



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.



Montvale Community Dinner

Join us on March 27, 2020 for the annual community dinner. See page 9

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CENSUS 2020

In mid-March, homes across the country will begin receiving invitations to complete the 2020 Census.

Once the invitation arrives, you should respond for your home in one of three ways: [online](#), by phone, or by mail. Visit the census website here for further information on jobs, news, how to respond and why your answers matter!

The Mayor's Corner

We have been lucky with this great winter weather this year and that means our roads are not getting the usual harsh winter beating and staying in great shape. In looking at the weather outlook it seems to be a similar pattern for the next few weeks, and we all like that. It has been a quite month but we are gearing up for spring and summer activities. One of the projects I was looking forward to is the cleaning up of Huff Pond and the area around it so it's ready for fishing and enjoyment during the spring. However, (with a sigh) the DEP permit process is long and intense, and while we were planning on having the drudging of the pond, and fixing the inlets so the water has constant movement this spring, the DEP permit will not be ready until around June, which means work will not start until July and completion by September 2020. There will be safety fencing and traffic controls during summer camp, but it will be a work site during the drudging. The pond will look great and the algae that we have been seeing the last few

years collecting on the surface, will not be there since the new inlets will allow the water to flow from the brook, circulate through the pond and then exit back to the brook through the newly installed outlet.



Mayor Mike Ghassali

I want to thank our department heads and staff, our Council and especially our Finance Committee Chairman Tim Lane for the diligent work on the 2020 budget. We should have the computation of the municipal rate completed in March and presented in April.

Enjoy this great weather, and as always, please continue to report potholes and burned out street lights. I am always available to discuss any issue and respond to your questions directly. You may reach me at mghassali@montvaleboro.org or call me at 201-248-0398.

Montvale Police Department

On the evening of January 1, the Borough had its yearly town reorganization meeting in the Council Chambers. Part of the meeting includes the swearing in of Officers for the Fire Department, and other individuals who volunteer for various positions within the Borough. The Mayor and Council thanked all of the volunteers, and Borough employees for their service as well. What amazed and humbled me was the sheer amount of volunteers, and the time they devote to make Montvale such a great place to live and work. I thought this would be a perfect venue to thank them, and let you know what they do here.



I'm sure I will miss a few, but I will list some of them. The Planning Board, the Environmental Commission, Board of Health, Recreation, Historic Commission, and TV Access-all made possible by volunteers. Of course, the Montvale Fire Department, and Tri-Boro Ambulance Corp are staffed completely by volunteers. Many of them have been with their respective organizations for more than 30 years. These are people that make themselves available 24 hours a day to respond to emergencies. I can tell you that the Police Department would be lost without them. They are an incredible group of people, and I encourage anyone interested, to get involved. New members at both of these fine organizations are urgently needed.

For more information on joining Tri-Boro Ambulance, please email them at membership@tbvac.org. If you are interested in joining the ranks of the Montvale Fire Department, please email Fire Chief Geoffrey Gibbons at ggibbons@montvaleboro.org.

Chief Joseph Sanfilippo

Montvale Officials

Mayor

Mike Ghassali (R)
MGhassali@MontvaleBoro.org

Council President

Douglas Arendacs (R)
DArendacs@MontvaleBoro.org

Administrator / Municipal Clerk

Maureen Iarossi-Alwan
Miarossi@MontvaleBoro.org

Council

Chris Roche (R)
CRoche@MontvaleBoro.org

Rose Curry (R)
RCurry@MontvaleBoro.org

Dieter Koelling (R)
DKoelling@MontvaleBoro.org

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

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

Meetings This Month

Mayor & Council

3/10 - 7:30pm
3/31 - 7:30pm

Planning Board

3/3- 7:30pm
3/17- 7:30pm

Environmental Commission

3/16 - 7:45pm

Trash & Recycling This Month

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

New Website & TV Programs!

Newton's first law of motion says that a body in motion stays in motion. Things have been in motion with the MontVale Public Access station and the Montvale website.

Montvale's website has a new look! GovSites, the Borough webmaster, performed a "design refresh" on the website. The content from the previous website was moved to the new one, and that, along with the new design, has made www.Montvale.org much more 'user-friendly'. Residents will be able to easily access the information that they are looking for. The new website is constantly evolving and will be updated based on usage and suggestions. In fact, there is a "feedback option" on the homepage of the website that you can click and submit suggestions to improve the website.

Montvale in Motion and My Montvale are the Borough based interview programs on Montvale Public Access TV under the direction of Jim Signorini Media Consultants, LLC. These programs can be viewed on Fios channel 35, Optimum channel 77 and via streaming on the Borough Website: www.montvale.org.

Thank you to Kara Mayer Robinson and Robert Hassimi for their fine work in bringing us the stories of Montvale residents, and official information from the Borough. Those interviews can still be seen on the new Montvale website and are listed by date.

Welcome to resident Tony Salerno who will be conducting interviews for My Montvale - Borough information for residents and businesses, and Montvale in Motion- focusing on the stories of residents and businesses here in town. Tony conducted interviews in February with Judy Currier, Montvale resident and cellist for the Metropolitan Opera Orchestra; and Christina Gouraige, Supervisor of Special Education Services for the K-8 School District. March interviews include Borough Engineer Andrew Hippolit who will discuss the PSE&G Gas line replacements on the east side of town and the 2020 Road Program; and Lt. Alisha Foley of the Montvale Police Dept. Do you have a story to tell? Please contact Borough Hall at 201-391-5700, or email me at rcurry@montvaleboro.org and we will get back to you!

Councilwoman Rose Curry

Contact:



201-391-5700



www.Montvale.org



The Borough of Montvale
12 Mercedes Drive

Montvale 2020 Clean-up Event

Borough of Montvale

April 18, 2020

at 9:00 AM to noon

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

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

Robert Hanrahan at ghanrahan@montvaleboro.org



Complementary light breakfast/coffee courtesy of

Wegmans &  **DUNKIN' DONUTS** of Montvale

ALL residents of all ages are invited to



Gloves & trash bags are provided by BC Clean Communities

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

Community service hours will be granted, forms are available

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



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

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

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

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

1. Montvale Recycling Center on Memorial Drive
2. Montvale Community and Senior Center on Memorial Drive
3. Montvale Library at 12 Mercedes Drive
4. Montvale Memorial School *
5. Montvale Fieldstone School*
6. Pascack Hills High School*

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

The type of plastic they are accepting within this program is limited to plastic bags and wraps, NOT plastic bottles or any type of plastic that is at all rigid (crinkles) or does not stretch. The recycle number found on much of the material they accept is #2 and #4 and typical examples are shown on the diagram on the EC Website. **Please ensure the bags are dry, clean, and empty** so the volunteers in Montvale can handle them safely.

If you have any questions they can be addressed to the Montvale Environmental Commission through the montvale.org website using their "I Want To...ask a question" link found on the top right of the montvale.org main landing page.

For more information on the Montvale Environmental Commission and this program please go to <http://www.montvale.org/boards/environmental>

Montvale Senior Club

MONTVALE ANNUAL COMMUNITY DINNER AND RAFFLE hosted by the Montvale Boy Scout Troop 334

Friday, March 27, 2020 at 6:30 pm – 47 Spring Valley Rd, Montvale, NJ.

Dinner includes salad, fresh garlic bread, pasta, meatballs, dessert and coffee.

Tricky Trays raffle and Balloon Art by our Clown. Tickets \$7.00.

Contact George Boothy, 201-476-1319.

GAME DAY

Tuesday and Wednesday at 10:00 am to 12:00 pm. Bocce and table games.

Contact John Rotante, 201-391-4194. Please note all activities are for members only.

PICKLE BALL

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

MAHJONG

Wednesday evenings from 7:00 pm to 9:30 pm.

Contact Kitty Stern, 201-802-0997.

CANASTA

Every Thursday from 9:30 am to 12:00 pm.

Contact Fran Ohayon, 201-391-4272.

CHAIR EXERCISES AND HEALTHY BONES

Contact Marie Dineen, 201-391-1831 for weekly schedules.

NEW PROGRAMS

BILLIARDS - John Congeda

NEEDLEPOINT- Lucille Borthwick

CARDS - John Congeda

BRIDGE – Diane Carfora.

Phone numbers located on the SENIOR CLUB ROSTER LIST.

BOOK DISCUSSIONS

Meetings every second Thursday at 12:30 pm.

Contact Ree Hopper, 201-391-7386/Kathy Hatfield, 201-391-0420.

PIZZA BINGO

Every second Friday at 5:30 pm -8:30 pm.

Contact Micki Keller, 201-573-1179/Jody Miller, 201-573-0246.

Tickets can be purchased at the Senior Center business meetings - \$7.00.

Two (2) slices of pizza, soda, dessert and coffee.

No tickets will be sold at the door.

TRIPS

ITALIAN FEAST OF ST. JOSEPH @DOOLANS on March 26.

MOUNT AIRY CASINO on April 14.

Contact Marie Dineen, 201-391-1831/Diane Carfora, 201-314-0141

Overnight trip to Lancaster, PA, in May.

Contact Rosemarie Kelly, 201-391-8718

Our business meetings are every **FIRST THURSDAY** of each month, and our social meetings are every **THIRD THURSDAY** of each month. Please feel free to call our President, Marie Dineen, 201-391-1831 for further information. A monthly calendar is available at the Senior Center, Memorial Drive, Montvale. \$15.00 are our yearly dues.

Milli Stellatos, Corresponding Secretary - 201-385-5090

Adult Programs

March 10, 2022 - 1:00 pm - Tuesday afternoon movie: A Beautiful Day in the Neighborhood (2019)

The Montvale Library will be showing a screening of A Beautiful Day in the Neighborhood (2019) on Tuesday, March 10, 2022 at 1 PM. The story of the real-life friendship between Fred Rogers, the creator of Mr. Rogers' Neighborhood, and a reporter assigned to do a profile of him. No registration required.

March 18, 2022 - 7:00 pm - Spring Watercolor Workshop

Five-week adult watercolor workshop with Artist Peri will take place on Wednesdays (March 18, March 25, April 1, April 15, & April 22) from 7-8:30 PM. Registration is limited to a maximum of 15; participants must pay a non-refundable, one-time CASH registration fee of \$25 at time of in-person registration. A materials list will be provided at this time; participants are responsible for all of their own supplies and will need to bring them to the first class session. In-person registration ONLY begins on Thursday, February 18, starting at 10 AM.

March 19, 2022 - 7-8 pm - Raising Healthy Kids in 2020.

Dr. Sherry Sakowitz-Sukkar, Director of Pediatric Wellness and Weight Management at Valley Hospital, will offer a free presentation to discuss the childhood obesity epidemic and how parents can encourage the development of healthy habits in their kids to prevent and/or treat obesity. There will be a Q&A session at the end. Register by phone (201-391-5090), in person, or by email at montvalelibraryprograms@gmail.com. Registration begins on Tuesday, February 18, starting at 10 AM.

March 24, 2022 - 1:00 pm - Tuesday afternoon movie: Knives Out (2019)

The Montvale Library will be showing a screening of Knives Out (2019) on Tuesday, March 24, 2022 at 1 PM. A detective investigates the possible murder of the patriarch of an eccentric family. No registration required.

March 28, 2022 - 12-3 pm - Egg Decorating Workshop for Adults & Teens

Patty Wiszuk-De Angelo will offer a three-hour workshop to teach the traditional folk art of Ukrainian Pysanky. The workshop is for adults and teens. Students will be required to pay a \$25 (CASH), nonrefundable materials fee at time of IN-PERSON REGISTRATION only. In-person registration began on Friday, February 21. Workshop size is limited to 20 students. Please note: You may register for yourself ONLY.

Youth Programs

Every Wednesday in March - 3:45 pm - Read to Mia the Therapy Dog (open to readers and dog lovers)

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

Every Monday in March - 3:45 pm - Mindful Mondays (1st grade and up)

Join us for a 5-week session of Mindful Mondays. Each week we will explore ways to be mindful by learning about meditation, yoga, breathing exercises, art, and reading to chill out to re-center ourselves. We will also be adding in a weekly act of kindness. Registration started on February 18 for the 5-week session.

March 7, 2022 - 2:00 pm - Saturday Afternoon Movie (ages 4 and up)

Join us for a Saturday afternoon showing of the movie Playmobil: The Movie. Registration started on February 24.

March 14, 2022 - 2:00 pm - Saturday Afternoon Movie (ages 4 and up)

Join us for a Saturday Afternoon showing of the movie Spies in Disguise. Registration starts on March 2.

March 17, 2022 - 3:45 pm - St. Patrick's Day Craft (4 and up)

The Future Educators of America will be hosting a St. Patrick's Day program including stories, activities, and crafts for children ages 4 and up. Registration starts on March 2.

March 25, 2022 - 6:45 pm - Night Time Story Hour (3-6 yrs. old)

Put on your pajamas and join us at the library for some milk, cookies, and bedtime stories. Registration starts on March 16.

March 26, 2022 - 4:00 pm - Chemistry in the kitchen (1st grade and up)

We will be trying out some recipes that include spinach! It's green, it's healthy, and we are going to make it delicious. There is a \$2 fee for this program due at registration. Registration starts on March 16.

March 27, 2022 - 3:30 pm - Pysanky Egg Decorating Workshop

We are excited to have Mrs. Patty teaching us about the Ukrainian art of egg decorating using a wax-resist method. This is one of our most popular yearly traditions at the Library. Registration will start on March 9. There is a \$10 fee for materials due at registration. This program fills up fast- don't miss out

Board of Health

Infections with the Coronavirus are evolving situations and are likely to change. If you are traveling outside the US, visit the CDC Travelers' website for the latest travel health notices. Those who recently traveled out of the country and have a fever and cough or shortness of breath should seek medical care immediately.

As always with any contagious disease, stay at home and avoid contact with others. Refrain from public transportation until asymptomatic. Cover your mouth when coughing or sneezing, and wash hands often with soap and warm water for at least 20 seconds. If using a hand sanitizer, make sure it is alcohol based.

What You Need To Know About Coronavirus Disease 2019 (COVID-19) click here: <https://www.montvale.org/government/news/263-board-of-health-coronavirus>

For the Center of Disease Control website click here: www.cdc.gov/COVID19

UNINTENTIONAL POISONING: National Poison Prevention Week March 15-21

Poison is any substance, including medication, that is harmful to the body if too much is consumed, inhaled, injected or absorbed through the skin. Any substance is potentially poisonous to the body if too much is taken. In some cases, poisonings are intentional and in some cases they are unintentional. Unintentional poisoning may include an overdose of medications and drugs or the consumption of household cleaners. In both cases, harm was not the intent, but poisoning was the result.

According to the (CDC) Centers for Disease Control and Prevention, 87 people die and nearly 2,300 are treated in emergency rooms on a daily basis from unintentional poisoning. Approximately 80% of emergency room admissions for those 18 years of age or younger result from an unsupervised child consuming medication. Although many children become unintentionally poisoned from household cleaning and personal care products, consumption of medication is still responsible for twice as many cases. In 2010, poison control centers across the United States received approximately 2.4 million calls for human poisoning cases.

Here are some safety measures that one can take in preventing unintentional poisoning:

- When taking medications, be sure to follow your doctor's orders
- Make sure all medications are stored away from a child's reach
- Store medication in its original child-proof container
- Keep cleaning products in areas away from food supplies, so not to be confused
- Do not purchase over-the-counter medications that have tampered packaging
- Be sure to child-proof or lock cabinets that contain medications and cleaning supplies
- Educate your children when age appropriate
- Always keep local poison control and emergency services numbers readily available

If you require further information on poisoning call 1-800-222-1222 (NJPIES) New Jersey Poison Information and Education System or check out their website at: <http://www.njpies.org/>.

You can also get more information from the CDC regarding the Prevention of Unintentional Poisoning at: <http://www.cdc.gov/Features/poisonprevention>.

TriBoro Food Pantry

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

Tuna/ canned chicken
Canned fruit
Dried black beans
Paper towels

As always we are grateful for all unexpired non-perishables!!
Our hours are Tuesday and Thursday from 9-11 am and we invite you to stop in for a tour anytime!!

Montvale Annual Community Dinner and Raffle

Friday March 27, 2020 at 6:30 PM
Fieldstone Middle School
47 Spring Valley Rd, Montvale, NJ

Hosted by Montvale Boy Scout Troop 334



Come out and JOIN YOUR COMMUNITY for a fun filled evening of food, friends, music, a tricky tray raffle, and more! Dinner includes a full Pasta and Meatball entree including salad and fresh garlic bread. After dinner enjoy a dessert and coffee, followed by the raffle. Children will enjoy Balloon Art from our CLOWN!

Advanced Ticket Sales Only: \$7.00 for All Ages

For Tickets or Information:

E-mail:
troop334mail@gmail.com

PO Box 641
Montvale, NJ 07645



Proceeds benefit Boy Scout Troop 334 – Sponsored by American Legion Post 153



BOWL WITH A COP

SUPPORTING SPECIAL OLYMPICS



SUNDAY, MARCH 29th

7:00 PM - 9:00 PM @ MONTVALE LANES

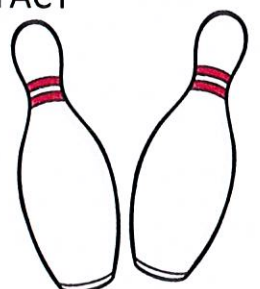
\$25 for 2 Games, Pizza, & Soda

ALL ARE WELCOME TO PLAY!



COME EARLY FOR LANE ASSIGNMENT. ANY QUESTIONS CONTACT
AFOLEY@MONTVALEBORO.ORG

**Special
Olympics**
New Jersey



MONTVALE/RIVER VALE SHREDDING EVENT

River Vale

Saturday, April 4

9:00 am - 1:00 pm

Mark Lane Sports Complex

Piermont Avenue, River Vale

Montvale

Saturday, October 24

9:00 am - 1:00 pm

DOES YOUR HOME NEED REPAIRS?

The Borough invites you to apply to the **NEW** Montvale HOME IMPROVEMENT PROGRAM

If you live in Montvale, own your home, and your total gross annual household income falls below the income limit for your household size, you may qualify to participate in the program.

- ✓ There is **no cost to apply** and it does not affect your credit score.
- ✓ Funds are provided as a **no interest** (0%) ten-year forgivable loan.
- ✓ A **professional inspector** oversees the process.
- ✓ There is **no monthly payment**.



(income limits updated annually)

ELIGIBLE USES OF FUNDS INCLUDE

- Roofs
- Foundations
- Heating
- Electrical
- Windows
- Insulation
- Plumbing
- and more!

Household size	1	2	3	4
Maximum Income	\$50,878	\$58,146	\$65,414	\$72,682
Household size	5	6	7	8
Maximum Income	\$78,497	\$84,311	\$90,126	\$95,940

This program is sponsored by the Borough of Montvale



FIRST COME, FIRST SERVED TAKE THE FIRST STEP!

www.hip.cgph.net

Easily submit your preliminary application online!

If you have additional questions, or if you do not have internet access,
Call the Borough Representative at (609) 664-2783.

Unpacking Family Baggage: Healing from Trauma & Addiction

Pascack Hills H.S.

225 West Grand Ave, Montvale, NJ

Wednesday, April 22nd

Mental Health Resource Fair 6-7pm

Keynote Speaker: Claudia Black, Ph.D. 7-9pm



Trauma begets trauma; addiction begets addiction; and each tends to beget the other. Both reverberate throughout a family system. Come and benefit from the years of experience of **Claudia Black, Ph.D.** as she will visually portray how we carry family of origin issues into our adult lives using the metaphor of the Baggage Cart, discuss trauma and addictions, and offer a 7-step path to a healing process.

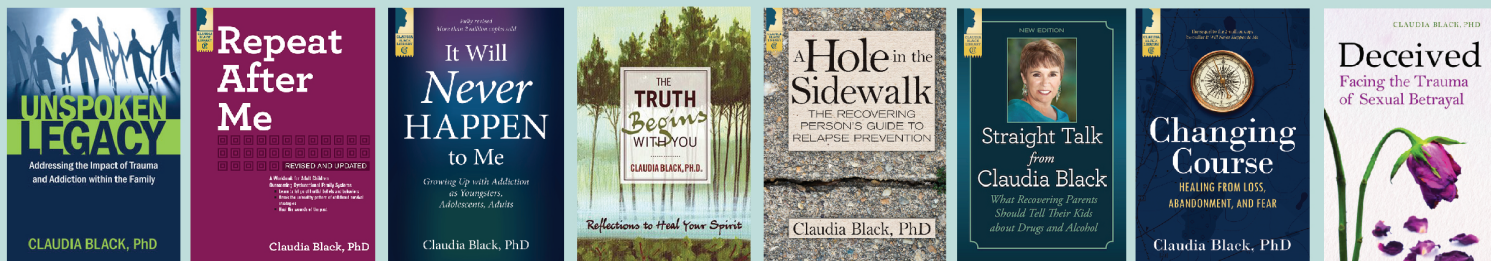
Dr. Black's passion has been ageless and offers a foundation for those impacted by addiction, codependency, and mental health challenges. This will be an impactful evening!

ABOUT THE SPEAKER:

Claudia Black, Ph.D. is a renowned addiction author, speaker, and trainer -internationally recognized for her pioneering and contemporary work with family systems, addictive disorders and treating complex addiction and mental health issues faced by youth and young adults. Dr. Black's expertise includes treating trauma and addictions. She empowers and strengthens families through treatment and her educational programs that address removing barriers to recovery in order to embrace multi-generational healing.



Dr. Black's books will be available at the event for purchase or order - CASH or CHECK only.



@hillsvalleycoalition

@HVC_StigmaFree

**Hills Valley
Coalition**

The Hills/Valley Coalition for Resilient Youth

www.hillsvalleycoalition.org

GCADA
Governor's Council on
ALCOHOLISM & DRUG ABUSE

WWW.

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.com

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Chamber of Commerce Board Meetings:

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

**Over 125 People Attended Chambers 2020
Regional Business Event Hosted by KPMG**



Scott Fritz, KPMG



Presidents Scott Forman & Steve



John DePinto



Brigid Breen, KPMG



Peter Hekemian



Mayor Ghassali



Street Fair 2020

When: Sunday June 14, 2020

Time: 10:00 am - 5:00 pm

Where: Paragon Drive, Montvale

Sponsorship Applications will be
available February 1, 2020

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



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

Stay on top of chamber news and events: facebook.com/Montvale-Chamber-of-Commerce

facebook.com/Montvale-Chamber-of-Commerce

Montvale Recreation Special Events Committee

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

Summer Camp

Summer Camp for children entering grades 1-5 in September of 2020, will run June 29 through July 24, 2020 (Closed on Friday, July 3 for the holiday) on Memorial Drive. Camp hours will be 9:30 am to 2:30 pm on Memorial Drive. In-person and online registration will begin on March 1. Paper registration packets can be picked up and dropped off at Borough Hall between 8:30 am and 4:30 pm. For further camp information, please visit the Recreation section of the Borough website.

Counselors

Counselor applications are due March 2nd. All new applicants need to attend the interview session on Wednesday, March 4th between 4:30 pm and 6:30 pm at Borough Hall on the second level. Applicants will be interviewed on a first come, first served basis.

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

Adventure Camp

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

Programs

Online Registration:
Go to www.montvale.org/recreation
Click the Register Tab at the top
Choose the program you would like to register for
Payment by credit card only

Paper Registration: Available at the first class of any session (except Adult Soccer, Golf, Pickleball and Tennis Lessons). Payment by cash or check made out to the Borough of Montvale.

Adult Volleyball

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

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

Open Play Pickleball

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

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

Monday Yoga

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

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

Friday Yoga

Montvale Community Center Atrium- 1 Memorial Drive
1 Memorial Drive
Fridays 9:30-10:30 am
March 13 – May 8 (Off April 10)
Resident Fee: \$80 Non-Resident: \$100

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

Tennis Court Badges

Each year residents who wish to use the courts must register to receive their new access card. Badges for the 2020 season, which runs from March 1 - December 31, may be purchased at the Borough Hall (during normal business hours beginning) OR online: www.montvale.org/recreation

<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.

TAEKWON-DO

Senior/Community Center Atrium: 1 Memorial Drive
Wednesdays and Thursdays: 6:00-7:00 pm
March 18 – May 14

Fee: for this 16-session class is \$120 for residents; \$180 for non-residents (space permitting)
Instructor: Mario Liriano; 5th Degree Black belt and over 40 years of Martial Arts Experience. Mr. Liriano has been teaching this program for 15 years in Montvale and has produced many Black Belts (including his two daughters).

TaeKwon-Do, the Korean Art of Self-Defense, is the scientific use of the body through physical and mental training for self-defense in unarmed combat. Grow with the tenets of TaeKwon-Do: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. This program will be offered two days per week for all age groups. Register by clicking below (credit card payment) or by attending the first class of the session (cash or check payment only).

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

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.

DEADLINE FOR SPRING 2020 FIELD USE APPLICATIONS IS FEBRUARY 1.

Montvale Recreation
MontvaleRecreation@montvaleboro.org

Tai Chi

Senior/Community Center Atrium: 1 Memorial Drive
Fridays 12:15-1:00 pm
February 28 – April 17
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...

30+ Basketball

Memorial School Gymnasium
Mondays 8:00 -10:00 pm
September 16 – May 18
Resident Fee: \$75 Non-Resident (if space permits): \$95
OPEN Registration: Attend a class to register at any point Sept - May

This program is for men and women 30 years of age and older. The pick-up game style welcomes all who have a passion for basketball.