



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.



NJMVC Is Coming to Montvale!

The mobile unites provide the opportunity for drivers to renew their license, obtain a duplicate license, change their name or address, and more. Learn more on page 11.

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Tax Department

The State of New Jersey has issued a second round of Homestead Credits. A revised tax bill will be mailed to eligible recipients in September. The credit will be applied to your November 1, 2019 taxes.

The Mayor's Corner

I hope everyone enjoyed their summer time with family and friends. I had a few short trips, and had a busy month with several road and utility issues, but fully enjoyed being local and not having to deal with the travel nightmare. This year we spent on road paving more than any other year, \$1.2 million and another \$200k grant from the county. All of the road work will be completed before school starts and final touches will continue for the next month or so.

There will be more work to be done by PSE&G to upgrade gas lines on several roads that are to be milled and paved next year if they qualify.

The former Mercedes site is being prepped for the next phase of development and you will start to see operational activity on-site. It is expected to take about two years for the site to be fully completed.

Please mark your calendar for September 16, 2019, I will have a town hall meeting and listen to your feedback on any issue in town and hopefully, I will be able to answer your questions. This will be an informal session without a council quorum, and will not be advertised in the newspapers as we normally are required to do when we have a quorum.

As always, I am available to meet with you and respond to your questions, and please continue to report potholes so we can get them fixed before the winter.

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



Mayor Michael Ghassali

Montvale Police Department

Summer is over all too quickly. I hope everyone had an enjoyable one. The Police Department had its' first National Night Out on August 6, and it was a real success. We would like to thank the Montvale Fire Department, Tri Boro Ambulance Corps, Bergen County SWAT, Montvale Landscaping, and Downes Tree Service for their participation in our event. We would also like to thank Jumpin' Jims for providing a bounce house for the children to play in. We are looking forward to expanding the program next year. Just a reminder- the Pascack Hills High School 2019-2020 school year begins on August 28 for freshman, with all students starting classes on Thursday, August 29. Memorial and Fieldstone Schools classes begin on September 3. For those who haven't seen them yet, the Borough has installed two speed humps on Memorial Drive to slow traffic in the area. Please drive carefully.



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

9/10 - 7:30 pm
9/24 - 7:30 pm

Planning Board

9/03 - 7:30 pm
9/17 - 7:30 pm

Environmental Commission

9/16 - 7:45 pm

Board of Health

9/3 - 7:45 pm

Library Board

9/26 - 7:30 pm

Historic Preservation

9/5 - 8:00 pm

Trash & Recycling This Month

Mon	Tue	Wed	Thu	Fri
2	3 Central Zone Trash Pickup East Zone Trash Pickup	4 West Zone Trash Pickup	5 Recycling: Districts 1&2 Yard Waste Collection	6
9 East Zone Trash Pickup	10 Central Zone Trash Pickup	11 West Zone Trash Pickup	12 Recycling: Districts 3&4 Yard Waste Collection	13
16 East Zone Trash Pickup	17 Central Zone Trash Pickup	18 West Zone Trash Pickup	19 Recycling: Districts 1&2 Yard Waste Collection	20
23 East Zone Trash Pickup	24 Central Zone Trash Pickup	25 West Zone Trash Pickup	26 Recycling: Districts 3&4 Yard Waste Collection	27
30 East Zone Trash Pickup	1 Central Zone Trash Pickup	2 West Zone Trash Pickup	3 Recycling: Districts 1&2 Yard Waste Collection	4

Library Programs

Adult Programs

The Power of Forgiveness - September 12, 2019 - 7:00 pm

Council Chambers, 2nd Floor

In this talk, the psychotherapist Julio Carvalho LSW, will provide logical arguments and coping tools to liberate oneself from the maladies of resentment. Registration began on Thursday, August 15, starting at 10 am. Register in person, by phone (201-391-5090) or via email at montvalelibraryprograms@gmail.com

2-Week Wreath-making Workshop - September 15, 2019 - 1:30 pm

Instructor Debra McGauley-Eichhorn will teach a 2-week Craft-making session to create seasonal wreaths (spring, fall or winter themes of students' choice). Fabric materials will be supplied by instructor free of charge. Class size limited to 15 students. In-person registration ONLY began on Thursday, August 15, starting at 10 am.

Raising Money-Savvy Kids - September 19, 2019 - 7:00 pm

Council Chambers, 2nd Floor

Steven Fox of Morgan Stanley Wealth Management will give parents and grandparents practical tips and strategies for teaching kids and teens sound financial practices that will help them wisely manage their current and future money. Register by phone (201-391-5090), in person, or by email at montvalelibraryprograms@gmail.com. Registration begins on Thursday, September 5, starting at 10 am.

Contact:



201-391-5700



www.Montvale.org



The Borough of Montvale
12 Mercedes Drive

Library Programs

Adult Programs (continued)

Runaway Success - September 26, 2019 - 7:00 pm

Council Chambers, 2nd Floor

Come join Laura Jean Checki, NASA Ambassador, educator and motivational speaker, as she illuminates her path from a scared and friendless runaway to her current successful and inspirational path in life. Free and open to the public. Registration begins on Thursday, Sept 5, starting at 10 am.

Register in person, by phone (201-391-5090) or via email at montvalelibraryprograms@gmail.com

5-week FALL Adult Watercolor Workshop - September 14, 11, 18, 25 and October 5, 12, 2019 - 7:00 pm

Children's Activity Room

Artist Peri will guide students of all levels to create watercolor art. Classes are limited to 15 people and will be held in Children's Activity room. Participants must pay a non-refundable, one-time CASH registration fee of \$25 at time of in-person registration. Students are responsible for all of their own supplies. (Materials list will be provided at time of in-person registration for students to bring for first class.)

In-person registration began on Thursday, August 8, starting at 10 am.

5-week FALL Pencil Sketching Mini Series for Adults & Teens -September 14, 11, 18, 25 and October 5, 12, 2019 - 12:00 pm

Executive Council Chambers, 2nd Floor

Art instructor Deirdre Molloy will teach a beginner's/intermediate pencil sketching class (no experience necessary). Hand's-on instructional techniques and critiques will be offered. Classes are limited to 15 people and will be held in the Executive Council Chambers, 2nd floor. A CASH, non-refundable fee of \$20 per person for all supplies is due at time of in-person registration.

In-person registration began on Thursday, Aug 15, starting at 10 am.

Youth Programs

Art Club with Artist Peri (2nd gr. And up) - September 19, 2019 - 4:30 pm

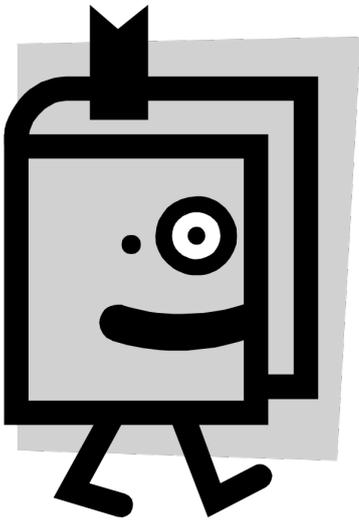
New members are always welcome. Every month learn about a new artist and new techniques under the direction of award winning Artist Peri.

Registration starts on September 3rd.

Nutrition Program (5 and up with families, teens, adults) - September 26, 2019 - 4:00 pm

The Montvale Public Library has been awarded the second prize in the Bergen County Annual Nutrition Month Library Contest! A food nutritionist from ShopRite will be bringing an award certificate and donating a book about fruits and vegetables for young children to the library and will also do a food demonstration about healthy eating. Students will also be instructed on how to make a nut-free trail mix.

Registrations starts on September 9th.



FRIENDS OF
THE
MONTVALE
LIBRARY

BOOK SALE!

WHEN: Saturday, September 21
10:00a.m. to 5:00p.m.

Sunday, September 22
1:00p.m. to 4:00p.m.

WHERE: Montvale Library
12 Mercedes Drive
Montvale, NJ 07645

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.



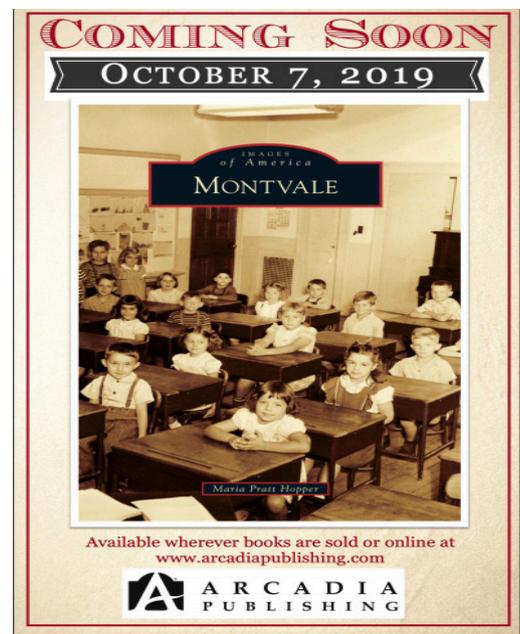
Hackensack
Meridian Health
Hackensack University
Medical Center



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. 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 website using their "I Want To...ask a question" link found on the top right of the 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

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

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

The Borough of Montvale is honored to have received the New Jersey State 2019 Adopt-A-Beach Award.

The Borough of Montvale's Environmental Commission received this prestigious award in response to their year after year efforts to reduce pollution and help maintain the many critical waterways passing through their town. Every year Montvale pulls together over a hundred volunteers from the community to help clean their public land and waterways, and spread the word about pollution and its harmful effects.

Adopt-A-Beach is a comprehensive, statewide, volunteer program created by the New Jersey Department of Environmental Protection (NJDEP) and the New Jersey Clean Communities Council to encourage volunteers to clean and maintain beaches, bays, rivers and all waterways. The mission is to clean waterways in an ongoing effort to protect these natural resources and foster the volunteer stewardship of public lands; to clean and maintain roadways because street litter often ends up in the water.



Montvale is located at the most northern part of Bergen County where many critical waterways pass through and contribute to all of the state's drinking water and the quality of downstream beaches. It's the efforts of these northern communities which significantly helps water quality and the overall environment for the entire state of New Jersey and all others who enjoy our water and our clean outdoor environment.

For more about the New Jersey Clean Communities program go to: njclean.org/

For more information about the Borough of Montvale go to: montvale.org/

For more on the Montvale Environmental Commission: montvale.org/boards/environmental

Building Department Software

Recently, the State of New Jersey has informed us that they will no longer be supplying our permit issuing software, PermitsNJ. The problem that this creates is that if there are any open building permits on your property, the information may be unavailable or impossible to access due to the discontinued software requiring a resubmission of the permit application. If any permits are inaccessible, we will not be able to schedule inspections and update files electronically.

In the event you have had permits taken out for work done on your property, we would like for you to contact our office so that we may verify that final inspections have been done and the permits are closed. Frequently, contractors fail to call for final inspections and, while the work is done, the permit remains open in our records.

You can contact our office at 201-391-5732 and speak to Cindy at ext. 222 or Rio at ext. 224. Thank you for your assistance in this matter as we endeavor to have a seamless transition to a new operating system.

Montvale Senior Club

Our first business meeting will be Thursday, September 5 from 11:00 am to 2:00 pm.

Our SENIOR "KICK OFF PICNIC" in the PARK, Thursday, September 12 from 11:00 am to 3:00 pm. Hot dogs, hamburgers, barbecue chicken, cornbread, soft beverages and dessert.

Our Sports Coordinator for Bocce and Pickle Ball is John Rotante, 201-391-4194. Bocce resumes on Tuesdays and Wednesdays from 10:00 am to 12:00 pm. Billiards on Tuesdays from 1:00 pm to 2:30 pm. Contact Bill Maki, 201-930-0463.

Kitty Stern, Coordinator for MAHJONG, every Wednesday at 7:00 pm, 201-802-0997.

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

Chair exercises and Healthy Bones ...contact Marie Dineen 201-391-1831 for weekly schedules.

Book Discussions: Ree Hooper 201-391-7386 – Kathy Hatfield 201-391-0420. Call for monthly schedule.

TRIPS:

WEDNESDAY – SEPTEMBER 18, MOUNT AIRY CASINO, DO WOOP SHOW, BUFFET LUNCHEON AND GAMBLING.

VERMONT FAMILY FARMS –SEPTEMBER 25-28. CALL ROSEMARIE KELLY 201-391-8718.

We will resume our business meeting the first Thursday of every month and social meetings on the third Thursday of the week starting October. Please feel free to call Marie Dineen, 201-391-1831, PRESIDENT. Please note all activities are for members only. A monthly calendar is available at the Senior Center, Memorial Drive, Montvale.

Milli Stellatos, Corresponding Secretary
201-385-5090

Tri-Boro Food Pantry

Hello! Hope everyone is enjoying their summer. The Tri Boro Food Pantry is preparing for back to school!! We were gifted an incredible donation of backpacks and school supplies! So far they have been a huge hit!

With that in mind our attention focuses on healthy breakfast and lunch box supplies! We are asking for donations of oatmeal, pancake mix and syrup. Lunch box snacks, juice boxes and canned tuna or chicken, peanut butter and jelly. We have been so fortunate to have a local bread supplier giving us large quantities of bread to offer to our patrons.

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.



Your MVC is Coming to You!

Location: Montvale Administration Building
 12 Mercedes Drive, Montvale, NJ 07645

Date: Tuesday, September 17th, 2019

Time: 10:00am - 2:00pm

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

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.

CO-PRESIDENTSSCOTT L. FORMAN
CrossCountry MortgageSTEVEN FOX
Morgan Stanley1ST VICE PRESIDENTTOM DAVEY
Davey's LockerBoard MembersLINDA MITCHELL
Massage & Whole Body HealthPAUL JORDAN
Wegmans MarketCOUNSELMeyerson, Fox
Mancinelli & ConteTREASURERDORIS SUTICH
Perfect LimoSECRETARYTHOMAS HARTEL
John M. Hartel, Co.VICE PRESIDENTTOM CHAPMAN
Tom A. Chapman DMDR. LORRAINE HUTTER

Borough of Montvale

RON LAURENT

CrossCountry Mortgage

AMY DEBELLIS
Sotheby's Real EstateTONI-ANN MARABELLO
Meyerson, Fox Mancinelli & Conte**Chamber of Commerce Board Meetings:****1st Wednesday of the Month located at Montvale Borough Hall 4:00 pm****Benefits: Business Networking and Community Events:**

- Discounted price for Montvale's annual Street Fair
- Business networking with area and regional businesses, great opportunity to generate significant business and new relationships.

Montvale Chambers' web-site individual company page:

- Your contact information along with company logo
- A detailed description of your products or services
- Photographs of your products or services
- A separate tab titled "Promotions", will allow you to scroll through a list of promotions/coupons/certificates and direct you to your company's individual page where clients/customers can print out your offer or certificate.



Visit the Chambers New Web-Site at: www.MontvaleChamber.com
Join the Chamber: MontvaleChamber.com/join



www.facebook.com/Montvale-Chamber-of-Commerce

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

facebook.com/Montvale-Chamber-of-Commerce

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.

Day in the Park

This year's event will take place on Saturday, September 21 3:00 pm - 8:00 pm with a rain date of Sunday, September 22. As always, there will be rides, games, live music, contests, food and the fireworks will kick off at 7:15pm! The Special Events Committee is currently seeking volunteers for the event as well as non-profit organizations that would like to be involved in the event. Please email MontvaleRecreation@montvaleboro.org
We look forward to seeing everyone come back for another family fun-filled afternoon!

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.

Programs

- 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, 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 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) 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
August 9 - September 27
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.

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
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

<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
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.