



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

The Borough of Montvale offices will be closed on Monday, May 29 in observance of Memorial Day. The Memorial Day Service will begin at Veteran's Monument Park in the center of town at 9:00am. The Tri-Boro Memorial Day Parade starts in Montvale at 10:30am, transit through Park Ridge and ending in Woodcliff Lake.

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The Mayor's Corner

As the warm weather approaches, cabin fever has us all wanting to get out and about. Thankfully, we have some projects in the works to make that possible. First, the Borough and the Library have been working together on a new outdoor patio space next to Borough Hall. This new space, which we hope to have open by early May, will be used for Library programs and other small community events. We are looking for sponsors for benches, tables and other amenities for this area, so please reach out to our Library Director, Giulia Bombace, for more information.

Next, the Borough has received an Open Space Grant Award for improvements to the Huff Park playground. The funds will be used primarily to upgrade the playground equipment for the younger children; if funds remain, we will work on installing a rubberized surface or other ADA-compliant alternative. Our Recreation Director, Lisa

Loranger, is working with a vendor to create a fun new space for our 2-5-year-old residents.

Lastly, and a little bit more long-term, the Borough is in the process of finalizing the purchase of approximately 8.4 acres of the DePiero Farm property on Summit Avenue and Craig Road.

We anticipate using this space for future recreational purposes. The DePiero family will still be operating the greenhouses this year, so please feel free to stop by to create some lasting memories of the farm.

Don't forget to check our website at www.montvale.org for upcoming events and updates. As always do not hesitate to contact me if I can be of any assistance.



Mayor Mike Ghassali

Mayor

Mike Ghassali (R)
MGhassali@montvaleboro.org

Municipal Clerk

Fran Scordo
fscordo@montvaleboro.org

Administrator

Joseph Voytus
JVoytus@montvaleboro.org

Council President

Douglas Arendacs (R)
DArendacs@montvaleboro.org

Annamarie Russo-Vogelsang (R)
ARussovogelsang@montvaleboro.org

Council

Dieter Koelling (R)
DKoelling@montvaleboro.org

Timothy E. Lane (R)
TLane@montvaleboro.org

Chris Roche (R)
CRoche@montvaleboro.org

Theresa Cudequest (R)
TCudequest@montvaleboro.org

Police Department

The annual National Highway Traffic Safety Association Click It or Ticket campaign will be happening from May 22nd through June 4th 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 Doug McDowell

Tax Department

Property taxes are due May 1. Grace period is 10 days. After May 10, interest will revert back to May 1

Borough Hall hours have change. Mon, Tues, Wed 8am-4pm. Thursday 8am-7pm. and Friday 8am-12pm

For your convenience, a drop box is located curbside by the main entrance of the Library. You may pay online through the borough website at www.montvale.org, or you can mail your payment to the Borough at 12 DePiero 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.

Questions regarding the Anchor Program please call 1-888-238-1233

Questions regarding Senior Freeze please call 1-800-882-6597

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

Code Enforcement

I would like to take this opportunity to remind all residents that the posting of any type of sign on utility poles, street signs, or any Borough Right-Of-Way is strictly prohibited. All garage sale and estate sales require a permit from the Building Department. You can obtain the permit from stopping in at the Borough Hall or obtaining it on line at www.montvale.org. There is no charge for this permit. There has recently been a plethora of various signs posted on utility poles seeking the return of a lost pet or an impending garage sale. Being a pet owner myself, I shudder to think how I would feel if it was my pet that was lost and my heart goes out to those who experience that loss. Please be advised that any and all such signs will be removed. The posting of these signs leads to garbage on the streets and utility poles covered with unsightly signs at well-traveled intersections. As for garage sale signs, these are permitted to be posted as per section 45A-5 of the Montvale Code but are prohibited from being posted on utility poles. I would appreciate the cooperation of all residents so that we can keep Montvale looking clean.

Spring is here and if you are cleaning out or moving remember that storage PODs require a permit from the Building Department.

Montvale Code Enforcement

Friends of the Library

The Friends of the Montvale Library will meet on Thursday, May 4th, at 7:00 at Davey's Locker. Note change of time and venue. Please go to the Friends website (<https://www.montvalelibrarynj.org/friends>) for more info. New members are always welcome.

Curbside Collection This Month

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

Montvale Library - Virtual Programs

Please check our website www.montvalelibrarynj.org for more updates. Don't forget to follow us on Facebook, and Instagram.

Friends of the Library

The Friends of the Montvale Library will hold their next meeting on Thursday, May 4th at 7:00 p.m. at Davey's Locker in Montvale- please note the change of time and venue. Please visit the Friends website www.montvalelibrarynj.org/friends or email Bombace@montvale.bccls.org for more information.

Mark your calendars- The Friends of the Library is holding a Dining for Dollars event at Davey's! Dine at Davey's during the following times and 20% of your bill will go to the Friends of the Montvale Library to help sponsor programs, purchase museum passes, and much more. Please ask the library staff for more information.

Monday, May 1st- Lunch and dinner

Tuesday, May 2nd- Lunch

Thursday, May 4th- Lunch and Dinner

(Dine in only, no take out)

Thank you for supporting the Montvale Public Library!

Montvale Library - Adult Programs

Please visit www.montvalelibrarynj.org/calendar to register for any of the programs listed below unless noted otherwise.

May 1, 8, 15, 22 2023 at 7:00 p.m.

VIRTUAL

Virtual Guided Meditation Series

Join us for four relaxing virtual guided meditation sessions led by certified instructor Amy Rutledge. No experience necessary. Register for as many sessions as you want! This is a virtual program.

May 4, 2023 at 7:00 p.m.

Library Activity Room

Adapting Small Farm Methods to a Backyard Garden

Join local farmer Anthony Bracco as he discusses where our food comes from (local vs. distant, family vs. factory), shares naturally grown and sustainable farming methods, and demonstrates how to adapt small farming methods to your backyard garden. This program will take place in the Library Activity Room.

May 8, 2023 at 12:00 p.m.

Library Activity Room

Monday Afternoon Book Club

The Monday Afternoon Book Club meets on the 2nd Monday of every month at 12:00pm. This month we will be reading *The Water Dancer*, by Ta-Nehisi Coates. This program will take place in the Library Activity Room.

May 11, 2023 at 7:00 p.m.

Library Activity Room & Virtual

Memories of Bergen County Landmarks

Remember Crazy Eddie's? Two Guys? Join us for a nostalgic virtual tour of historical Bergen County, where we will revisit old stores, restaurants, amusements and other landmarks that are no longer with us. This program will take place in the Library Activity Room and also be streamed virtually.

May 20, 2023 at 12:00 p.m.

Library Activity Room & Virtual

Georgia O'Keeffe: Speaking in Color and Shapes

Georgia O'Keeffe, one of the most important and fascinating artists of the Twentieth Century, has given us images of audacious flowers, dramatic cityscapes, glowing landscapes, and haunting depictions of bones against the stark desert sky. Join art history teacher Janet Mandel as she examines O'Keeffe's innovative works and her long and productive life. This program will take place in the Library Activity Room and also be streamed virtually.

May 25, 2023 at 7:00 p.m.

Library Activity Room & Virtual

Holistic Approach to a Healthy Heart

Explore holistic and complementary approaches to heart health, emphasizing the beneficial effects of holistic therapies related to exercise and fitness, nutrition, stress management, this program will take place in the Library Activity Room and also be streamed virtually.

Upcoming Book Groups

May 8, 2023 at 12:00pm - "Portrait of a Unknown Woman" - Daniel Silva

June 12, 2023 at 12:00pm - "The Alice Network" - Kate Quinn

The Montvale Cookbook Supper Club will be meeting on Monday, May 22nd at 6:30pm to discuss *Vegetarian India: A journey through the best of Indian Home Cooking* by Madhur Jaffrey. Contact therese.jones@montvale.bccl.org for further information or stop by the library to pick up a copy of this book today! We have copies available at the circulation desk.

English as a Second Language

The Montvale Public Library is a member of the Literacy Volunteers of Pascack Valley which offers classes and free one-on-one tutoring for adults to learn English. The program offers free instruction in reading, writing and speaking skills both virtually and at the library. Each student is matched with a trained volunteer tutor. There are free group and conversation classes taught through the Westwood Public Library as well.

If you have any questions or would like to become a student or a tutor, please inquire with the ESL manager, therese.jones@montvale.bccls.org or email: literacyvolunteerspv@gmail.com or submit a form at <https://www.literacyvolunteers.org/tutor-training-workshop-form.html>.

Montvale Library - Children's Department

Little Learners Pre-School Fun
May 4th @ 1:30 pm

Calling all preschoolers! This class is for you with stories, activities, and more! All little learners ages 3 and older will experience this class on their own but don't worry grown-ups, you will be just on the other side of the door. Registration is required.

Babies in the 'Brary
May 5th @ 10:30 am

Join us for Babies in the 'Brary where we will be Singing songs, rhymes, and fingerplays, all building blocks for early literacy. Babies ages 0-18th months and a grown-up are invited to join us for all this and more!

Yoga Little Storytime
May 11 and 18 @ 10:30 am

Join us with Bozza Yoga Littles and enjoy creative yoga poses, movements, and story time fun! Come, meet friends, and improve hand-eye coordination and motor skills through yoga! This class is for children aged 18 months- 4 years. Registration is required for each class.

All the programs can be found on our website, montvalelibrarynj.org. In addition, many of you are familiar with Ms. Mary's Bedtime Stories that post on Montvale Library's Facebook page each Thursday at 7 p.m. They will continue through January, and you can always find an older one by clicking "Videos" on the FB page. Ms. Mary will give your child a special "shout out" for a birthday if you send an email to childrensdepartment@montvale.bccls.org.

Ms. Liz, Ms. Daniela, and Ms. Mary are all excited about the new year and all the new activities and programs that we will be offering. Stop in and visit our Stay and Play Build a Snowman Activity (yes! In the library) or add a snowman to our snowy slopes under the trees!

Museum Passes

Please check out our website <https://www.montvalelibrarynj.org/museum-passes> for updated information about how to obtain passes for the following museums:

Storm King, Guggenheim, Intrepid, and the American Museum of Natural History. Museum passes for the Intrepid and the American Museum of Natural History provided by the Friends of the Library.

eBooks and Other Online Materials

The Montvale Library subscribes to Kanopy, a 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 Hoop-la app and log in with your library card number (the 14 digit number above the bar-code)!

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

Senior Club

MONDAY

- Healthy Bones – 10:00am-11:15am HARP 551-996-2038
- Chair Exercises – 11:00am-12:00pm (video tape) Micki Keller -201-669-9935 Rani Moraine – 201-930-8950
- Mahjong – 1:30pm-3:30pm Kitty Stern – 201-802-0997

TUESDAY

- Bocce/ games – (co-ed) 10:00am-12:00pm John Rotante -201-391-4194 Vinnie Alfano – 551-427-8143
- Canasta – 1:00pm-3:00pm Fran Ohayon – 201-391-4272
- Tai Chi – 1:30pm-2:15pm Lisa Dent -201-391-5700-ext.251

WEDNESDAY

- Bocce (coed) – 10:00am-12:00pm John Rotante 201-391-4194
- Chair Exercises – 11:00am-12:00pm Micki Keller 201-669-9935 Rani Mooriani 201-930-8950
- Mexican Train/ Cards – 1:30pm – 3:30 pm Louise & George Boothby 201-476-1319

THURSDAY

- Pickleball – 8:00am – 10:00am Kurt Birkenmaier 201-574-3020
- Savory Seniors – Thursday, May 27 at 11:30am. – Louise Boothby 201-476-1319 Banoo Irani 201-930-8787

FRIDAY

- Bocce- (women) 10:00am – 12:00pm Pat Casciano- 201-307-9685
- Chair Exercises – 11:00am-12:00pm Rani Mooriani- 201-930-8950
- Bocce – (men) 1:00pm – 3:00pm John Rotante 201-391-4194
- Cards/ Rummikub – “5 Crowns” 1:30pm – 3:00pm Dianne Carfora 201-314-0141

MONTHLY ACTIVITIES

- Senior Club Business Meeting – May 4 12:00pm – 2:00pm
- Book Club – Thursday, May 11 12:30pm The book this month is: - “The Measure” by Nikki Erlick Ree Hopper-201-391-7386 Linda Queller – 201-505-4850
- Bingo / Pizza – Friday, May 12 5:00pm – 7:00pm (\$8.00) Micki Keller 201-669-9935 Jodi Miller 551-427-4581
- Senior Club Social – Thursday, May 18 12:00pm – 2:00pm Springtime Luncheon.
- Gym Open – Monday – Wednesday – Friday 8:00am-12:00pm Bob Daley 201-307-0393 Werner Hahnemann. 201-391-8399
- Our nurse will be visiting us on the first Monday and the first Thursday for blood pressure readings.

UPCOMING TRIPS

- Saturday, May 6 4:00pm Montvale TV Town Hall Meeting. 20 seniors to be on a panel to discuss important issues for our seniors
- May 8-10 – Cape May featuring a trolley tour and the Physick Estate – Rosemarie Kelly 201-391-8718.
- June 6-9 - Woodloch Pines Trip Pat Casciano 201-819-9857
- June 15 -Old Tappan Manor Luncheon 11:30am – 3:30pm Luncheon and Dancing
- June 22 - Tentative trip to the Papermill Playhouse - Play ‘Rent’ with a luncheon Price \$125.00 Dianne Carfora 201-314-0141
- September 13 – Resorts Casino Trip – Casino, lunch, show plus \$25 play money– Dianne Carfora 201-314-0141



Bergen County Clerk

John S. Hogan

Presents:



Around the County

Satellite Office and Passport Outreach Services



Montvale



No Appointments Necessary

What

- Accepting Passport Applications (Photos On-Site)
- **Swearing in Notary Oaths**
- Photo Cards for Seniors, Veterans, and Exempt Firefighters
- Bring checks for payments
- For any further information please call 201-336-7055

Where

Montvale Borough Hall – Council Chambers 2nd floor
12 DePiero Drive
Montvale, NJ 07645

When

Thursday, July 20, 2023
From 10:00 AM – 2:00 PM



Managing Springtime Allergies and Asthma

Allergies

Spring brings tree allergies to New Jersey. This season can start as early as mid-February and will usually last until May or longer depending on the tree species.

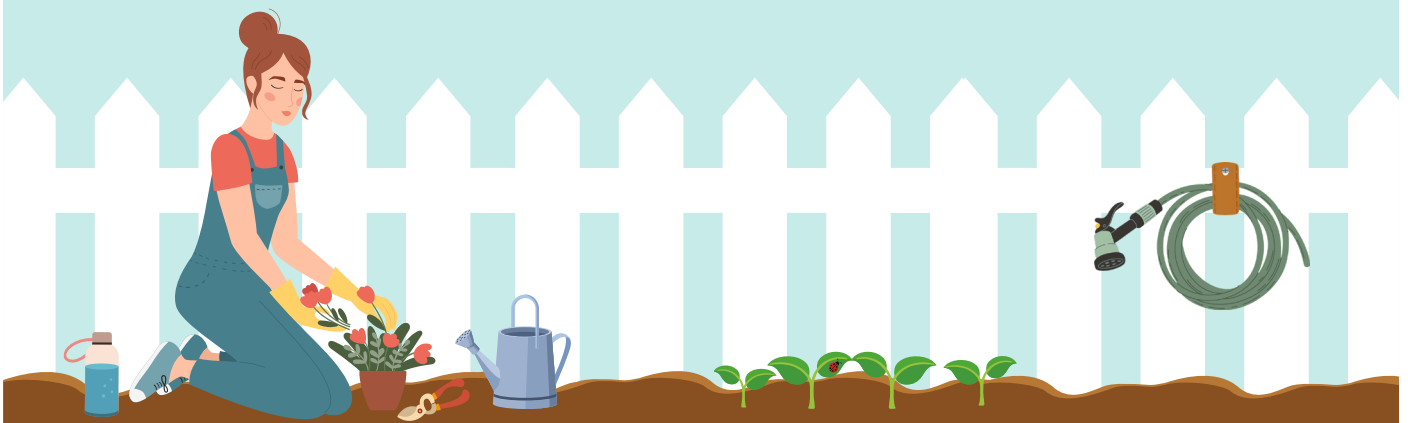
Common tree allergies in New Jersey are triggered by **oak, hickory, ash, walnut, cedar, privet, willow, and mulberry trees.**

The dry wind we see in early spring will spread allergens and raise the pollen count.

Spring rains often flush everything down to the ocean and drop pollen counts.

To Reduce Your Exposure to Pollen When You are Outside:

- Wear sunglasses and a hair covering, such as a hat, when outside.
- If doing yard work or cutting grass, wear an N95-rated mask, gloves, and sunglasses/goggles.
- Avoid going outdoors during peak pollen times. Pollen is usually highest from 5 to 10 a.m. and at dusk. Pollen is also higher on warm, breezy days.
- While in the car, set your air conditioner to the “recirculate air” setting.





Managing Springtime Allergies and Asthma

Asthma

Asthma is a chronic lung disease that causes the bronchial airways to become narrow and swollen. This leads to extra mucus production, causing difficulty in breathing.

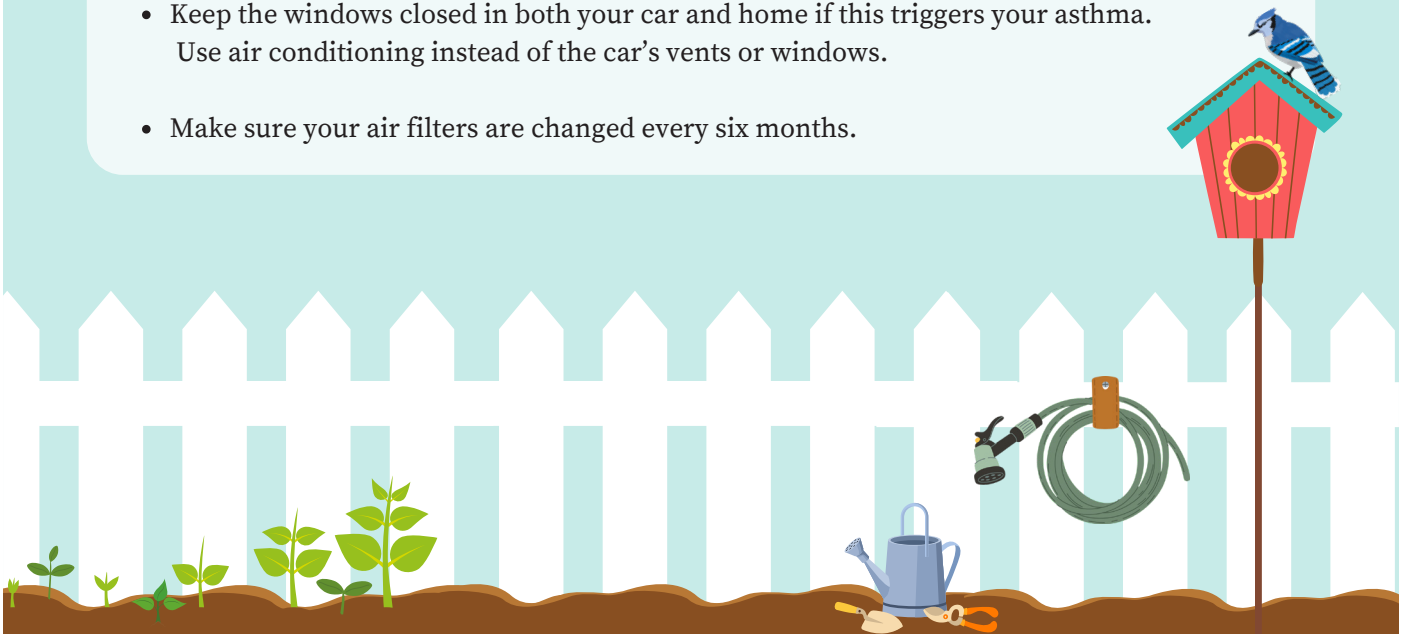
Most people with asthma will likely be coughing and wheezing when breathing.

Asthma can be associated with either a non-allergic or an allergic reaction; for some people, it can be a minor nuisance. However, for others, it can be a major issue that will hinder their daily lives, which eventually may lead to a life-threatening asthma attack.

Asthma in the spring can be worse as the airways in the lungs often get swollen or inflamed due to triggers. Typically, people with asthma have allergic asthma, which means that asthma is triggered by an increase in allergens present in the surroundings.

Tips for Managing Asthma in the Spring Season:

- Wash your hair and shower before sleeping, as pollen can stick to the skin. Also, wash the clothes that may have collected pollen by the end of the day.
- Additionally, wash your blankets and sheets in warm or hot water, and vacuum your carpets and furniture frequently to keep them allergen-free.
- Keep the windows closed in both your car and home if this triggers your asthma. Use air conditioning instead of the car's vents or windows.
- Make sure your air filters are changed every six months.





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THURS., MAY 4TH- LUNCH AND DINNER

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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 2023, will run June 26 through July 21, 2023 (Closed on Monday, July 3 and Tuesday July 4 for the holiday). Camp hours will be 9:30 am to 12:30 pm on Memorial Drive. In-person and online registration began on April 14 and will close on May 17. Paper forms for in person can be picked up and dropped off at Borough Hall which has new administrative hours: Monday-Wednesday 8:00am-4:00pm, Thursday 8:00am-7:00pm and Friday 8:00am-12:00pm. For further camp information, please visit the MontvaleRecreation.org.

Counselors

All applications were due back by March 1.

Adventure Camp

Adventure Camp for children entering grades 6-7 in September of 2023, will run June 26 through July 21, 2023 (Closed on Monday, July 3 and Tuesday, July 4 for the holiday). 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! Registration began on April 19 for campers entering grade 6 and April 20 for campers entering grades 7. For additional information and camp hours, please go to MontvaleRecreation.org

Golf Lessons

Golf Schedule

Memorial Fields near the Tennis Courts
1 Memorial Drive
Mondays April 24 – June 5
Resident Fee: \$115 Non-Resident Fee: \$135

SESSION	START DATE	START TIME	CLASSES
Grades K-2	4/24/2023	4:00 PM	6 Classes
Grades 3-6	4/24/2023	5:00 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! For more information contact: Kevin Rooney krooney@playtga.com or (201) 375-7406.

Adventure Camp

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.

Contact:



201-391-5700



www.Montvale.org



The Borough of Montvale
12 Mercedes Drive

Tennis Lessons

Memorial Drive Tennis Courts

1 Memorial Drive

Tuesdays April 25 – May 30

Saturdays April 29 – June 10

Resident Fee: \$115 Non-Resident Fee: \$135

TGA brings you tennis lessons for all ages and skill levels! Join this 6-week program to learn how to play, sharpen your skills or learn new strategies of play! All classes are 1 hour in

length on either Tuesdays or Saturdays and all equipment is provided. For more information contact Christine Kostianis ckostianis@playtga.com or (917) 304-3986.

Tennis Schedule

SESSION	START DATE	START TIME	CLASSES
Tue: Grades K-2	April 25	4:30 PM	6 Classes
Tue: Grades 3-5	April 25	5:30 PM	6 Classes
Sat: Grades K-3	April 29	12:00 PM	6 Classes
Sat: Grades 4-8	April 29	1:00 PM	6 Classes
Sat: Adults	April 29	2:00 PM	6 Classes

Ultimate Frisbee

Memorial Drive Athletic Complex

1 Memorial Drive

Thursdays April 27 – June 1

Resident: \$75 Non-Resident: \$95

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. For more information, please contact Kevin Rooney at krooney@playtga.com or 201-375-7406.

Ultimate Schedule

SESSION	START DATE	START TIME	CLASSES
Grades 3-5	4/27/2023	6:00 PM	6 Classes
Grades 6-8	4/27/2023	7:00 PM	6 Classes

Pickleball Court Badges

Badges must be obtained to use the pickleball courts. Resident badges do not expire while non-resident badges must be renewed each year. Badges for the 2023 season will become available starting January 1 at Borough Hall, 12 Mercedes Drive, Monday-Friday, 8:30am-4:30pm.

Badges must be worn in a visible location at all times while on the pickleball courts. Individuals using the pickleball courts must be able to present their own badge on demand by any Borough Official (Police Officer, Park Monitor, Municipal Employee, etc.) to verify authorized use of the facility. Individuals who fail to present a valid badge shall immediately leave the court.

FEES

<u>Residents</u>		<u>Non-Residents</u>	
Adult (Ages 13+)	FREE	Adult (Ages 13+)	\$25.00
Child (Ages 12 and younger)	FREE	Child (Ages 12 and younger)	\$15.00
Senior Citizens (62+)	FREE	Senior Citizens (62+)	\$10.00
Replacement Badge (1 per year max)	\$5.00	Replacement Badge (1 per year max)	\$5.00

30+ BASKETBALL

Memorial School Gymnasium

Mondays 8:00 -10:00 pm

September 19 – May 22

SEPT – MAY: Resident Fee: \$75 Non-Resident: \$95

JAN – MAY: Resident Fee: \$40 Non-Resident: \$60

OPEN Registration: Attend a class to register by cash or check 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. Participants can join at any time during the course of the program

Adult Volleyball

Memorial School Gymnasium
Tuesdays 8:00-10:00 pm
February 7 – June 13
Resident Fee: \$240 Non-Resident Fee: \$260
Open Registration: Online or In-Person at Any Class

Pick-up style play open to all skill levels. Volleyballs are provided for all those who attend. Up to 2 games at a time.

Tai Chi

Senior/Community Center Atrium: 1 Memorial Drive
Tuesdays 1:30 pm - 2:15 pm
May 2 – June 20
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...

The Way

Montvale Community Center Atrium
1 Memorial Drive
Tuesdays and Thursdays
6:00-7:00pm Kindergarten – Grade 4
7:00-8:00pm Grades 5 – 8
8:00-9:00pm High School and Adults
Beginning April 11
Resident Fee: \$120 Non-Resident Fee: \$180
Registration: Go to montvalerecreation.org or attend the first class with cash/check payment

“The Way” – The Art of Life, is the art of Self-Defense and Wisdom Living. It is the training of the Body, Soul, and Spirit for self-defense in the unarmed combat and daily healthy growth. Grow, get fit and learn to be disciplined while using the following qualities: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control.

Due to the growing class sizes, this program is now split up (by age) into three separate classes. All classes will be held on Tuesdays and Thursdays accordingly; the Kindergarten through Grade 4 class will take place from 6:00-7:00pm, the Grades 5-8 class will take place from 7:00-8:00pm and the High School and Adult class will take place from 8:00-9:00pm. Classes begin Tuesday, April 11 and will run for 8 weeks (16 classes total). The program will be held in the Montvale Community Center located at 1 Memorial Drive.

Instructor: Mario Liriano; 5th Degree Black Belt and over 46 years of Martial Arts experience. Mr. Liriano has been teaching this program for over 18 years in Montvale and has produced many Black Belts (including his two daughters).

Contact:



201-391-5700



www.Montvale.org



The Borough of Montvale
12 Mercedes Drive

Tuesday Yoga

Montvale Community Center Atrium

1 Memorial Drive

Tuesdays 7:00-8:00 pm

4-week sessions on-going

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

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 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.

Field Use

Applications and Hold Harmless forms must be completed and returned to the Recreation Department, Attn: Lisa Loranger, 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 Loranger prior to any field use.

FALL (AUGUST-DECEMBER) FIELD USE APPLICATION WILL BE ACCEPTED MAY 1 - JUNE 1.

Applications submitted after June 1 will be processed once all previously submitted permits are fully processed.

MontvaleRecreation@montvaleboro.org

Tennis Court Badges

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

Badges for the 2023 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

Adult Soccer

Fieldstone Field #1
47 Spring Valley Road
Sundays 5:00-7:00pm
April 16 – June 18
Resident Fee: \$15 Non-Resident Fee: \$20

All skill levels are welcome to play in this pick-up style of weekly co-ed soccer games! Participants must be 18 years of age or older. Registration is ongoing and online only for this program. Please visit MontvaleRecreation.org for more information. Email MontvaleRecreation@montvaleboro.org with any questions.

Women's Softball

LaTrenta Field #10
159 Chestnut Ridge Road
Tuesdays 7:00-9:00pm
May 16 – August 29
Resident Fee: \$60 Non-Resident Fee: \$70

Weekly women's softball practices and games for all skill levels. Registration began on April 10 for residents and April 17 for non-residents. Jerseys and softballs are provided for participants. Please visit montvalerecreation.org for more information or contact montvalewsoftball@gmail.com with any questions.

Basketball Court Badges

Badges must be obtained to use the basketball courts. Resident badges do not expire while non-resident badges must be renewed each year. Badges for the 2023 season will be available at Borough Hall, 12 DePiero Drive, Monday-Friday, 8:30am-4:30pm starting January 3.

FEES

<u>Residents</u>			<u>Non-Residents</u>	
Adult (Ages 13+)	FREE		Adult (Ages 13+)	\$25.00
Child (Ages 12 and younger)	FREE		Child (Ages 12 and younger)	\$15.00
Senior Citizens (62+)	FREE		Senior Citizens (62+)	\$10.00
Replacement Badge (1 per year max)	\$5.00		Replacement Badge (1 per year max)	\$5.00

Badges must be worn in a visible location at all times while on the basketball courts. Individuals using the basketball courts must be able to present their own badge on demand by any Borough Official (Police Officer, Municipal Employee, etc.) to verify au-thorized use of the facility. Individuals who fail to present a valid badge shall immediately leave the court.

Montvale

Chamber of Commerce



NEWSLETTER

**Board Meetings 1st Wednesday
of Every Month at 4pm at Borough Hall**

Chamber Co-Presidents

Scott L. Forman, CrossCountry Mortgage
Steven Fox, Janney

Vice Presidents

Tom Davey, Davey's Locker
Tom Chapman, Tom A Chapman DMD

Secretary

Thomas Hartel, John M. Hartel Co.

Treasurer

Doris Sutich, Perfect Limo

Board Members

Linda Mitchell, Massage & Whole Body Health
Paul Jordan, Wegmans Market
R. Lorraine Hutter, Borough of Montvale
Ron Laurent, CrossCountry Mortgage
Amy Debellis, Sotheby's Real Estate

SAVE THE DATE

MONTVALE STREET FAIR

June 11th 10am – 5pm
Paragon Dr.

SPONSORSHIPS NOW OPEN!

Contact Connie at 201-505-8294
or cmanousos@formanteam.com

Attendance of over 25,000 throughout the day!



Join the Chamber on Our Website!
WWW.MONTVALECHAMBER.COM