



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.



Memorial Day 2021

Due to COVID-19, our annual Memorial Day Parade has been canceled by The Cpl. Jedh C. Barker American Legion Post 153, Park Ridge. Mayor Michael Ghassali and The Borough Council honor those who served our country and appreciate our veterans sacrifices. The Borough of Montvale will have a Memorial Day Ceremony in the center of town on May 31, at 9:00 AM.

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The Mayor's Corner

Wishing everyone a great, safe and happy summer, as we gear up for warmer weather in the coming months.

We have been busy at Borough Hall working on the 2021 budget and ensuring, we continue to provide services while keeping taxes as low as possible. This year we will be adding two day waste pickup during the summer. We listened to you and fully agree that in the summer time we generate more waste and, we need the two per week pickup. We are also going to be spending \$1.2 million on milling and paving our roads. PSE&G will also be milling and paving roads they worked on in addition to our road work. This means we will be inconvenienced at some point this summer with road closures. We ask for your patience and understanding.

We are also working on a major project as we plan for our future. We need a community center that would encompass indoor tracks and courts, meeting and play rooms, and

enough room for activities for our youth, parents and senior citizens. Memorial Drive is the best location with ample parking for this project. Our DPW garage needs a complete overhaul, and the current Senior Center needs a new roof and has been a major annual expense. The ideal project is to redesign Memorial Drive past the firehouse and reposition the buildings, and this will give us a new, state of the art center for our community. We will have more information on this project as we begin to develop the initial plans.



I am looking forward to seeing you around town, your block parties, and at upcoming events. As always, please don't hesitate to reach out if I can be of any assistance.

Mayor Mike Ghassali

From The Tax Department

Property taxes are due May 1, 2021. Grace period will be to Monday, May 10. After May 10, interest will revert back to May 1.

Borough Hall is open to the public from 8:30-4:30 Monday-Friday. For your convenience, a dropbox is located curbside by the main entrance of the Library. You may pay online at <https://wipp.edmundsassoc.com/Wipp/?wippid=0236> or you can mail your payment to the Borough at 12 Mercedes Drive, attn: Tax Collector.

If you would like your bill returned stamped PAID, please enclose your entire bill with payment and include a self-addressed stamped envelope.

As always, if you have any questions, please call Fran Scordo, Tax Collector at (201) 391-5700 ext. 254 or email at fscordo@montvaleboro.org

Montvale Police Department

The annual National Highway Traffic Safety Association Click It or Ticket campaign will be happening from May 24th through June 6th this year. Extra Officers will be on patrol during that time to ensure that everyone is wearing their seatbelts, and driving safely. This is also the time of year when many are out walking, bicycling, and just enjoying the Spring weather. Please keep this in mind when you are out driving.

Chief Joseph Sanfilippo



Montvale Fire Department



Portable fire extinguishers are for small, contained fires. If you are going to use a fire extinguisher, here are a few safety tips:

Make sure somebody is calling 9-1-1

Make sure everybody is out of the house – human life comes first

Make sure you have a safe way out - fire doubles in size every 60 seconds

Smoke is DARK – smoke produced from a free burning fire will limit your visibility. When firefighters enter a burning building, most of the time they can't see their hand in front of their face

Remember the word P A S S – PULL, AIM, SQUEEZE, SWEEP

Chief Geoffrey Gibbons

Montvale Officials

Mayor

Mike Ghassali (R)

MGhassali@MontvaleBoro.org

Council President

Timothy E. Lane (R)

TLane@MontvaleBoro.org

Administrator / Municipal Clerk

Maureen Iarossi-Alwan

Miarossi@MontvaleBoro.org

Council

Chris Roche (R)

CRoche@MontvaleBoro.org

Rose Curry (R)

RCurry@MontvaleBoro.org

Dieter Koelling (R)

DKoelling@MontvaleBoro.org

Douglas Arendacs (R)

DArendacs@MontvaleBoro.org

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

Trash & Recycling This Month

Mon	Tue	Wed	Thu	Fri
26	27	28	29	30
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2	Yard Waste Pick Up
3	4	5	6	7
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4	Yard Waste Pick Up
10	11	12	13	14
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2	Yard Waste Pick Up
17	18	19	20	21
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4	Yard Waste Pick Up
24	25	26	27	28
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2	Yard Waste Pick Up
31	1	2	3	4
	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4	Yard Waste Pick Up
	East Zone Trash Pickup			

Thank You to the 110 Montvale Residents Who Showed Up to Clean Up!

Montvale's 2021 Clean-up Day was late this year but still a huge success.

We had 110 residents lend hands around town and collected well over 1000 Pounds of trash. They started at 9AM on Saturday and though the event was scheduled to end at noon some residents kept going throughout the weekend! Participants received a Bergen County Clean Community Mask, a reusable shopping bag, T-Shirts and a Back-Pack went to all children who returned a bag of trash.

"With the help of the Montvale Environmental Commission, Montvale Boy Scouts, Girl Scouts, and Cub Scouts, along with so many other resident volunteers we gathered with masks while maintaining safe social distance" said Bob Hanrahan, Chair of the Montvale Environmental Commission. He continued "Our residents' demonstrated true care for our community by spending hours cleaning around our 7 drinking waterways and many public areas throughout town, especially the area around Pascack Brook where later this year we will open our new nature trail. It's these types of efforts that helps maintain safe and healthy drinking water for all, and a great looking town here in Montvale".

The volunteers brought back, plastic, tires, metal, and all sorts of items, even a full coach was found in the woods. The winner of the most unusual item went to Ashton Meyerson who brought back an interesting animal skull. These events are supported by the Bergen County Clean Communities program where our Borough receives significant support throughout the year.



Montvale Senior Club

This glorious month bringing May flowers, outdoor events and hobbies, paying homage and dedication to the Memorial Day weekend with its festive parades and parties.

The Book Club will meet May 13, @12:30 pm -1:30 pm in the Senior Park, weather permitting. THE LOCKET, by Richard Paul Evans will be discussed.
Coordinator, Rea Hopper, 201-391-7386

The Senior Center remains closed for our monthly meetings and events except for the following:

CHAIR EXERCISES

Monday and Wednesday, 11:00 am - 12:00 pm. Marie Dineen, 201-391-1831.

TIA CHI

Thursdays, 11:00 am - 12:00 pm.

BOCCI

Co-ed teams - Tuesday and Wednesday 10:00 am -12:00 pm.

LADIES Teams every Friday 11:00 am - 1:00 pm, Coordinator, Diane Carfora, 201-314-0141

MEN'S Teams every Friday 1:30 pm - 3:00 pm, Coordinator, John Rotante, 201-391-4194

CORN HOLE TEAMS

Tuesday and Wednesday, 10:00 am - 12:00 pm. Coordinator, John Rotante, 201-391-4194.

All Covid rules are still in effect, upon arrival, temperature checks, masks, a limited participation in a room, 6 feet apart.

New members will be welcomed to join as soon as the Covid restrictions are lifted.
Marie Dineen, President, 201-391-1831.

Wishing our members a safe and delightful Memorial Day Weekend!

Milli Stellatos, Corresponding Secretary

Tri-Boro Food Pantry



This month we would be grateful for donations of cold cereal, canned tuna/chicken and jelly. The Tri Boro Food Pantry is located in the back of the Pascack Reformed Church, 65 Pascack Road, Park Ridge. A drop off bin is also located outside the doors of the library under the stairwell at Montvale Borough Hall, 12 Mercedes Drive. Thank you for your support!

Thank you to The Forman Team from Cross Country Mortgage for their generous donation to the Tri-Boro Food Pantry!

Friends of the Library

The direct fund appeal launched by the Friends of the Montvale Public Library in March to help raise needed funds is continuing. Please donate whatever amount you can to the Friends so they can continue to support the Library, a vital part of our community. Forms are available at the Circulation Desk of the Library. Checks may be dropped off or mailed to the Library.

Contact:



201-391-5700



www.Montvale.org



The Borough of Montvale
12 Mercedes Drive

Montvale Public Library

Please check our website and our Facebook page for updates during this time. Links to our Facebook, Good Reads, Instagram, Twitter and Spotify accounts as well as all of our databases such as Hoopla, Kanopy and Ancestry are available on our website: www.montvalelibrarynj.org.

Adult Programs

Mondays- May 3, 10, 17, 24 2021

7:30 - 8:00 p.m.

Learn to Play Guitar with Giulia

Learn how to play guitar! Join Giulia in this four-week adult class for beginners. You must provide your own electric or acoustic guitar.

Thursday, May 6, 2021

7:00 - 8:00 p.m.

Frida Kahlo: Dreams, Demons, Devotion, and the Modern World

Frida Kahlo's paintings illustrate the anguish & passion of a fascinating personal & artistic life. The works of this Mexican feminist icon will be looked at through the lens of her ethnicity, disabilities, & political activism, emphasizing her engagement with the natural world.

Thursday, May 13, 2021

7:00 - 8:00 p.m.

True Crime Book Club

This month we will be reading *Smalltime: A Story of My Family and the Mob*, by Russell Shorto. We still have openings in this group! Email george.galuschak@montvale.bccls.org if you are interested in joining.

May 20, 2021

7:00 p.m.

Full-Moon Hikes

Join N.J. Monthly writer Monica Cardoza for a guide to local full-moon hikes, easy to moderate walks in a park or nature preserve led by a staff naturalist. Includes a slideshow with images of scenic moonlit walks.

Tuesday, May 25, 2021

7:00 - 8:00 p.m.

Nutrition Dialogue with America's Grow-A-Row

Learn how local, freshly harvested foods can boost your health. Includes a healthy recipe demonstration with Shauna Alvarez, Chef Educator at America's Grow-A-Row.

To register for any of our adult programs, please visit the Montvale Library website calendar.

Upcoming Virtual Book Groups

All are welcome to join our virtual book groups via Zoom. Please contact Lorissa Lightman at Lorissa.lightman@montvale.bccls.org or 201-391-5090 for additional information. Visit our website at <https://www.montvalelibrarynj.org/adultbookclubs> and our social media outlets for the latest news on our book groups.

May 3, 2021

10:30 a.m.

Monday Morning Virtual Book Group: *UNSEEN CITY* by Amy Shearn

May 10, 2021

12:00 p.m.

Monday Afternoon Virtual Book Group: *THE TURN OF THE KEY* by Ruth Ware

June 7, 2021

10:30 a.m.

Monday Morning Virtual Book Group: *THE VANISHING HALF* by Brit Bennett

June 14, 2021

12:00 p.m.

Monday Afternoon Virtual Book Group: *AMERICAN DIRT* by Jeanine Cummins

The Montvale Cookbook Supper Club will meet on Monday, May 17th at 6:30pm via Zoom. This month's selection is the memoir "Kitchen Yarns" by Ann Hood, a novelist of both adult and children's books. The author reminisces about her life through food experiences and recipes. For further information, please contact Therese Jones at therese.jones@montvale.bccls.org.

Montvale Public Library - Continued

Children's Department- April Showers bring.....Programs!

We are celebrating butterflies this month and their magical transformations. Check out the great programs that have us all a-flutter!

Art Class with Artist Peri

Monday, May 3rd, at 4:00pm

Artist Peri is always helping us create beautiful drawings and paintings and this month is no exception. Join us and discover what creative transformation Artist Peri has in store for us!

Garden Arts

Monday, May 10th at 3:45pm

Garden Arts will be helping us to make beautiful butterfly planters. Filled with key plants to attract butterflies and the spread of pollen, these planters will foster flower pollination and growth. Pre-registration is required and the program will meet via Zoom.

Butterfly Grab and Go Crafts

Keep a lookout for some great butterfly craft kits this month to pick up and make in your own at home.

Write on! Ms. Mary's Writing Club

Wednesday, May 12th at 3:45pm

Ms. Mary continues to host a live virtual writer's club at Montvale Library. Come to one meeting or come to all! We will guide young writers in their personal writing, provide feedback and teach techniques of many popular authors. This is a virtual club that meets monthly and is for Middle School Students. Registration is required.

Middle Grade Readers Book Club

Wed., May 19th at 3:45pm

Who loves to read and talk about great books? Join us to talk about books! New members are always welcome to get the buzz on new books, and share your favorite titles with friends (virtually of course). Registration is required and best for grades 4-8.

Bedtime Stories with Ms. Mary

Thursday, May 20th at 7:00pm

Ms. Mary sure knows how to pick great books to read aloud! Families are encouraged to register and join her for a live virtual Bedtime Story session. If you miss this, Ms. Mary records and posts a new story every Thursday on our Facebook page. So, grab your favorite stuffed animal and snuggle in to hear some wonderful, relaxing stories.

Special Information Webinar presented by Youth and Adult Services

Webinar: Program for Families of Individuals with Disabilities Nearing High School Graduation.

Tuesday, May 13th at 7:00pm

We will be hosting a Zoom presentation about the step by step transition process into the Adult System of Services (DDD) presented by Caregivers of NJ. This presentation is relevant for families who have children with intellectual and/or developmental disabilities between the ages of 17-21 and are nearing high school graduation. Oftentimes, this period is very overwhelming for parents, yet this live presentation breaks down the process into easy-to-understand steps.

eBooks and Other Online Materials

The Montvale Library now subscribes to Kanopy, a movie streaming service with over 30,000 documentaries, classic and indie films. Patrons with a valid Montvale Library card can stream up to ten titles per month for a 72-hour checkout period.

Hoopla offers eBooks, movies, audiobooks, TV shows, music, and comics to Montvale residents. To sign up, go to <https://www.hoopladigital.com/> or download the free Hoopla app and log in with your library card number (the 14-digit number above the barcode)!

Use the Libby app to borrow eBooks and audiobooks! Use your Montvale Library card to enjoy free content. For anyone who needs step-by-step help getting their device set up, please email movlcirc@bccls.org.

Ancestry is now available to Montvale Patrons at home! Please email movlcirc@bccls.org for login information to access this resource remotely. Please check our website and social media pages for updates as we are constantly providing new virtual services.



STORMWATER POLLUTION: WHAT DO YOU THINK?

- You may think littering is no big deal (it is).
- You may think that whatever runs into the storm drains gets treated before it reaches local rivers and streams (it isn't).
- You may think motor oil and other hazardous materials doesn't harm the water very much (it does).

Pollution seeps into the ground and is carried by stormwater (rain and snow) directly to our drinking water, streams, lakes and oceans. Contaminated stormwater is the #1 cause of water pollution in New Jersey. Simple things, like proper clean-up after oneself and careful use of chemicals in the home, office and yard, are helpful ways for businesses and residents to protect the water.

[Insert Municipality Name] has ordinances aimed at reducing pollution from litter, fertilizer, oil, pesticides, detergents, animal waste, grass clippings and other debris. For details, see [Insert Municipal Ordinance Website Link] . Thank you for keeping them in mind and doing your share.



**Keep grass, leaves and trash
out of storm drains**



Don't feed wildlife



Clean up after your pet



**Limit use of fertilizers &
pesticides**



**Properly handle hazardous
products**



**NJ DEPARTMENT OF
ENVIRONMENTAL
PROTECTION**

www.nj.gov/dep/dwg

www.cleanwaternj.org

Solutions to Stormwater Pollution

Easy Things You Can Do Every Day To Protect Our Water

A Guide to Healthy Habits for Cleaner Water

Pollution on streets, parking lots and lawns is washed by rain into storm drains, then directly to our drinking water supplies and the ocean and lakes our children play in. Fertilizer, oil, pesticides, detergents, pet waste, grass clippings: You name it and it ends up in our water.

Stormwater pollution is one of New Jersey's greatest threats to clean and plentiful water, and that's why we're all doing something about it.

By sharing the responsibility and making small, easy changes in our daily lives, we can keep common pollutants out of stormwater. It all adds up to cleaner water, and it saves the high cost of cleaning up once it's dirty.

As part of New Jersey's initiative to keep our water clean and plentiful and to meet federal requirements, many municipalities and other public agencies including colleges and military bases must adopt ordinances or other rules prohibiting various activities that contribute to stormwater pollution. Breaking these rules can result in fines or other penalties.



As a resident, business, or other member of the New Jersey community, it is important to know these easy things you can do every day to protect our water.

Limit your use of fertilizers and pesticides

- Do a soil test to see if you need a fertilizer.
- Do not apply fertilizers if heavy rain is predicted.
- Look into alternatives for pesticides.
- Maintain a small lawn and keep the rest of your property or yard in a natural state with trees and other native vegetation that requires little or no fertilizer.
- If you use fertilizers and pesticides, follow the instructions on the label on how to correctly apply it.



Make sure you properly store or discard any unused portions.

Properly use and dispose of hazardous products

- Hazardous products include some household or commercial cleaning products, lawn and garden care products, motor oil, antifreeze, and paints.
- Do not pour any hazardous products down a storm drain because storm drains are usually connected to local waterbodies and the water is not treated.

The Montvale Diversity & Inclusion Committee

Last month, The Montvale Diversity and Inclusion Committee began a month-long observance of Ramadan. The observance takes place from April 12th until May 12th and places special emphasis on fasting, reflecting, and helping neighbors in need. The Committee partnered with the Montvale Free Public Library and Committee member Mariam Khan introduced readers to Ramadan by reading the book *Lailah's Lunchbox: A Ramadan Story* by Reem Faruqi. Community members can visit the library's Facebook page to see the video and to learn more! In addition, the Committee is hosting a non-perishable food drive until May 12th. All items are being donated to the Tri-Boro Food Pantry and will benefit community members in need. Drop off locations include Borough Hall, Fieldstone Middle School, and Memorial Elementary School.



This month, the Committee will celebrate Asian Pacific American Heritage Month with two events: a conversation with Bergen County Commissioner Ramon M. Hache, Sr., and Ludi Hughes, Head of Bergen County's Asian American Advisory Council on May 20th at 7:30 PM via Zoom and in partnership with the Montvale Free Public Library, we will share a list of books written by Asian Pacific American authors and host a story time with Filipino American author, Erin Entrada Kelly.

We are also celebrating Women's Health Month during the month of May. The Committee will post a calendar of events at the beginning of the week focusing on nutrition, physical activity, and emotional needs. All women from all backgrounds and heritage are encouraged to participate. Join us in this journey by sharing your pictures at the gym, while taking a walk, etc. We will share your photos with the community.

Next month, the Committee will celebrate PRIDE with a dedication ceremony at Huff Park on Sunday, June 13th at 5pm. The Montvale Diversity and Inclusion Committee is always looking for volunteers! If you would like to help with upcoming events, please email us at diversitycommittee@montvaleboro.org

MAL Cheerleading

If you see these two fine ladies about town, please thank them...

The one on the left is Clarissa Shell; and that's Lynsey Brimigion on the right.

With their kids "aging out" of The MAL, they have stepped down as Cheer Commissioners after an amazing four-year run. And, as if that wasn't enough, they also coached for nine. (Yes, NINE. #notatypo.)

We are very appreciative of Clarissa and Lynsey for taking on these demanding roles -- and doing so with such grace and spirit.



The Montvale Athletic League And Hillsdale Present...

Recreation *Cheerleading*

For the Youth of Montvale, Hillsdale & Woodcliff Lake,
3rd through 8th Grade

Fall Registration Now Open!

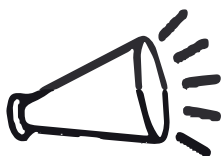
Register Online...

<http://www.leaguelineup.com/hillsdalehawksfootball>

--Sideline Cheer (3rd thru 8th Grade): \$150

--Cheer with Stunting (3rd thru 8th Grade): \$200

The program is run out of Hillsdale with help from Montvale facilities, resources, and coaches.
K-2 Cheer will be offered separately through MAL for Montvale and WCL kids – registration opens in May.



Go Hawks!



Join our squad for a fully integrated, exciting season of football games and exhibitions
(pending COVID guidelines). No prior experience necessary!



Key Dates...

Aug 18–19: Stunt Training (evening hours)

Aug 23–26: Choreography Training (evening hours)

Week of Aug 30: Practices Begins (2x per week)

Games: 1x per week, Sept-Nov (weekends)

**See registration website for complete Cheer Expectations Info.*



Montvale Athletic League



Hillsdale Hawks Football and Cheer

Questions?...

Sharyn Milkes MAL Cheerleading Co-Commissioner; MALCheerleading@gmail.com



Montvale Recreation 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 for more information.

Summer Camp

Summer Camp for children entering grades 1-5 in September of 2021, will run June 28 through July 23, 2021 (Closed on Friday, July 2 for the holiday) on Memorial Drive. Camp hours will be 9:30 am to 12:45 pm on Memorial Drive. As of right now, camp plans are based on the 2020 NJ Dept of Health Youth Camp Standards. Please review those linked guidelines prior to registering your child as it will give you an idea of what camp may entail this summer. Please do not register your child for camp if you do not feel as though they can adhere to these standards. Registration for grades 1-5 opened on April 22. Registration is taking place **ONLINE ONLY**. Please visit Montvalerecreation.org and click the Registration button, then the Summer Camp button to register your child. Please visit MontvaleRecreation.org for more camp information.

Adventure Camp

Adventure Camp primarily a trips camp for children entering grade 6-7 in September 2021 and runs the same dates/hours as Summer Camp. Registration opened on April 8. At this time, most groups have filled. Please visit montvalerecreation.org for more information about Adventure Camp or email MontvaleRecreation@montvaleboro.org to add your child to the waitlist for Adventure Camp.

Programs

Online Registration:

1. Go to MontvaleRecreation.org
2. Click the Registration Tab
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, Golf, Pickleball and Tennis Lessons). Payment by cash or check made out to the Borough of Montvale.

Golf

Memorial Fields near the Tennis Courts
1 Memorial Drive
Mondays April 12 – May 17
Resident: \$105 Non-Resident: \$125

SESSION	START DATE	START TIME	CLASSES
Ages 5-7	4/12/2021	4:45 PM	6 Classes
Ages 8-11	4/12/2021	5:45 PM	6 Classes
Ages 12-14	4/12/2021	6:45 PM	6 Classes

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! TGA of Bergen County follows all recommended guidelines and protocols put forth by the CDC, local, and state officials for running safe youth sports programs. For more information contact: Kevin Rooney krooney@playtga.com or (201) 375-7406.

Tennis Court Badges

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

Badges for the 2021 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

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.



<u>Residents</u>		<u>Non-Residents</u>	
Adult	\$30.00	Adult	\$60.00
Child/Student (Ages 17 and younger)	\$10.00	Child/Student (Ages 17 and younger)	\$20.00
Household Maximum	\$50.00	Household Maximum	\$100.00
Senior Citizens (62 & Over)	FREE	Senior Citizens (62 & Over)	\$10.00

Tuesday Yoga

Montvale Community Center Atrium- 1 Memorial Drive

1 Memorial Drive

Tuesdays 7:00-8:00 pm

April 20 – May 11

This program is currently operating in 4-week sessions

The next session will run May 18 – Jun 8

Resident Fee: \$40 (Only \$10/class!) Non-Resident: \$50

Begin the week or 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 fifteen 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.

Face coverings will be required for the duration of each since this session will be held indoors. Temperature screening and a symptom questionnaire will need to be completed prior to each class.

My Way of Life

Memorial Drive Huff Park Area (Sr/Cmmty Center during Inclement Weather)

Wednesdays and Thursdays: 6:00-7:00 pm

April 28 - June 17

Children in Kindergarten and older are welcome

Resident: \$120 Non-Resident: \$180

From Karate came TaeKwon-Do and from TaeKwon-Do, the Art of My-Way-Of-Life is born. MY-WAY-OF-LIFE, the Art of Self-Defense and Wisdom Living. It is the training of the Body, Soul and Spirit for self-defense in unarmed combat. Grow, get fit and learn to be disciplined while using the following qualities: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control. This Program will be offered two days per week for children in kindergarten and older. The class will be offered Wednesdays and Thursdays from 6:00 to 7:00 PM. Instructor: Mario Liriano; 5th Degree Black Belt and over 40 years of Martial Arts experience. Mr. Liriano has been teaching this program for over 15 years in Montvale and has produced many Black Belts (including his two daughters).

Ultimate Frisbee

Memorial Drive Athletic Complex

1 Memorial Drive

Wednesdays April 14 – May 19

Resident: \$60 Non-Resident: \$80

Join TGA to learn and play Ultimate Frisbee! All ages and levels of skill are welcome and all equipment will be provided! Classes are run by trained and verified coaches who will promote sportsmanship, leadership and skill development. TGA of Bergen County follows all recommended guidelines and protocols put forth by the CDC, local, and state officials for running safe youth sports programs. For more information, please contact Kevin Rooney at krooney@playtga.com or 201-375-7406.

SESSION	START DATE	START TIME	CLASSES
Ages: 8-11	4/14/2021	4:00 PM	6 Classes
Ages: 12-14	4/14/2021	5:00 PM	6 Classes

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 not be issued if the application is incomplete. All organizations must receive an approved permit from Lisa Dent prior to any field use.

WWW.

MONTVALECHAMBER

.com

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TONI-ANN MARABELLO
Marabello Law Firm

Chamber of Commerce Board Meetings:

1st Wednesday of the Month located at Montvale Borough Hall 4:00 pm



LIFELINE URGENT CARE LLC
8 EAST GRAND AVE., MONTVALE, NJ 07645

**Montvale Street Fair
Sunday Oct 17th**



Lifeline Urgent Care provides quality, easily accessible, walk-in medical care for non-life-threatening illnesses and injuries. The Montvale, NJ location is open 360 days per year. Lifeline Urgent Care is committed to providing high-quality care to the residents of Montvale, NJ and the surrounding areas. X-ray and lab services are available on-site.

Lifeline Urgent Care LLC 8 East Grand Ave, Montvale, NJ 07645 201 775 1153



With over 20 years of experience, **Dr. Thomas Chapman** has been one of the most dedicated dentists in Northern Bergen and Southern Rockland counties offering general family and cosmetic dental services. Our dedication to excellence also extends to our modern and technologically-advanced office and facilities.

101 N Kinderkamack Rd, Montvale, NJ 07645 201-307-3323



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