



# The Borough of Montvale

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



P.S. I LOVE YOU  
FOUNDATION



The Montvale Police Department encourage residents to participate in P.S. I Love You Day on February 14. Learn more on page 2.

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Property taxes are due February 1, 2020. Grace period will be to Monday, February 10. After February 10, interest will revert back to February 1. For your convenience, a dropbox is located curbside by main entrance of Library and you may also pay online through the borough website at [www.montvale.org](http://www.montvale.org)

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

The Borough of Montvale Administrative Offices will be closed on February 17, 2020 for President's Day.

## The Mayor's Corner

We are in the middle of the budgets and planning season and I am always proud of our department heads, staff, and council members, which take their duty seriously and passionately. Having done this for the last 10 years, I assure you that your representatives on the council are looking out for the interest of each and every one of you during this process. And while we are in the planning season for 2020 and beyond, I am exploring a long-term project that will revitalize Memorial Drive with newer structures. The current DPW Building and the Community Center are always in dire need of costly maintenance and perhaps it's time to consider new more efficient buildings that can be used for even more activities including indoor sports activities.

We have had a mild winter so far but we are not putting our guard down just yet. We currently don't have a salt shed as we are building a new one, but we do have access to salt as we normally do, our plows and equipment are primed and ready to go should we need them.



Mayor Mike Ghassali

We will continue to have our quarterly town hall meetings and as always, I am available to discuss any town issue with you. Email me directly at [mghassali@montvaleboro.org](mailto:mghassali@montvaleboro.org) or call me on the borough cell number 201-248-0398 anytime.

Mayor Mike Ghassali

Borough Offices will be closed on Monday, February 17, in observance of President's Day.

# Montvale Police Department

If you notice our Officers wearing purple pins during the month of February, it is because we are participating in P.S. I Love You Day for the second year.

Below is information from the P.S. I Love You website. For more information, please visit the site at <http://psiloveyouday.net/>.

P.S. I Love You Day is held every second Friday of February, making it February 14, 2020 this year. On this day we ask everyone to wear purple to stand up against bullying, help end depression, and ultimately prevent suicide. We hope that on this day you walk around your community, school, or work office and see a sea of purple. We hope that you hear nothing but positive messages that make you feel special, loved, and remind you, that you are never alone.



Chief Joseph Sanfilippo

## Montvale Officials

### Mayor

Mike Ghassali (R)  
[MGhassali@MontvaleBoro.org](mailto:MGhassali@MontvaleBoro.org)

### Council President

Douglas Arendacs (R)  
[DArendacs@MontvaleBoro.org](mailto:DArendacs@MontvaleBoro.org)

### Administrator / Municipal Clerk

Maureen Iarossi-Alwan  
[Miarossi@MontvaleBoro.org](mailto:Miarossi@MontvaleBoro.org)

## Council

Chris Roche (R)  
[CRoche@MontvaleBoro.org](mailto:CRoche@MontvaleBoro.org)

Rose Curry (R)  
[RCurry@MontvaleBoro.org](mailto:RCurry@MontvaleBoro.org)

Dieter Koelling (R)  
[DKoelling@MontvaleBoro.org](mailto:DKoelling@MontvaleBoro.org)

Timothy E. Lane (R)  
[TLane@MontvaleBoro.org](mailto:TLane@MontvaleBoro.org)

Annmarie Russo-Vogelsang (R)  
[ARussovogelsang@MontvaleBoro.org](mailto:ARussovogelsang@MontvaleBoro.org)

## Meetings This Month

There will be a Town Hall Meeting February 3, at 7:00 pm in Borough Hall.

### Mayor & Council

2/11 - 7:30pm

2/25 - 7:30pm

### Planning Board

2/04 - 7:30pm

2/18 - 7:30pm

### Environmental Commission

2/10 - 7:45pm

### Board of Health

Check [Montvale.org](http://Montvale.org) for meeting schedule

### Library Board

### Historic Preservation

## Trash & Recycling This Month

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

The Borough of Montvale invite residents to download the Recycling Coach app by visiting <http://onelink.to/qhh73k> from your mobile device or searching the Google Play or App Store for "Recycling Coach"



## From the Property Maintenance Office

Once again, as snowfalls approach, I would like to remind all residents, property owners, and maintenance companies that the property owner is responsible for the removal of all ice and snow from all sidewalks that front on their property within 12 hours of daylight after the same shall have formed or fallen thereon. This requirement is found in section 109-27 of the Montvale Code.

This is extremely important as pedestrians and school students that use sidewalks to access public transportation and are not forced to use the streets as a pathway. I know snow removal issues arise each year especially when we are hit with a great deal of snow throughout the course of the winter. It has been my experience that prompt removal of snow after every storm helps to alleviate the buildup of ice and eventually create a very difficult removal.

Kindly make sure your contractor is aware of the borough requirements regarding snow removal as the property owner is ultimately responsible for their compliance. By all of us doing our share on our respective properties, we can help to keep Montvale safe for all pedestrians on our sidewalks.

**Contact:**



201-391-5700



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



The Borough of Montvale  
12 Mercedes Drive

# Montvale 2020 Clean-up Event

Borough of Montvale

April 18, 2020

at 9:00 AM to noon

Meet at Red Shed (across from Firehouse) on Memorial Drive

Additional Information call 201-391-5700 ext 257 or email

Robert Hanrahan at [ghanrahan@montvaleboro.org](mailto:ghanrahan@montvaleboro.org)



*Complementary light breakfast/coffee courtesy of*

*Wegmans* &  **DUNKIN' DONUTS** of Montvale

**ALL residents of all ages are invited to**



**Gloves & trash bags are provided by BC Clean Communities**

**Borough of Montvale Thanks the following organizations for their continued participation: Montvale Environmental Commission, Montvale Boy Scout Troop 334, Montvale Cub Scout Pack 336, Montvale Girl Scouts, Montvale Senior Club, and ALL THE RESIDENTS & groups that donate their time.**

**Community service hours will be granted, forms are available**

(Hold Harmless forms must be signed and submitted by all participants and parents of minors)





## **The Borough Of Montvale Environmental Commission's Program Aimed At Bringing Awareness To The Environmental Impact Of Single Use Plastic Bags Results In The Collection Of Over One Ton (2,000 Pounds) Of Plastic Bags In Just Four (4) Months**

Starting in September 2019 the Montvale Environmental Commission (EC) commenced a program in conjunction with the composite decking manufacturing company Trex to collect single use plastic bags and film. Once the plastic bags and film were collected, Trex utilized same as part of its composite decking manufacturing process. With the help of many volunteers, the Montvale EC has been receiving plastic bags from 5 designated locations around the Borough. In return for receiving 500 pounds of plastic bags within a 6 month period Trex agreed to provide Montvale with a new composite park bench.

As of January 13, 2020 the Borough of Montvale had collected and recycled an amazing over one ton or approximately 165,000 plastic bags. Bob Hanrahan, Chairman of the Montvale Environmental Commission stated that "The success of this program in just four months has surprised everyone. The residents are actively and eagerly participating in the program resulting in its amazing success." Chairman Hanrahan went on to point out that "While recycling and reusing the plastic bags is very important, just as important, if not more, are all the efforts to encourage residence to reduce and eventually eliminate their using single use plastic bags". He concluded that "This program was not only intended to recycle plastic bags, but it was also intended to bring awareness to our residents, and prepare them for state-wide plastics reduction programs that are currently being drafted in Trenton and will likely be instituted in the near future. I am very happy with the results of the program and by the overwhelming support from the residents of Montvale". Montvale plans to continue this program through 2020 or until a statewide program is instituted.

The Montvale EC continues to ask residents to use reusable shopping bags but if they do have more single use plastic bags to please continue to bring them to one of the following designated drop-off locations in the Borough:

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 Public School locations are for students only and not open to the general public.

The type of plastic they are accepting within this program is limited to plastic bags and wraps, 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 on the EC Website. **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 and this program please go to <http://www.montvale.org/boards/environmental>

# Montvale Senior Club

## THE MONTH OF HEARTS AND FLOWERS- HAPPY VALENTINE'S DAY

**VALENTINE'S DAY LUNCHEON:** On Thursday, February 20, our club will be celebrating Valentine's Day with music and a delicious luncheon.

**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, 10:00 am to 12:00 pm, contact Bill Maki 201-930-0463. Please note all activities are for members only.

**PICKLE BALL** : Wednesday evenings 8:00 pm to 10:00 pm at Fieldstone School. Cost is \$50.00 for five (5) months. Contact John Rotante 201-391-4194.

**MAHJONG:** Wednesday evenings from 7:00 pm to 9:30 pm—Kitty Stern -Coordinator 201-802-0997.

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

**CHAIR EXERCISES AND HEALTHY BONES:** Contact Marie Dineen, 201-391-1831 for weekly schedules.

**BOOK DISCUSSIONS:** Meetings every second Thursday at 12:30 pm. Coordinators - Ree Hooper 201-391-7386 –Kathy Hatfield 201-391-0420.

**PIZZA BINGO:** Every second Friday from 5:30 pm to 8:30 pm. Coordinators- Micki Keller 201-573-1179 and Jody Miller 201-573-0246. Tickets can be purchased at the Senior Center/Business meetings, \$7.00. No tickets will be sold at the door. Two (2) slices of pizza, soda, dessert and coffee.

**TRIPS: WOODLOCK PINES** – June 9-11, one (1) occupancy is available. Contact Rosemarie Kelly 201-391-8718. Additional trips to Atlantic City, Sight and Sound, Mt. Airy Casino, Doolans, and a Broadway Show are being scheduled for the new year of 2020.

**BUSINESS MEETINGS:** Every first Thursday of each month, and our social meetings are every **THIRD THURSDAY** of each 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. Our annual dues are \$15.00.

**PLEASE NOTE: THE SENIOR CENTER IS CLOSED ON PRESIDENT'S DAY, FEB.17, 2020.**

**Milli Stellatos, Corresponding Secretary - 201-385-5090**

## 2020 Registration for Senior Exercise Room

Once again it is time to register for use of the Senior Exercise Room. For the benefit of those of you who are not familiar with our facility, there is located at the Senior/Community Center a mini-fitness center that contains a few treadmills and elliptical trainers, a rowing machine, a stair stepper and recumbent and upright bicycles. We are in operation on Monday, Wednesdays and Fridays from 8:00 AM until Noon.

If you are 55 years of age or older, a resident of Montvale and would like to regain or retain your physical fitness, come join us. As in past years, the fee is \$40 per year, which covers the cost of operation. Non-residents are welcome at \$45 per year.

# Library Programs

## Adult Programs

### **February 11, 2020 - 1:00 pm - Tuesday afternoon movie: Downton Abbey (2019)**

The Montvale Library will be showing a screening of Downton Abbey (2019) on Tuesday, February 11, 2020 at 1 pm. The Crawley family prepares for an official royal visit to their Yorkshire mansion in 1927. No registration required.

### **February 25, 2020 - 1:00 pm - Tuesday afternoon movie: Judy (2019)**

The Montvale Library will be showing a screening of Judy (2019) on Tuesday, February 25, 2020 at 1 pm. Set in the late 60's, Judy portrays Judy Garland's arrival in London to perform a series of sold-out concerts, and the behind-the-scenes chaos that ensues. No registration required.

## Youth Programs

### **Every Wednesday in February - 3:45 pm - Read to Mia the Therapy Dog (open to readers)**

Learning how to read or just love super friendly dogs? Join Mrs. June and her dog Mia on Wednesdays. Students can practice reading aloud and listening to others as well. Registration starts the week before the program. New sign up for each week.

### **February 1, 2020 - 2:00 pm - Saturday Afternoon Movie (4 and up)**

Join us to watch the animated 2019 version of the Addams Family. Registration started on January 20.

### **Every Wednesday in February - 5:30 pm - Chess Workshop (1st grade and up)**

Learn how to play chess if you are a beginner or be paired up with someone at your level to work on your skills. Registration for each workshop start the week prior. We will be concluding the month with a pizza party after our workshop.

### **February 11, 2020 - 3:45 pm - Valentine's program with the FEA (5 and up)**

The Future Educators of America will have a Valentine's program including stories, activities, and a craft. Registration started on January 27.

### **February 13, 2020 - 4:00 pm - Chemistry in the Kitchen (1st grade and up)**

We will be making healthy nut-free trail mix with some added Valentine treats. There is a \$2 non-refundable fee due at registration. In person registration starts on February 3.

### **February 20, 2020 - 4:00 pm - Learn how to make homemade dog treats (ages 5 and up)**

In honor of National Love Your Pet Day we will be making homemade dog treats that you can bring home for your dog or give to your friend's dog.

### **February 29, 2020 - 2:00 pm - Watch the movie Frozen II with the Snow Queen (ages 3 and up)**

Watch the newly released Frozen II DVD with the Snow Queen. Wear your favorite costume and have a camera ready for pictures too! Registration starts on February 18.

# Tri-Boro Food Pantry

Happy New Year!

This past holiday season we were blessed with many generous donations. An abundance of fresh produce, winter coats, mittens scarves and hats!

This month the pantry would be very grateful for donations of:

Jelly/jam  
Canned fruit  
Tuna/canned chicken  
Tissues

WWW.

# MONTVALECHAMBER

.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**  
Perfect Limo

## SECRETARY

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

## VICE PRESIDENT

**TOM CHAPMAN**  
Tom A. Chapman DMD

## 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**

## Street Fair 2020

When: Sunday June 14, 2020

Time: 10:00 am - 5:00 pm

Where: Paragon Drive, Montvale

***Sponsorship Applications will be available February 1, 2020***

***Join over 100 Vendors and over 25,000 people  
for a family fun filled afternoon***



**Join the Chamber: [MontvaleChamber.com/join](https://www.MontvaleChamber.com/join)  
[www.facebook.com/Montvale-Chamber-of-Commerce](https://www.facebook.com/Montvale-Chamber-of-Commerce)**

**Stay on top of chamber news and events: [facebook.com/Montvale-Chamber-of-Commerce](https://facebook.com/Montvale-Chamber-of-Commerce)**

# [facebook.com/Montvale-Chamber-of-Commerce](https://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 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.

### Summer Camp

Summer Camp for children entering grades 1-5 in September of 2020, will run June 29 through July 24, 2020 (Closed on Friday, July 3 for the holiday). Camp hours will be 9:30 am to 2:30 pm on Memorial Drive. In-person and online registration will begin on March 1. Further information to be released on February 14.

### Counselors

Applications for NEW camp counselors will be available at Borough Hall, Pascack Hills Guidance office and the Fieldstone Middle School front office beginning Monday, February 3. Counselors must be 14 years of age or older by June 29th, 2020 to apply. Applicants must be available for the mandatory counselor training on Friday, June 26 from 12:00 pm – 4:00 pm and during all camp weeks; June 29 through July 24 from 9:00 am - 2:45 pm. All applications must be returned to either Borough Hall or the Montvale Library Drop Box by Monday, March 2. All new counselors need to additionally attend the interview session on Wednesday, March 4 between 4:30 and 6:30 pm on the second floor of Borough Hall. Applicants will be interviewed on a first-come, first-served basis.

Returning counselors were mailed an application packet with instructions on how to reapply. If any returning counselor did not receive a packet by February 10, please email Ms. Dent, [MontvaleRecreation@montvaleboro.org](mailto:MontvaleRecreation@montvaleboro.org)

### Adventure Camp

Adventure camp is for children entering grades 6 and 7 in the September 2020-2021 school year. As part of this camp, campers will spend time off site learning and discovering. Each week campers will venture on trips to explore and above all, have fun! Please note that this camp will begin 30 minutes earlier this year. Campers must arrive by 9:00 am and will be released at 2:30 pm. Earlier drop off will allow for campers to have more time on their many trips during camp. Registration must be done in person. There will be no online registration for Adventure Camp. Registration will take occur on Thursday, March 5 5:00pm - 7:30 pm at Borough Hall on the second level. Further information to be released on February 14.

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



## Girls Volleyball

Memorial School Gymnasium  
Tuesdays 7:00–8:00 pm  
January 7 – March 3  
Resident Fee: \$80 Non-Resident Fee: \$100

This eight-week program will be offered to girls in grades 5 through 8 who will learn to improve their volleyball skills through the instruction of Chris Moran. Early online registration is recommended for this program.

## Adult Volleyball

Memorial School Gymnasium  
Tuesdays 8:00-10:00 pm  
January 7 – May 19  
Resident Fee: \$50 Non-Resident Fee: \$75  
Open Registration: Online or In-Person at Any Class

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

## Open Play Pickleball

Memorial School Gymnasium  
Wednesdays 8:00-10:00 pm  
January 8 – May 20 (No Pickleball Feb. 5th and April 8th)  
Resident Fee: \$50 Non-Resident Fee: \$75

What is Pickleball? It's a paddle sport created for all ages and skill levels! The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. This sport combines many elements of tennis, badminton and ping-pong. Players are equipped with paddles and a plastic ball on a badminton sized court. The net that the ball is paddled over is a smaller version of a tennis net. Pickleball can be played in single or double teams. All the necessary playing equipment will be provided by the Recreation Department.

## Monday Yoga

Montvale Community Center Atrium- 1 Memorial Drive  
1 Memorial Drive  
Mondays 7:30-8:30 pm  
March 23 – May 18 (No Class on April 7)  
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  
March 13 – May 8 (Off April 10)  
Resident Fee: \$80 Non-Resident: \$100

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

## Taekwon-Do

Senior/Community Center Atrium: 1 Memorial Drive  
Wednesdays and Thursdays: 6:00-7:00 pm  
January 22 – March 12

Fee: for this 16-session class is \$120 for residents; \$180 for non-residents (space permitting)  
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).

## 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 7:00 pm in the Senior/Community Center Library. There is no fee for this program.

## 30+ Basketball

Memorial School Gymnasium  
Mondays 8:00 -10:00 pm  
September 16 – May 18  
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.

# Tennis Court Badges

Each year residents who wish to use the courts must register to receive their new access card. Badges for the 2020 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.

## Tai Chi

Senior/Community Center Atrium: 1 Memorial Drive  
Fridays 12:15-1:00 pm  
January 3 – February 21  
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's 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. The new 2020 field permit applications will be available beginning January 15th.

DEADLINE FOR SPRING 2020 FIELD USE APPLICATIONS IS FEBRUARY 1.

Montvale Recreation  
[MontvaleRecreation@montvaleboro.org](mailto:MontvaleRecreation@montvaleboro.org)