



The Borough of Montvale

Sign up for
monthly email
delivery of the
newsletter

Montvale.org/Subscribe

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



Cleanup Day 2024

The Borough of Montvale Cleanup Day is scheduled for April 20, 2024. Meet at Red Shed on Memorial Drive

In This Edition

1. Mayor's Corner
2. Police
Early Voting
Montvale Officials
3. Senior Club
Curbside Collection
- 3-4 Cleanup Day
- 5 Senior Club
- 6-8 Library
- 8-13 Recreation
- 13 Food Pantry
- 14 Chamber of Commerce

mandate to provide their "fair share" of homes that low- and moderate-income families can afford.

Housing is considered affordable if prices, rents, and related expenses do not exceed 30% of the resident's gross income. Moderate affordable housing is affordable to residents making between 50% and 80% of their area's median income, or between 50% and 30% for low-income affordable housing, and less than 30% for very low-income housing.

The new bill requires 84,690 units to be built, that is 15% higher than the last round, which was around 73,000 units requirement. We in Montvale have already built nearly 300 affordable units and met our third round obligation with a surplus of about 40 units, that is 10% of our town's residential units.

The message for this month, is sharing with you what I have been working on and dealing with alongside our legislators and surrounding towns, Affordable Housing.

The affordable housing bill, now it's the law, aims to streamline the process that determines how municipalities fulfill a constitutional

The Mayor's Corner

You will see my frustration with this process, because it does not count for straining the infrastructure, the schools, and forcing to change our town's character.

In the last ten years there were 140,000 certificates of occupancy (market rate and affordable housing) issued in New Jersey, but the State expected over 50% of these to be affordable. Qualified urban aid municipalities (such as Jersey City, Hoboken), can build as many market rate units as they want with no affordable obligation, even as these communities gentrify and "price out" existing residents. Towns like ours were forced to build the majority of the affordable housing units. Another fault with this system that we voiced but went nowhere; 90% of the affordable units were rental, meaning if it were meant to help people to live the American Dream and own their own home, they will never be able to as they get stuck in the "paying rent circle".

Going forward as we deal with this law, we will get our new obligation to build number by December 31, 2024, and we will need to decide to accept and file in February or lose our immunity. We've hired a special council on affordable housing and working on our plan that is best for us and for our town and residents.

Borough of Montvale
Mayor Mike Ghassali
Cell: 201-248-0398



Mayor Mike Ghassali

Montvale Police Department

U Drive. U Text. U Pay. April is Distracted Driver Awareness month, and law enforcement Officers around the State will be making an extra effort to ticket those drivers who risk their safety and the safety of others. Between April 1st, and April 30th, Officers will be out looking for unsafe distracted drivers.

Distracted driving is any activity that diverts a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These distractions include:

- Texting
- Using a cell phone or smartphone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio or choosing a song

Remind your friends and family: If you're in the driver's seat, it's the only thing you should be doing. No phone calls, no texts, no eating food, or doing anything that distracts you from driving. Stay Safe and Stay Well.

Chief Doug McDowell

Early Voting Locations for Primary 2024

Open: Wednesday, May 29, 2024 - Sunday, June 2, 2024
Monday - Saturday: 10am to 8pm; Sunday 10am to 6pm

FORT LEE

Jack Alter Community Center
1355 Inwood Terrace

GARFIELD

Nutrition Center & Senior Citizens Building
480 Midland Avenue

HACKENSACK

County Administration Building
One Bergen County Plaza

PARAMUS

Bergen Comm. College - West Hall Gallery Bergen
400 Paramus Road

RIVER VALE

River Vale Community Center
628 River Vale Road

TEANECK

Richard Rodda Center
250 Colonial Court

WOODCLIFF LAKE

Tice Senior Center
411 Chestnut Ridge Road

Wood-Ridge

Wood-Ridge Senior Citizen Center
495 Highland Avenue

Wyckoff

Public Library - Shotmeyer Room

PRIMARY ELECTION - JUNE 4TH - POLLS OPEN 6AM-8PM

IMPORTANT DATES:

APRIL 10 - LAST DAY TO CHANGE PARTY AFFILIATION

MAY 14 - LAST DAY TO REGISTER TO VOTE

MAY 29, 30 31, JUNE 1, 2 - EARLY VOTING PERIOD

LOOKING TO EARN EXTRA MONEY - BECOME A POLL WORKER FOR MORE INFORMATION, PLEASE GO TO OUR WEBSITE AT WWW.MONTVALE.NJ.ELECTIONINFORMATION.COM, TO MAKE ANY OF THE ABOVE CHANGES.

Curbside Collection This Month

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4	Yard Waste Pickup
8	9	10	11	12
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2	Yard Waste Pickup
15	16	17	18	19
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4	Yard Waste Pickup
22	23	24	25	26
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2	Yard Waste Pickup
29	30	1	2	3
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4	Yard Waste Pickup

2024 Cleanup Day Free Tree

Borough of Montvale: Clean Up, Celebrate, and Get a FREE Tree!

On the morning of Saturday April 20, the Montvale Environmental Commission is hosting the Annual Montvale Clean-Up Day and celebrating Montvale’s Arbor Day and Nationwide Earth Day! Once again this year the Environmental Commission will be giving away shirts to the early arrivers and as a special treat for our environment, they are giving away free seedlings! That’s right, early arriver residents who signs-in will receive at least one small “deer resistant” tree in recognition of Montvale’s Arbor Day!

Arbor Day is when the Borough of Montvale encourages all residents to plant at least one tree in town. If a resident does not have an appropriate property to plant a tree, they can designate the tree to be planted on Borough property, where the Environmental Commission is organizing the planting of additional trees. Trees reduce erosion which prevents water problems, they lower our heating and cooling costs, clean our air and produce oxygen, and trees are used to produce countless wood products.

The organizers are encouraging anyone and everyone in the community to join them at 9:00 AM, all participants will receive gloves and garbage bags and be directed to a location in town to help cleanup. The event runs until 12:00 PM when all of the garbage is returned to the DPW building across the street from the Red Shed.

For details see montvale.org or call the Borough of Montvale at 201-391-5700

Mayor

Mike Ghassali (R)
MGhassali@montvaleboro.org

Municipal Clerk

Fran Scordo
fscordo@montvaleboro.org

Administrator

Joseph Voytus
JVoytus@montvaleboro.org

Council President

Chris Roche (R)
CRoche@montvaleboro.org

Council

Dieter Koelling (R)
DKoelling@montvaleboro.org

Douglas Arendacs (R)
DArendacs@montvaleboro.org

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

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

Theresa Cudequest (R)
TCudequest@montvaleboro.org

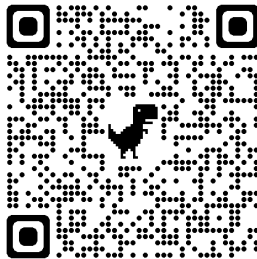
Montvale 2024 Clean-up Day

Arbor & Earth Day Event

Borough of Montvale NJ
Saturday, April 20, 2024
from 9:00 AM to noon

In Honor of Arbor Day & Earth Day we are giving away FREE Trees

Meet at Red Shed (across from Firehouse) on Memorial Drive
Additional Information call 201-391-5700 ext 257 or email
Bob Hanrahan at ghanrahan@montvaleboro.org



All ages are invited to



Gloves/Trash bags provided by Bergen County 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.

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

Montvale Environmental Commission:



April 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 – 1:30pm-3:00pm Fran Ohayon – 201-391-4272

Tai Chi – 1:30pm-2:15pm Lisa Dent -201-391-5700-ext.251

****No games on 2/13 from 8am-12pm – due to Girl Scout Cookie drop off ****

Wednesday

Bocce (co-ed) 10:00am-12:pm John Rotante 201-391-4194 Vinnie Alfano 551-427-8143

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

Savory Seniors – Thursday, April 25 11:30am-1:30pm Louise Boothby 201-476-1319 Banoo Irani 201-264-8080.

Pickleball – 8:00am – 10:00am Kurt Birkenmaier 201-574-3020

Friday

Bocce – (women) 10:00am – 12:00pm Pat Casciano 201-307-9685

Chair Exercises – 11:00am-12:00pm Rani Mooriani- 201-930-8950

Cards/ Games/ “5 Crowns”/ Rummikub 1:30pm – 3:00pm Dianne Carfora 201-314-0141

Bocce (men) 1:00pm – 3:00pm Vinnie Alfano 551-427-8143

Monthly Activities

Senior Club Business Meeting – April 4 12:00pm – 2:00pm

Book Club – Thursday, April 11 12:30pm The book this month is: -“Winemakers Wife” by Kristin Harmel
Ree Hopper-201-391-7386 Linda Queller – 201-505-4850

Bingo / Pizza – April 12 5:00pm – 7:00pm (\$8.00) Micki Keller 201-669-9935 Jodi Miller 551-427-4581

Senior Club Social – April 18 Spring Social with Entertainer/Author Bill Ervolino 12:00pm – 2:00pm

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/Events

May 6– Trip to West Point with a guided tour of the grounds by bus, luncheon at The Thayer Hotel and tour of the Museum. Trip leaves the Montvale Senior Center promptly at 9:00am. This trip is sold out – wait list only.

May 15 – Trip to a Broadway Show “ A Beautiful Noise” and luncheon.

May 21-23 – Trip to Canyons of Pennsylvania. A deposit of \$100.00 is to be made out to White Star Tours by our next business meeting.

June 4-7 Woodloch Pines Trip

September 24 – The Li Greci’s Staten trip - Luncheon, Doo-Wop show with comedian Price is \$66.00. Money due by the June meeting.

October 20-27 – Cruise to Canada and New England – Get information from Rosemarie Kelly 201-391-8718

Library Announcements

The Montvale Library staff would like to thank everyone for their support and patience during our renovations. We are excited for everyone to stop by and see the changes. We still have some updates in the works.

National Library week is April 7th-13th. Please check our website for exciting activities going on that week.

Friends of the Library

The Friends of the Montvale Library will have their next meeting on Thursday, April 4th at 7:30pm in the library activity room. For more information, visit the Friends website www.montvalelibrarynj.org/friends or email Bombace@montvale.bccls.org.

Adult Programs

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

April 4, 2024 at 7:00 p.m.

Virtual Program

A Lifetime of Health

Aging may be a fact of life, but you can positively influence the process by making healthy choices.

Discover more about what happens to our bodies as we mature and how we can continue to live our best lives. Presented by Valley Health System. This is a virtual program.

April 11, 2024 at 7:00 p.m.

Library Activity Room

How to Raise and Maintain a Flock of Egg-Laying Chickens

Learn the difference between factory farm eggs vs. home raised eggs, the different types of coops and nesting boxes, and how to raise and maintain a healthy flock of hens. Presented by Bracco Farms. This program will take place in the Library Activity Room.

April 15, 2024 at 7:30 p.m.

Library Activity Room

Monday Evening Adult Book Club

Join us for the inaugural session of our Monday Evening Book Club, where we will share tea/coffee and decide what books to read in the upcoming months. This program will take place in the Library Activity Room.

April 18, 2024 at 7:00 p.m.

Montvale Council Chambers

Millionaires Row on the Palisades: A Glimpse of the Gilded Edge

Artists, captains of industry, the well-to-do – men and women who, from the Civil War through the Great Depression, owned unique and often lavish homes built upon the precipices of the New Jersey Palisades. Learn the stories behind these grand estates and the families and servants who lived there. This program will take place in the Library Activity Room.

April 25, 2024 at 7:00 p.m.

Library Activity Room

Downsizing

Are you an empty Nester with too big of a house for your current needs? Would you rather have more money in your pocket to do fun things? Join realtors Lori Carbone and Cathy Denis to discuss how to move onto the next chapter of your life. We will answer questions regarding downsizing, decluttering, and selling your home in today's real estate market. This program will take place in the Library Activity Room.

Adult Programs (Continued)

April 27, 2024 at 12:00 p.m.

Library Activity Room

Step into Nature: A Beginner's Guide to Hiking

Interested in hiking but don't know where to start? This program will introduce you to the basics of hiking, what to wear, what to bring with you, local hiking locations, and some sample starter hikes you might enjoy. Discover the beauty of nature at your own pace! This program will take place in the Library Activity Room.

April 30, 2024 at 11:30 a.m.

Library Activity Room

Body Wellness for Gardening

Dr. Ashley McLoughlin, Area Director of Jag Physical Therapy, will present an interactive presentation highlighting the importance of ergonomics, proper postures, injury prevention, cushioning aides, and hydration during gardening and general Spring/Summer basic outdoor yard maintenance. This program will take place in the Library Activity Room.

English as a Second Language

Volunteer to teach English as a second language- Transform lives in your community!

The Montvale Public Library is a member of the Literacy Volunteers of Pascack Valley which provides ESL (English as a second language) classes for residents of our town. Through this program, students can take classes in person or virtually, taught by trained ESL teachers. These classes will resume on January 8th. We also offered one on one weekly sessions year-round!

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>.

Upcoming Book Groups

April 8, 2024 at 12:00 p.m.

Library Activity Room

Monday Afternoon Book Group

The Monday Afternoon Book Club meets on the 2nd Monday of every month at 12:00pm. This month we will be reading *The Bird Hotel*, by Joyce Maynard.

April 22, 2024 at 6:30 p.m.

Library Activity Room

Montvale Cookbook Supper Club

We will be doing Pick Your Own Food Network Star, from a curated list of preselected books. For more information on the titles please contact therese.jones@montvale.bccls.org. This program will take place in the Library Activity Room. Registration is limited. Sign up on the Montvale Library's website.

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, the American Museum of Natural History and coming soon- The Museum for Modern Art! Museum passes for the American Museum of Natural History provided by the Friends of the Library.

Children's Department

Babies in the 'Brary March 1st @ 10:30

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

Lego-Rama March 6 @ 4:00 pm

Got Legos? We do! Come for a free Lego build session on Wednesday afternoon. Bring your creativity, imagination, and a camera to take pictures of your creation. This is a build-and-break program: At the end of class, Lego projects get broken down for another fun-filled afternoon. Ages 4 and older. Kids 5 and younger must be with a grown-up. Registration is required.

Yoga Storytime March 7 & March 21 @ 11:00 am

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

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 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.

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, 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.

Adventure Camp

Adventure Camp is for children entering grades 6-7 in September of 2024 and will run June 24 through July 19 (Closed on July 4 & 5) from 9:00am-2:30pm. 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 for 7th graders will be online only starting Wednesday, March 6 at 7:30pm. Registration for 6th graders will begin on Thursday, March 7 at 7:30pm. Space is limited so please register early. The fee for each resident camper is \$550 for all 4 weeks.

Summer Camp

Rec Camp is offered for children entering grades 1-5 in September of 2024. Camp starts on June 24 and ends on July 19. Camp will be closed on July 4 and 5 for the holiday. Camp starts at 9:30am each day and ends at 2:30pm. Online and in-person registration begins on March 4 and ends on May 1. Please know that in years past many, if not all age groups have typically filled up before registration has closed. Please register early to guarantee your camper's spot. Registration fees are non-refundable unless a medical note from a doctor can be provided or there is a waitlist for your child's group. To register online, please go to montvalerecreation.org. To register in person, go to Borough Hall (12 DePiero Dr) and proceed to the 2nd floor Administration window. The fee for each resident camper for all 4 weeks is \$450.

During the registration period of March 4 – May 1, non-residents may only sign up for the waitlist. After registration closes on May 1, camper groups will be evaluated to see if there is any room to accommodate non-resident campers off the waitlist. To add your child to the waitlist, please email MontvaleRecreation@montvaleboro.org with your contact information as well as the child's name, gender and grade entering in September.

For further camp questions and inquiries, please visit montvalerecreation.org/camp to see camp flyers and the FAQ.

Camp Counselors

Summer Rec and Adventure Camp counselor applications are now available! Applications can be printed by going to montvalerecreation.org/camp or picked up at Borough Hall which is located at 12 DePiero Drive. All applications are due back by March 1. Please email applications to MontvaleRecreation@montvaleboro.org or drop them off to Borough Hall, Attn: Recreation.

To be considered for any counselor position, applicants must be in at least 8th grade for the current 2023-2024 school year. Group Leader applicants must be at least 18 years old.

All applicants must be available during the below camp dates and counselor training:
Monday-Friday June 24 - July 19 (Off July 4 & 5)

Summer Camp Counselor Hours: 9:00am-2:45pm with mandatory training on June 21 1:00-4:00pm.

Adventure Camp (Trips) Counselor Hours: 8:30am-2:45pm with mandatory training on June 21 3:30-5:30pm

After submitting an application, all new applicants will need to be interviewed on Thursday, March 14 between 4:00 and 6:00pm for Summer Camp. If Adventure Camp is marked as first preference on the application, then the applicant must attend the Adventure Camp interview session on Thursday, March 7 between 4:30pm and 6:30pm.

Returning counselors were emailed an application packet with instructions on how to reapply. If any returning counselor did not receive a packet by February 1, please email Mrs. Loranger, MontvaleRecreation@montvaleboro.org

Tennis Lessons

Memorial Drive Tennis Courts
1 Memorial Drive
Tuesdays April 20 – June 4
Saturdays May 4 – June 15
Resident Fee: \$120 Non-Resident Fee: \$140

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 30	4:30 PM	6 Classes
Tue: Grades 3-5	April 30	5:30 PM	6 Classes
Sat: Grades K-3	May 4	12:00 PM	6 Classes
Sat: Grades 4-8	May 4	1:00 PM	6 Classes
Sat: Adults	May 4	2:00 PM	6 Classes

Adult Pickleball Lessons

Memorial Drive Pickleball Courts
1 Memorial Drive
Thursdays April 25 – May 30
Sundays April 28 – June 9
Resident: \$120 Non-Resident: \$140

Adult Pickleball Schedule

SESSION	START DATE	START TIME	CLASSES
Thurs: Beginner	4/25/2024	10:00 AM	6 Classes
Thurs: Beginner	4/24/2024	6:00 PM	6 Classes
Thurs: Intermediate	4/25/2024	11:00 AM	6 Classes
Sat: Beginner	4/28/2024	9:00 AM	6 Classes

Youth Pickleball Lessons

Memorial Drive Pickleball Courts
1 Memorial Drive
Thursdays April 25 – May 30
Sundays April 28 – June 9
Resident: \$120 Non-Resident: \$140

Youth Pickleball Schedule

SESSION	START DATE	START TIME	CLASSES
Thurs: Grades 2-4	4/25/2024	4:00 PM	6 Classes
Thurs: Grades 5-8	4/25/2024	5:00 PM	6 Classes
Sun: Grades K-2	4/28/2024	10:00 AM	6 Classes
Sun: Grades 3-5	4/28/2024	11:00 AM	6 Classes
Sun: Grades 6-8	4/28/2024	12:00 PM	6 Classes

Golf Lessons

Memorial Fields near the Tennis Courts
1 Memorial Drive
Mondays April 29 – June 10
Resident: \$115 Non-Resident: \$135

Golf Schedule

SESSION	START DATE	START TIME	CLASSES
Grades K-2	4/29/2024	4:45 PM	6 Classes
Grades 3-6	4/29/2024	5:45 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! For more information contact: Kevin Rooney krooney@playtga.com or (201) 375-7406.

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 3 at Borough Hall, 12 DePiero Drive, Monday-Friday, 8:30am-4:30pm.

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 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.

30+ Basketball

Memorial School Gymnasium
Mondays 8:00 -10:00 pm
September 18 – June 17
Resident Fee: \$75 Non-Resident (if space permits): \$95
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.

Adult Volleyball

Memorial School Gymnasium
Mondays 8:00 -10:00 pm
September 18 – June 17
Resident Fee: \$75 Non-Resident (if space permits): \$95
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.

Monday Yoga

Montvale Community Center Atrium
1 Memorial Drive
Mondays beginning April 8
7:00-8:00 pm
4-week sessions on-going Beginning January 8
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.

Tai Chi

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

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.

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.
APPLICATIONS FOR FALL 2024 FIELD USE ARE BEING ACCEPTED MAY 1 – JUNE 3.

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

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 authorized use of the facility. Individuals who fail to present a valid badge shall immediately leave the court.

Tri Boro Food Pantry

The Tri Boro Food Pantry is very grateful for the following items:

- Cold cereal
- Canned fruit
- Dried beans

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 DePiero Drive. Thank you for your support!

NEWSLETTER

Montvale Chamber of Commerce



JOIN THE MONTVALE CHAMBER

- Growing business through networking
- A liaison to local government
- Supporting local organizations and events
- Board meetings the 1st Wednesday of every month

Chamber Co-Presidents

Scott L. Forman, CrossCountry Mortgage
Steven Fox, Janney Montgomery Scott, LLC

Vice Presidents

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

Secretary

Thomas Hartel, John M. Hartel Co.

Treasurer

George Varghese, Lifeline Urgent Care

Board Members

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

SAVE THE DATE



MONTVALE'S LARGEST
EVENT OF THE YEAR

MONTVALE STREET FAIR

SUNDAY, JUNE 9TH
PARAGON DR

SPONSORSHIPS
NOW OPEN!

FOR MORE INFO CALL OR
EMAIL JULIA
201-930-0300
JULIA.AVATO@CCM.COM

CHECK IT OUT

MONTVALECHAMBER.COM

for all local & regional chamber
networking events & more!