



The Borough of Montvale

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



2018 DAY IN THE PARK - JUNE 16TH

The 2018 Day in the Park will take place on Saturday, June 16th at 4pm with a rain date of Sunday, June 17th.
Read more on page 7

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Notes & Reminders

Montvale Athletic League
Sports Registrtrtion Now Open!

MontvaleAthleticLeague.com

The Mayor's Corner

Our recreation programs are in full swing as the warm weather and new fields are encouraging residents to get out and take part in these programs. I registered for the soccer program, only to learn that my 53-year-old body wasn't really ready and didn't listen to the coach to stretch and warm up before the game.....lesson learned.

We are all looking forward to the new TV station equipment that will replace the current outdated equipment, and with all new programing under the direction of Council Liaison Elizabeth Gloeggler, much more information will be shared through this medium.

As you have heard, River Vale is looking to discontinue the DPW shared service agreement that we have with them. We are working diligently with neighboring towns with different options that may include a hybrid program which would actually give us more services at lower cost. DPW Council Liaison Doug Arendacs and I are providing updates to Council. Members on the Mayor's Advisory Committee are assisting with a survey that should be going out shortly seeking feedback

from the residents.

The Firehouse is complete and ready to go into service. The firetrucks will start to be relocated from the DPW garage to the new firehouse shortly and the opening of the firehouse will be in June. There will be a formal ceremony in the fall of 2018.

Finally, as a reminder, we have a "No Knock" ordinance that can only be enforced if you register. It is an easy process, once you have the sticker, aggressive real estate agents are not allowed to knock on your door. You may call the Police Department at any time if you feel uncomfortable with strangers knocking on your door.

Please continue to report potholes and feel free to contact me at any time with town issues. Have a great, safe and healthy summer.

Montvale Mayor Mike Ghassali
Office: 201-391-5700 x217
Mobile: 201-927-8000



Mayor Michael Ghassali

MONTVALE POLICE DEPARTMENT

Hello Montvale,

Identity theft continues to be a problem. According to a number of resources including www.IdentityTheft.info there are a number of different types of identity theft including- Financial, Medical, Criminal, and Social Security Identity Theft. Anyone can be a victim including children and seniors.



Some identity theft prevention tips:

- Regularly check your credit report.
- Be alert for bills or invoices arriving for goods/services you did not order.
- Be cautious about information you put on the internet – including social media like Facebook and Instagram. Keep as much information about you private as possible. Use only secure websites and have a good firewall installed on your computer.
- Phishing is a form of social engineering that uses email or instant messages that appear to be from a government agency, financial institution, Internet Service Provider (ISP), Internet-based company or any agency or business you trust and/or do business with. The best way to avoid becoming an identity theft victim as the result of falling for a phishing email is to follow two rules. First, never trust an email you didn't request that directs you to provide information in order to obtain a benefit or to secure or re-activate an account. Second, if you do open an email that requests personal or financial information from you, never left-click on a link in the email.
- Opt out of telemarketing call, credit offers, and marketing lists. Companies will put together profiles on you amassing data from numerous sources to build a full profile about you. This data can be stolen, hacked or even sold.
- Secure your US Postal Mail both incoming with a locked mailbox and outgoing – put mail in a secure mailbox. Thieves will steal credit cards, applications, bills, etc to build a profile on you.
- Shred all old documents, credit cards, pay stubs, bank statements, any document that contains any of your financial or personal information including pre-approved credit card offers and applications.
- Limit what you carry in your wallet or purse to a drivers license, one or two credit/debit cards, and any personal ID that you need that day. Never write your PIN on the back of the card. Never keep a "cheat sheet" of PINS/codes with your wallet.
- Protect your personal information. Always know exactly who you are providing your personal information to, why you are providing it, and if the requestor has a legitimate and lawful reason to obtain the information.

For more on Identity Theft prevention, protection and recovery there are a number of informative websites to visit including:

www.IdentityTheft.info | www.idtheftcenter.org | www.fdic.gov/consumers/theft | Consumer.ftc.gov

Practice basic summer pet safety. Never leave your pets in a parked car.

Not even for a minute. Not even with the car running and air conditioner on. On a warm day, temperatures inside a vehicle can rise rapidly to dangerous levels. On an 85-degree day, for example, the temperature inside a car with the windows opened slightly can reach 102 degrees within 10 minutes. After 30 minutes, the temperature will reach 120 degrees. Your pet may suffer irreversible organ damage or die.

NJSA4:22-17 provides that animal cruelty can be a disorderly persons offense up to a 3rd degree crime with penalties that can reach up to 5 years in prison.

Second, pool safety- More than 80% of drownings for children between the ages of 0-4 occur at residential swimming pools. More than 50% of these drownings take place in the child's home pool, and about 33% occur at the pools of friends, neighbors or relatives. Approximately 75% of drownings occur under a brief lapse of parental supervision, usually less than five minutes.

(From the Stew Leonard III Children's Charities webpage.)

- Supervision: The key to pool safety is constant supervision. Even when a lifeguard is present, parents need to be attuned to what their children are doing in the water. The National Safety Council stresses that lifeguards have the ability to scan a water area within 10 seconds and reach the person in distress within 20 seconds.
- Be Prepared: Families should have an action plan available in case of emergency. Life preservers should be kept close to a pool. All swimmers in the pool should know where the closest phone is if it is necessary to dial 911. It is also useful to stage drills and practice what might happen in an emergency situation. Finally, someone within the vicinity of the pool should know CPR and CPR instructions should be posted nearby.
- Knowledge is Power: The best tool to stay safe in any type of water is to learn to swim. Local swim clubs offer swimming lessons to people of all ages and at different skill levels, so both adults and children can learn.
- Fence it In: Surround the pool with a fence that locks and automatically closes. Make sure that the openings in the fence are no more than four inches wide. Also, if any doors in the house go directly to a pool access area, make sure that they are kept locked at all times.

Stay Safe,
Chief Abrams

Trash & Recycling This Month

Mon	Tue	Wed	Thu	Fri
28	29	30	31	1
	Central Zone Trash Pickup East Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2 Yard Waste Collection	
4	5	6	7	8
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4 Yard Waste Collection	
11	12	13	14	15
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2 Yard Waste Collection	
18	19	20	21	22
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 3&4 Yard Waste Collection	
25	26	27	28	29
East Zone Trash Pickup	Central Zone Trash Pickup	West Zone Trash Pickup	Recycling: Districts 1&2 Yard Waste Collection	

Find your trash & recycling zone at Montvale.org/MyZone

Meetings This Month

<u>Mayor & Council</u>	<u>Planing Board</u>	<u>Environmental Commission</u>	<u>Board of Health</u>	<u>Library Board</u>	<u>Historic Preservation</u>
6/12 - 7:30pm 6/26 - 7:30pm	6/5 - 7:30pm 6/19 - 7:30pm	6/18 - 7:45pm	6/4 - 7:45pm	6/28 - 7:30pm	6/7 - 8:00pm

Montvale Officials

Mayor

Mike Ghassali (R)
MGhassali@MontvaleBoro.org

Council President

Dieter Koelling (R)
DKoelling@MontvaleBoro.org

Administrator / Municipal Clerk

Maureen Iarossi-Alwan
Miarossi@MontvaleBoro.org

Council

Douglas Arendacs (R)
DArendacs@MontvaleBoro.org

Rose Curry (R)
RCurry@MontvaleBoro.org

Elizabeth Gloeggler (D)
EGloeggler@MontvaleBoro.org

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

Michael Weaver (I)
MWeaver@MontvaleBoro.org

Contact:



201-391-5700



www.Montvale.org



The Borough of Montvale
12 Mercedes Drive

MEMORIAL DAY PARADE



Code Jones - Mayor For The Day



IT'S SPRING TIME...

LEARN ABOUT TICKS AND LYME DISEASE

Now that spring is here, we can finally start heading outside to our backyards, parks, trails, and camping sites with our loved ones and pets. While exploring outside, you and your family should be aware of ticks. Ticks are very common at this time of the year and can spread various diseases including the most common, Lyme Disease.

Ticks are not insects but arachnids, similar to spiders because they only have two body parts, the head, and abdomen. Their life cycle is unique because they go through four stages: eggs, larva, nymph and adult, and fully mature in about 3 years.

There are over 850 different species of ticks in the United States, but in New Jersey, the most commonly seen are the Black-legged, Lone Star, and the American dog ticks. Ticks feed off their host's blood. Tick bites can spread illnesses like Lyme disease, babesiosis, and Rocky Mountain spotted fever. The Centers for Disease Control and Prevention reported that in 2012, New Jersey ranked third in the country, after Pennsylvania and Massachusetts, with more than 2,700 new cases of Lyme disease.

In April 2018, the Hunterdon County Health Department identified a new species of tick in New Jersey called the East Asian, or Longhorned tick. These ticks are commonly found in eastern parts of Asia and are believed to have been brought into the United States by a traveler. This particular tick is known to carry very deadly diseases. Ticks can become infected by bacteria and parasites while sucking blood from infected animals or people. They also can spread these illnesses when they attach to their host. It is possible for people to be infected with more than one tick-borne disease at the same time. Symptoms of tick-borne diseases can include a bulls-eye rash, fatigue, fevers, headache, stiff neck, muscle/joint pain, and dizziness. Lyme disease, the most feared tick-borne ailment, is carried by a large percentage of deer ticks in New Jersey. It can cause severe, causing permanent neurological problems in some victims.

The best prevention from tick-borne disease is to avoid wooded areas and if possible, wear light-clothing coated with permethrin (an EPA approved repellent that contains DEET). After returning from the outside, always take a shower and do a full body check for yourself and family. For your pets you should use tick creams, collars and regular checks can help ensure proper treatment in the event of a tick bite.

If you do find a tick, please take the proper precautions to remove the tick safely and see your primary doctor. For directions on how to safely remove a tick, please visit the Center for Disease Control and Prevention at https://www.cdc.gov/ticks/removing_a_tick.html

New Tick

In April 2018, the Hunterdon County Health Department identified a new species of tick in New Jersey called the East Asian, or Longhorned tick.

June Library Highlights

From the Adult Department

Harmonica Concert

Saturday, June 16 at 1:00p.m. Come and enjoy a delightful afternoon with harmonica virtuoso Jiayi He. He charmed the TV judges of America's Got Talent, now let him entertain you as he performs a wide range of classical selections while showing off his collection of more than 300 harmonicas. His performance goes beyond the music itself as he engages with his listeners through interactive audience involvement.

From the Children's Department

Summer Story Hour Registration

In person registration begins
Monday, June 11.

Libraries Rock!

Summer Reading program
registration begins Monday, June 18;
in person only.

Summer Reading Kick-off Party

Wednesday, June 26. No registration
required.

During the month of June, Friends of the Library will begin selling tickets for this year's "Welcome, Neighbor!" raffle. The prizes have been donated by Wegmans, the Library's neighbor to the north. First prize: Wegmans Gift Card with a value of \$300. Second prize: Italian Classics Basket with a value of \$50. Third prize: Coffee Basket with a value of \$30. The Friends will also have a booth at "Day in the Park" and will be selling raffle tickets and handing out some surprises.

For additional information about these or any other Montvale Library programs and services, check the Library's web site at montvalelibrarynj.org, call the Library at 201-391-5090, or stop by and visit us.

Fight the Bite

Protect Yourself and Family from Mosquitos this Summer

Aside from being itchy and annoying, the bite of an infected female mosquito (*Aedes aegypti* or *Aedes albopictus*) can spread dengue, chikungunya, or Zika viruses. People become infected with dengue, chikungunya, or Zika after being bitten by an infected mosquito.

Female mosquitoes lay several hundred eggs on the walls of water-filled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week. Adult mosquitoes live inside and outside. They prefer to bite during the day.

Prevent mosquito breeding sites by doing the following at least once a week:

Empty, clean, turn over and/or dispose of basins that can hold water, such as tires, buckets a flower pots, both inside and outside your home.

Clean drains and gutters

Keep pools/ponds treated with recommended products to eliminate mosquito breeding sites.

Steps to Prevent Mosquito Bites

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- Do not keep doors propped open.
- Use Environmental Protection Agency registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol. Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness. When used as directed, EPA registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.
- Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
- Always follow the product label instructions.
- Reapply insect repellent as directed.
- If you are also using sunscreen, apply sunscreen BEFORE applying insect repellent.
- Dress your child in clothing that covers arms and legs.
- Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
- Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Do not use insect repellent on babies younger than 2 months old.



MONTVALE SENIOR CLUB

Okay, folks, it's that time of year, to barbecue, to picnic and to appreciate our summer season activities. To enjoy the NEW JERSEY SHORE, the beaches, the boardwalks, the amusement parks and the delicious seafood restaurants. How about taking a bus into NYC, walking through Central Park with a myriad of tourist attractions? Those warm balmy summer days and nights is a sure welcome, after a long cold winter.

We feature trips of culture, beauty and entertainment. A Tribute to Neil Diamond, at Mt. Airy Lodge Casino in PA., Wed., June 13th, cost \$59.00 & \$15.00 slot play. Contact Marie Dineen 201-391-1831. A Bronx Tale, a Broadway musical is scheduled for Wed. Oct.10th with a lunch at "Brazils". Bus transportation to NYC is provided. Coordinator is John Rotante, 201-391-4194.



The students of Fieldstone School entertain us with a musical program and a light lunch on June 14th. We have our summer luncheon at Seasons restaurant on June 21, an afternoon of fine dining and dancing.

A September Senior Picnic in the Senior Park across from the Center, Sept. 20th.

We look forward to the our Fall and Winter programs, highlighting the delectable Thanksgiving Luncheon, sponsored by the Montvale PBA at the Elks Hall in Park Ridge. Our Christmas dinner at Seasons restaurant and a Christmas trip is being planned by our Trip Committee.



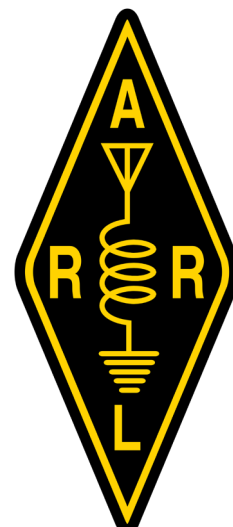
Our Bocce & Sports Coordinator is John Rotante 201- 391-4194. Bocce participants will be eligible for tournaments. Future activities will be Pickle Ball, Horseshoes, & Shuffle Board.

Our 55 and over Senior Club, located at Memorial Drive, Montvale meets the 1st and 3rd Thursday of the month. Subway sandwiches are served with coffee/tea and dessert at our first meeting. Danishes, coffee/tea served at our second meeting. Our annual dues are \$10.00 and \$2.00 for refreshments at our monthly meetings. A monthly calendar is always available and flyers of interests are displayed on our bulletin board at the Senior Center for your convenience. Once a year, we have our SENIOR EXPO, given by our committee coordinators, explaining the purpose and the details of our activities. We offer opportunities to socialize with new friends and renew old acquaintances. In addition, our club has a wide array of activities, Pizza/Bingo, card games, canasta, mahjong board games, and our book discussion club. We have TAI CHI classes open to residents and non residents at the Senior Center on Fridays from 12:15 to 1:00pm. Game Day is held on Tuesday and Wednesday. Our HUMC nurse is available at our monthly meetings for a "Health and Wellness" program. Chair exercises are offered. A gym is available with state of the art equipment.

A committee member attends a monthly meeting at the Bergen County Senior Citizens Coordinating Council and reports are brought to our attention for any or new proposals or agendas that affect seniors of Bergen County. Our programs give us a day of laughter and reminiscing. Come join us, bring your ideas to "the table". We welcome you to enjoy your life and to share the fellowship with your neighbors.

Office of Emergency Management

On June 23-24, Montvale OEM will be participating in the American Radio Relay League (ARRL) Field Day Event. Field Day is the largest single emergency preparedness exercise in the United States, with over 35,000 operators participating each year. On the fourth weekend of June of each year, radio amateurs gather with their clubs, groups or simply with friends to get on the air. Not only is Field Day serious practice for emergencies, it's also a picnic, a campout, a contest and, most of all, FUN! Montvale OEM's participation in Field Day is an opportunity to practice radio emergency response capabilities. Despite the development of very complex, modern communications systems, ham radio has been called into action again and again to provide communications in crises when it really matters. Field Day is an excellent opportunity to demonstrate the capabilities of Amateur Radio to the general public.



Montvale OEM will be participating in Field Day from our OEM Headquarters at Boro Hall (second floor) on June 23-24. We invite you to stop in on Sat, June 23rd from 2-5pm to say hello and learn more about Amateur Radio. If you want more information about this event, please send an email to: montvaleoem@montvaleboro.org

Montvale Recreation

Announcements

SPECIAL EVENTS COMMITTEE

Looking to give back to your town in a way that benefits residents of all ages through fun family-oriented events? Recreation is currently seeking volunteers to assist in the planning and coordinating of Montvale's annual events such as Day In The Park, the Halloween Carnival, the Holiday Tree Lighting, the Egg Coloring and more! Join the Special Events Committee today to be a part of keeping these events successful, memorable and a tradition for Montvale. Please call 201-391-5700 ext. 251 or email MontvaleRecreation@montvaleboro.org for more information.

MONTVALE DAY IN THE PARK 2018

The 2018 Day in the Park will take place on Saturday, June 16th with a rain date of Sunday, June 17th.

The Special Events Committee is currently seeking adult and high school volunteers as well as non-profit organizations that would like to be involved in the event.

Please email MontvaleRecreation@montvaleboro.org

We look forward to seeing everyone come back for another family fun-filled afternoon!

MOVIES UNDER THE STARS

The Special Events Committee will be hosting outdoor movie nights this summer on Memorial Drive! Bring a lawn chair or blanket and enjoy a movie with the family on a giant screen! Entry is free to all Montvale residents and snacks/drinks will be available for purchase! Mark your calendars for July 20th, August 3rd and August 17th.

Recreation Programs

ADULT CO-ED SOCCER

Fieldstone Middle School- Field #2

47 Spring Valley Road

Sundays 5:00-7:00PM

June 10th – July 29th

Resident Fee: \$10 Non-Resident: \$15

This program is a great way to get back into the game of soccer! There will be co-ed pick-up style games played every Sunday evening. Participants must be 18 years or older. Registration is open and ongoing for this program, but it is only online (Montvale.org/recreation) or at Borough Hall (during operating hours). You will not be able to register at any of the classes for this program. Please call 201-391-5700 ext. 251 with any questions.

INTRODUCTION TO HAM RADIO

Montvale Borough Hall
FREE Workshop

Ham/Amateur radio is a fun and interesting hobby! You can talk to local radio enthusiasts or make contacts all over the globe. You can communicate with the International Space Station and even use satellites that are orbiting the Earth to make radio contacts. You may even want to participate in radio contests that happen throughout the year.

Amateur radio also plays an important role during emergencies. Storms and power outages may impact your ability to use your home phone and get on the internet. How will you communicate in an emergency if your cell phone is broken, has a dead battery or you're in an area with no cell service? Cell towers can be damaged or overwhelmed during a disaster making your cell phone useless. During times like this, amateur radio can be used to get help or communicate with friends & family.

Come join us to learn how you can easily obtain a ham radio license to be a part of this rewarding, fun hobby! There is always something new to learn and you'll gain an important skill to have in emergencies.

Please email MontvaleRecreation@montvaleboro.org for interest!

SUMMER CAMP

July 2nd – July 27th (No Camp on July 4th)

Monday – Friday

9:30AM – 2:30PM

Memorial Drive

As of May 15th, we have a few groups that have filled and are now closed out; 1st Grade Boys, 4th Grade Girls and 5th Grade Boys. If you would like to be added to the waitlist for any of those groups, please email MontvaleRecreation@montvaleboro.org

Montvale Recreation will be extending summer camp hours beginning in 2018. Camp hours will now be 9:30AM-2:30PM. This will allow more time to expand the scope of our activities, entertainment and overall structure of camp. The following changes will be incorporated this summer to account for the ten extra hours per week:

- Additional space and classrooms at Memorial School for our use
- The installation of a large tent with picnic tables on the swim club field to provide shade for activities and lunch (non-rain days). Rain day lunch will take place in Memorial and the Community Center.
- The option of sending your camper with a lunch (which will be stored in an indoor, air-conditioned facility) OR hot lunches can be pre-ordered.
- Pre-ordered lunches will be prepared by Big Daddy's at the Snack Shack and served to campers at their designated lunch time. Parents will be able to choose which days their camper receives a hot lunch. The menu will include the following lunch options at \$5 a day:
 - Hamburger or Cheeseburger with French Fries and a drink
 - Chicken Fingers with French Fries and a drink
 - Hot Dog with French Fries and a drink
 - Pizza with a drink
- Off Site Trips (for an additional cost) for the 6th and 7th Graders w/ provided transportation
- Campers will be able to utilize the water inflatables for a longer period of time.
- Increased variation and quantity of camp entertainment as well as activities.

Camp Fees: The fee for summer camp has been increased this year only to account for the additional hours at camp. The hourly rate per camper has actually been decreased to offset the overall cost.

Resident Fee for all 4 weeks of Camp: \$320 per child (Family Max-\$960)

Non-Resident Fee for all 4 weeks of Camp: \$380 per child (Family Max-\$1140)

RESIDENT/NON-RESIDENT: \$30 Additional Fee after Registration Period. \$25 late charge for every 15 minutes a child is left under care after camp dismissal. Payment shall be made directly to the Camp Director or Asst. Director and turned over to the Borough of Montvale.

Camper Registration Time Period: May 1st through May 1st. After May 1st, you are not guaranteed a spot in camp and you'll incur a late registration fee. Sign up online by going to montvale.org/Recreation or pickup a paper registration from Borough Hall between 8:30AM and 4:30PM, Monday-Friday.

The facilities, courts and playground on Memorial Drive are CLOSED to the public during camp days and hours (July 2nd-July 27th Monday-Friday 9:30am-2:30pm). The public will be able to access the area any day after 2:30pm. For anyone looking to use the tennis courts during camp hours, we have three tennis courts at our Chestnut Ridge Recreation Complex located at 18 Heather Ridge Lane. Thank you in advance for your cooperation as we strive to keep our campers safe.

MONDAY YOGA

Montvale Community Center Atrium
1 Memorial Drive

Mondays 7:30-8:30PM

April 9th – June 11th

Resident Fee: \$80 (Only \$10/class!) Non-Resident: \$100

OPEN Registration: ONLINE: www.montvale.org/recreation

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

Fridays 9:30-10:30AM

June 8th- June 29th (Mini-4 week session)

Resident Fee: \$40 Non-Resident: \$50

OPEN Registration: ONLINE: www.montvale.org/recreation

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.

TAI CHI

Senior/Community Center Atrium: 1 Memorial Drive

Fridays 12:15-1:00PM

Summer Dates TBA

Resident Fee: \$80

Non-Resident Fee: \$100 (space permitting)

Residents Who Belong to the Montvale Seniors Club: \$40

OPEN Registration: Online or In-Person at Any Class

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...

30+ BASKETBALL

This program will resume again in September of 2018

Memorial School Gymnasium

Mondays 8:00PM-10:00PM

September – May

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.

SENIOR'S PICKLEBALL LEAGUE

Memorial Drive Tennis Courts

Fridays 2:00PM

Are you a part of the Montvale Seniors Club? Join today for just \$10 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.

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 7:15pm in the Recreation Center (entrance is behind the community center) 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 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.

Montvale Recreation

12 Mercedes Drive

Montvale, NJ 07645

201-391-5700 ext. 251

Please email Recreation Director, Lisa Dent, with any questions: MontvaleRecreation@montvaleboro.org

MONTVALE TENNIS COURT BADGES

Each year residents who wish to use the courts must register to receive their new access card. Badges for the 2018 season, which runs from March 1st - December 31st, may be purchased at the Borough Hall (during normal business hours beginning) OR online: www.montvale.org/recreation

The 2018 tennis fee schedule is:

FEES

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

There will be a \$10 fee for replacement badges

The Recreation Department has updated the tennis court's magnetic card reader to a proximity reader. Badges will no longer need to be swiped, but rather just moved within a close proximity to the reader. If there is an issue with the use of tennis courts or the courts themselves, please report it: 201-391-5700 ext. 251.

TRI-BORO FOOD PANTRY

For this month, the Tri-Boro Food Pantry is requesting the following items:

Laundry Detergent
Macaroni and Cheese
Condiments
Salty and Sweet Snacks



WWW.

MONTVALECHAMBER

.com

CO-PRESIDENTS

SCOTT L. FORMAN
CrossCountry Mortgage

STEVEN FOX
Morgan Stanley

1ST VICE PRESIDENT

TOM DAVEY
Davey's Locker

VICE PRESIDENT

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