                     | 24  | 25  |
| East Zone Trash Pickup | Central Zone Trash Pickup | West Zone Trash Pickup | Recycling: Districts 3&4                          |     |
| 28                     | 29                        | 30                     | 31  | 1   |
| East Zone Trash Pickup | Central Zone Trash Pickup | West Zone Trash Pickup | Recycling: Districts 1&2                          |     |

## Library Programs

### Adult Programs

**Jack the Ripper: A Mystery of Mysteries (for adults) - October 10, 2019 - 7:00 pm**

Jack the Ripper is one of the most infamous serial murder cases in the world. The entire story will be discussed by Dr. Mark R. Vogel, a clinical psychologist who has studied the case, reviewed original police files, and visited the murder sites himself. Registration begins on Thursday, September 12, starting at 10AM. Register in person, by phone (201-391-5090) or via email at [montvalelibraryprograms@gmail.com](mailto:montvalelibraryprograms@gmail.com)

**Retirement Income Planning (adults) - October 17, 2019 - 7:00 pm**

Steve Fox of Morgan Stanley Wealth Management will present a talk on income planning for retirement. Free and open to the public. Register by phone (201-391-5090), in person, or by email at [montvalelibraryprograms@gmail.com](mailto:montvalelibraryprograms@gmail.com). Registration started on Thursday, September 26..

**Killer Soundtracks - October 19, 2019 - 1:00 pm**

The Affects of Music in Horror Movies with Dan Lupo (adults)  
Get your spooky on with musician and educator Dan Lupo as he explores the spine-tingling effects of how music in horror films can keep you on the edge of your seats. Free and open to the public (and any ghosts and goblins that care to join in on the fun). Registration begins on Thursday, September 19, starting at 10AM. 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

# Library Programs

## Adult Programs (continued)

### **Senior Care - October 24, 2019 - 7:00 pm**

Examining the Realities & Options (adults)

Figuring out your local Senior Care options can be a confusing process! Our panel of professionals will answer your questions and will get you the information you need on home care, geriatric care management and psychotherapy, and Assisted Living communities! At the end of the program, you'll take home valuable resources. Light refreshments will be served. Free and open to the public. Registration begins on Thursday, October 3, starting at 10AM. Register in person, by phone (201-391-5090) or via email at [montvalelibraryprograms@gmail.com](mailto:montvalelibraryprograms@gmail.com).

### **Salem Witch Trials (adults) - October 31, 2019 - 7:00 pm**

This will be an in-depth look at the events and circumstances that led to the fears, hysteria and persecution of so many people in the late 17th century Massachusetts Bay Colony. Free and open to the public. Registration begins on Thursday, October 3, starting at 10AM. Register in person, by phone (201-391-5090) or via email at [montvalelibraryprograms@gmail.com](mailto:montvalelibraryprograms@gmail.com).

## Youth Programs

### **Author book Signing- Vanesa Keel's Boomer at your Service (ages 5 and up with family) - October 1, 2019 - 3:45 pm**

Meet Author Vanesa Keel and listen to excerpts from her new book Boomer at your Service. Students will also get a chance to ask her questions and purchase a signed copy. Registration started on September 16.

### **Writing Workshop for Tweens (5th - 8th grade) - October 10, 2019 - 7:00 pm**

Join us on Thursday, Sept. 19th at 7:00pm for Trivia for Tweens. This program is for students in 5th grade and up. Each month there will be a different theme. Bring a friend and see who can answer the most questions to win prizes! Registration started on September 9.

### **Sciencetellers (ages 4 and up- 3 yr olds may attend with caregiver) - October 15, 2019 - 3:45 pm**

Learn about science in a fun and exciting new way. A perfect combination of storytelling and science. Lots of interactive audience participation- fun for parents as well. Registration started on September 30.

### **Halloween themed parent/ Child Art Workshop(students in 1st gr. and up with caregiver) - October 23, 2019 - 7:00 pm**

Join us for a Halloween themed art workshop where children and parents will work together using acrylic paints on real canvas to create a perfect Halloween Masterpiece under the instruction of Artist Peri. Registration starts on October 7th.

### **Trivia for Tweens (5th - 8th grade) - October 24, 2019 - 7:00 pm**

Bring your friends and enter a trivia contest each month at the library. New topic announced monthly: school subjects, movies, books and authors, etc. Registration starts October 7.

### **Mark the Magician Halloween Spooktacular (ages 4 and up- 3 yr olds may attend with caregiver) - October 29th, 2019 - 3:45 pm**

Join us for an amazing magic show presented by the talented and funny Mark the Magician. Exciting and hilarious for both children and adults.

## Youth Programs (continued)

### **Halloween Dance Party with Ms. Kerri (ages 3 and up) - October 30, 2019 - 6:30 pm**

Ms. Kerri is back and she is excited to teach us some new dance moves to some classic Halloween songs we love. Children can wear Halloween costumes if they like- as long as they don't get in the way of awesome dance moves.

Registration starts on October 15.

## Senior Club

### **MONTVALE SENIOR CLUB**

We welcome October with a myriad of activities and celebrations.

### **GAME DAY:**

Tuesday and Wednesday from 10:00 am to 12:00 pm...Bocce and table games, contact John Rotante, Coordinator, 201-391-4194. Billiards every Tuesday, from 10:00 am to 12:00 pm, contact Bill Maki, 201-930-0463. Please note all activities are for members only.

Kitty Stern, Coordinator for MAHJONG, every Wednesday from 7:00 pm to 9:30 pm, 201-802-0997.

Fran Ohayon, Coordinator for CANASTA, every Thursday from 10:00 am to 2:00 pm, 201-391-4272.

Chair Exercises and Healthy Bones – contact Marie Dineen, 201-391-1831 for weekly schedules.

### **BOOK DISCUSSIONS:**

Contact Ree Hooper 201-391-7386 –Kathy Hatfield 201-391-0420.

“MONTVALE”, Author Ree Hooper will have a book signing Oct. 6 at 3:00 pm in Council Chambers, Borough Hall.

### **TRIPS:**

A Southern Caribbean with Norwegian Cruise Line on the Norwegian Gem-11 days/10 nights- March 16 – 26, 2020. Call Rosemarie Kelly 201-391-8718.

Daytime trips: Mt. Airy Casino, Doolans, Tootsie and the Christmas Show at the Westchester Theatre are currently sold out, waiting lists are available. Contact Marie Dineen, 201-391-1831.

### **HALLOWEEN PARTY:**

Thursday, October 24 in the Senior Center....11:30 am to 2:00 pm.

Our business meetings are every FIRST THURSDAY of every month, and our social meetings are every THIRD THURSDAY of every month. Please feel free to call our President, Marie Dineen, 201-391-1831 for further information. A monthly calendar is available at the Senior Center, Memorial Drive, Montvale.

Montvale Seniors Presents

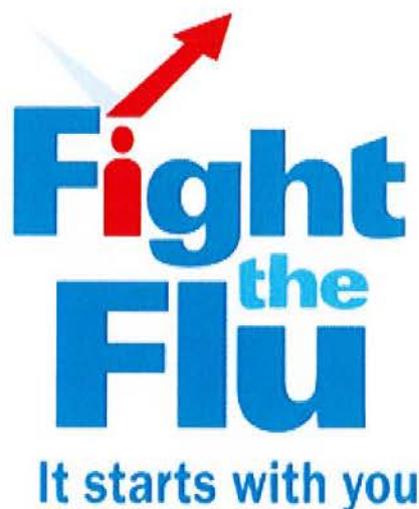
SOUTHERN CARIBBEAN  
WITH NORWEGIAN CRUISE LINE ON THE  
NORWEGIAN GEM  
11 DAYS/10 NIGHTS  
MARCH 16 – 26, 2020  
Norwegian Cruise Line group ID #978270

BALCONYS AND INSIDE/OUTSIDE CABINS ARE AVAILABLE!



For information please contact:  
Adolfo Jimenez/Personal Cruise Consultant  
1-877-416-9722 ext. 44240  
Direct Line 954-514-4240  
[adjimenez@ncl.com](mailto:adjimenez@ncl.com)  
Norwegian Cruise Line [www.ncl.com](http://www.ncl.com)

# Montvale Board of Health Flu Vaccination Program



Save the  
**DATE!**

- Date:** Saturday, October 5, 2019  
**Time:** 9:00 am - 11:00 am  
**Location:** Montvale Senior & Community Center  
1 Memorial Dr., Montvale

**Please note:** Cost is **\$25 per vaccine/\$35 per high dose vaccine**. We do not accept insurance (cash/check only). If you are enrolled in a non-Medicare Part B plan (HMO, PPO, etc.) you should visit your primary care physician, there may be no charge. Regular Medicare participants must bring Medicare Part B card for us to bill the insurance company.



Hackensack  
Meridian Health  
Hackensack University  
Medical Center

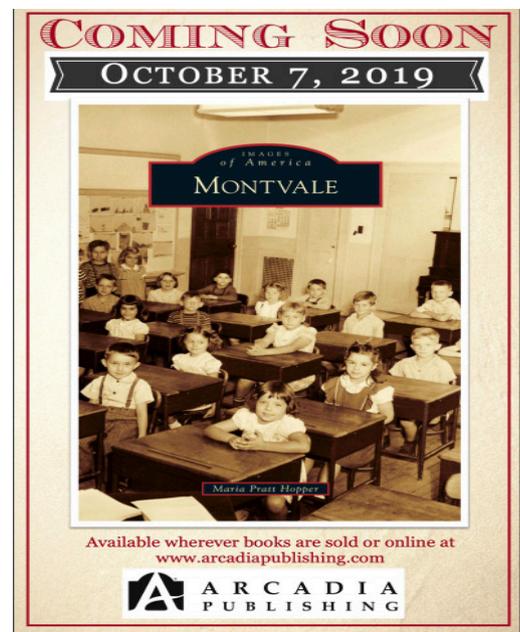


NorthWest Bergen  
Regional Health Commission

*Good Public Health Grows a Stronger Community*

# Images of America: Montvale - Coming Soon

If you would like to preorder the book, send an email with your name, address, email and number of books wanted to [125montvalebook@montvaleboro.org](mailto:125montvalebook@montvaleboro.org). The book is \$21.99.



## Borough of Montvale Plastic Bag Recycling Program



Starting on September 15, 2019 the Borough of Montvale NJ will start collecting plastic bags at locations around their town as part of a local plastic recycling program. Under the supervision of the Montvale Environmental Commission, the Borough will be collecting specific types of plastic bags which are currently not being properly recycled. The plastic bags will be brought to a manufacturer called Trex who will be reusing the plastic as part of their composite decking manufacturing process. Trex has agreed that in return for receiving 500 pounds of plastic bags within a 6 month period time, they will provide Montvale with a park bench. The program will run until March 15, 2020, so the Borough of Montvale asks residents to please bring all of their plastic bags to one of the locations noted below so they can reach their recycling goals.

The plastic bag drop-off locations in Montvale will be:

1. Montvale Recycling Center on Memorial Drive
2. Montvale Community and Senior Center on Memorial Drive
3. Montvale Library at 12 Mercedes Drive
4. Montvale Memorial School
5. Montvale Fieldstone School
6. Pascack Hills High School

The type of plastic they are accepting is limited to plastic bags, NOT plastic bottles or any type of plastic that is at all rigid (crinkles) or does not stretch. The recycle number found on much of the material they accept is #2 and #4 and typical examples are shown on the diagram below. Please ensure the bags are dry, clean, and empty so the volunteers in Montvale can handle them safely. If you have any questions they can be addressed to the Montvale Environmental Commission through the [montvale.org](http://montvale.org) website using their "I Want To...ask a question" link found on the top right of the [montvale.org](http://montvale.org) main landing page.

For more information on the Montvale Environmental Commission go to <http://www.montvale.org/boards/environmental>

As a point of interest, the average weight of a bag is 5.5 grams so the goal is 41,235 bags needed to reach the 500 lb. goal. (1 lb = 453.59237 g)



# Recycle your Clean, Dry, Empty Plastic Bags and Film Packaging!

## Plastics to Collect:

- LDPE / HDPE Films
- Newspaper Sleeves
- Bread Bags
- Product Wrap
- Cereal Liners
- Food Storage Bags
- Ice Bags

- Pellet Bags
- Produce Bags
- Dry Cleaning Bags
- Grocery Bags
- Case Overwrap
- Packaging Air Pillows
- Salt Bags



Look for Bins and Signage at Montvale Locations Noted Below

Your plastic bags and wraps then become Earth-friendly Composite decking and railing!  
800-BUY-TREX

### MONTVALE PLASTIC BAG DROP BOX LOCATIONS:

1. Recycling Center on Memorial Drive
  2. Community/Sr Center on Memorial Dr
  3. Montvale Library at 12 Mercedes Dr
  4. Montvale Memorial School\*
  5. Montvale Fieldstone School\*
  6. Pascack Hills High School\*
- \* NOT open to general public

## From the Property Maintenance Dept.- Fall Leaves

As I was driving into work last week, I noticed a somewhat subtle change occurring. It seems there were some very early signs of leaves changing color which can only mean that we are transitioning into the fall season. While it may be your favorite season because of cooler temperatures and beautiful colors, it also has its problems such as what to do with all those leaves.

As a reminder to all residents, all leaves must be in compostable paper bags. Curbside leaf collection begins in mid-October and runs through December 31, 2019. Branches and twigs will NOT be picked up at this time.

Secondly, please be aware that leaves cannot be piled in the street as they eventually make their way into the storm drains and require a lot of time and money to clean out. Also, leaves piled in the street and subsequently snowed upon make it extremely difficult to clear the streets safely. If you use a landscape contractor to clean your yard, kindly make them aware of these requirements so as to minimize the risk of fines for non-compliance.

If we all can follow these simple rules, it will certainly make it easier to keep the town looking great as we enjoy the change of season.

## Tri-Boro Food Pantry

We are asking for donations of white rice, dried black beans and tuna fish.

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.

## Montvale Fire Prevention Bureau Observes Fire Prevention Week

The National Fire Protection Association (NFPA) has announced "Not Every Hero Wears a Cape. Plan and Practice Your Escape!" as the theme for Fire Prevention Week, October 6-12, 2019. Fire Prevention Week is observed each year in October in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage. This year's campaign recognizes the everyday people who motivate their households to develop and practice a home fire escape plan; these seemingly basic behaviors can have life-saving impact. In a fire, seconds can mean the difference between a safe escape and a tragedy. Fire safety education isn't just for school children. Teenagers, adults, and the elderly are also at risk in fires, making it important for every member of the community to take some time every October during Fire Prevention Week to make sure they understand how to stay safe in case of a fire. Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires. Visit National Fire Protection Association at <https://www.nfpa.org/fpw> for additional information.

Fire Prevention Fire Marshall, John Kurz  
Fire Prevention Deputy Fire Marshall, Michael Halzack  
Fire Prevention Inspectors: Christopher Mazzocchi & Clint Miller

WWW.

# MONTVALE CHAMBER

.com

**CO-PRESIDENTS**

**SCOTT L. FORMAN**  
CrossCountry Mortgage

**STEVEN FOX**  
Morgan Stanley

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

**TOM DAVEY**  
Davey's Locker

**Board Members**

**LINDA MITCHELL**  
Massage & Whole Body Health

**PAUL JORDAN**  
Wegmans Market

**COUNSEL**

**Meyerson, Fox  
Mancinelli & Conte**

**TREASURER**

**DORIS SUTICH**  
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**THOMAS HARTEL**  
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**TOM CHAPMAN**  
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**R. LORRAINE HUTTER**

Borough of Montvale

**RON LAURENT**

CrossCountry Mortgage

**AMY DEBELLIS**

Sotheby's Real Estate

**TONI-ANN MARABELLO**

Meyerson, Fox Mancinelli & Conte

## Chamber of Commerce Board Meetings:

**1<sup>st</sup> Wednesday of the Month located at Montvale Borough Hall 4:00 pm**



# 2019 MEGANET

**Wednesday, November 13th**

**5:30 - 7:30 PM**

**Marriott Saddle Brook**

**138 New Pehle Avenue Saddle Brook, NJ**

**\$20 ICC Chamber Members**

**\$30 Non-Members**

**Visit the Chambers New Web-Site at: [www.MontvaleChamber.com](http://www.MontvaleChamber.com)**

**Join the Chamber: [MontvaleChamber.com/join](http://MontvaleChamber.com/join)**



**[www.facebook.com/Montvale-Chamber-of-Commerce](http://www.facebook.com/Montvale-Chamber-of-Commerce)**

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**Hosted by the Borough of Montvale**

# JOB FAIR

**LINKING THE BEST EMPLOYERS TO THE BEST TALENT**

**OCTOBER 29, 2019  
10AM-2PM**

**MONTVALE COMMUNITY CENTER  
1 Memorial Drive • Montvale, NJ 07645  
montvalejobfair@gmail.com  
f Montvale Job Fair**

**MEET EMPLOYERS | FIND JOB LEADS | NETWORK WITH BUSINESSES**

**All Welcome | Community Venue!**

SPONSORED BY:

**MEDRC**  
MONTVALE ECONOMIC DEVELOPMENT  
AND RETENTION COMMITTEE  
Explore the Possibilities. Choose Montvale.



## 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 adult or high school volunteers to assist in the planning and coordinating of Montvale's annual events such as Day In The Park, the Halloween Carnival, the Christmas Tree Lighting, the Spring Fling 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.

### The Halloween Carnival

This year's Halloween Carnival will take place on Friday, October 25th from 7:00 PM to 8:30 PM in the Fieldstone Middle School Cafetorium and Gym. All young children, witches and goblins, Pre-K through 4th grade, are invited to attend this special event. Carnival booths are created by the Fieldstone students and are all games of fun and skill. Costumes are fun, but not required. Free donuts and cider for all! Due to the popularity of this event, we must limit participation to residents only. Please have your children wear sneakers. Parents of young ones are required to stay.

Fieldstone Middle School Students: Booth Applications will be available in the Fieldstone Wednesday folder beginning October 2nd. All applications must be returned to Borough Hall or the Montvale Library by Wednesday, October 9th.

### 19th Annual Christmas Tree Lighting

The Montvale Special Events Committee will be hosting it's 19th Annual Christmas Tree Lighting Ceremony on Memorial Drive. The event will take place on Friday, December 6th at 7:00 PM. We would like to invite the Borough's residents to revel in the holiday spirit with a free hot cocoa bar (with yummy toppings) and candy canes all while keeping warm in a heated tent. All children are welcome to participate in our Gingerbread House Contest as well! Please bring your decorated gingerbread house (limited in size to 9" x 9" x9") to the tent where it will be displayed and then judged after the tree is lit!

### Programs

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, Tennis Lessons and Golf). Payment by cash or check made out to the Borough of Montvale.

# Tennis Lessons

Memorial Drive Tennis Courts

5-Week Session

Saturdays beginning September 21st and Mondays beginning September 23rd

Resident Fee: \$65 Non-Resident: \$100

Registration: Open through September 16th \*Space is Limited\*

\*The September 21st lessons will take place at the LaTrenta/Chestnut Ridge Complex Courts\*

## 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

# Golf Lessons

Memorial Fields near the Tennis Courts

1 Memorial Drive

Mondays

September 9 - October 14

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](mailto:krooney@playtga.com) or (201) 375-7406.

## Golf Schedule

| SESSION    | START DATE | START TIME | CLASSES   |
|------------|------------|------------|-----------|
| Ages 12-14 | 9/9/2019   | 4:45 PM    | 6 Classes |
| Ages 5-7   | 9/9/2019   | 5:45 PM    | 6 Classes |
| Ages 8-11  | 9/9/2019   | 6:45 PM    | 6 Classes |

## Adult Co-Ed Soccer

Fieldstone Middle School- Field #4 & 5  
47 Spring Valley Road  
Sundays 5:00 pm - 7:00 pm  
August 25 - October 27  
Resident Fee: \$15 Non-Resident: \$20

This 10-week 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.

## Monday Yoga

Montvale Community Center Atrium- 1 Memorial Drive  
1 Memorial Drive  
Mondays 7:30-8:30 pm  
September 16 - November 18 (No Class on Sept 30 and Oct. 14)  
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  
1 Memorial Drive  
Fridays 9:30-10:30 am  
September 20 - November 15 (No class on Nov. 8)  
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.

## 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.

# Tai Chi

Senior/Community Center Atrium: 1 Memorial Drive  
Fridays 12:15-1:00 pm  
October 4th – November 22nd  
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...

## Senior Pickleball League

Memorial Drive Courts  
Fridays 7:00 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.

## 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 SPRING 2020 FIELD USE APPLICATIONS IS FEBRUARY 1ST  
Montvale Recreation  
MontvaleRecreation@montvaleboro.org

## TAEKWON-DO (kids and/or adults)

Senior/Community Center Atrium: 1 Memorial Drive  
Wednesdays and Thursdays: 6:00-7:00 pm  
September 25 – December 4

No TaeKwon-do class on the following due to school closures/events: Oct. 9, Nov. 6, 7, 27 and 28  
Fee: for this 16-session class is \$120 for residents; \$180 for non-residents (space permitting)

Registration: ONLINE: [www.montvale.org/recreation](http://www.montvale.org/recreation)  
Instructor: Mario Liriano; 5th Degree Black belt.

TaeKwon-Do, the Korean Art of Self-Defense, is the scientific use of the body through physical and mental training for self-defense in unarmed combat. Program will be offered one day per week for all age groups (children to Adults). Classes will be divided up according to the students that register (K-4 grade/5-8 grade/HS/Adults).

# 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)

| <b><u>Residents</u></b>     |         |  | <b><u>Non-Residents</u></b> |          |
|-----------------------------|---------|--|-----------------------------|----------|
| 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.

## 30+ Basketball

Memorial School Gymnasium

Mondays 8:00 -10:00 pm

September 16th – May 18th

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.