



The Borough of Montvale

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

Happy New Year!

2026

The Borough of Montvale

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As the holiday season surrounds us with lights, traditions, and time spent with family and friends, I want to take a moment to reflect on the past year and look ahead to the year before us.

The holidays are a special time in Montvale. They remind us of what truly matters—community, kindness, and looking out for one another. Whether it's gathering around the table, attending local events, or simply checking in on a neighbor, these moments strengthen the bonds that make our town such a wonderful place to call home.

As we prepare to turn the page to a new year, I am proud of how our community continues to come together, even when we face challenges. This past year brought important conversations, difficult decisions, and meaningful progress. Through it all, Montvale residents remained engaged, thoughtful, and committed to the

The Mayor's Corner

future of our town. Looking ahead, the new year brings opportunity. Opportunity to continue investing in our community, to make smart and responsible decisions, and to ensure that Montvale remains a place where families want to live, work, and grow. We will continue to focus on fiscal responsibility, protecting our taxpayers, supporting our schools, and encouraging development that fits the character and long-term needs of our town.



As we enter the new year, I encourage everyone to take the spirit of the holidays with them—be patient, be kind, and stay connected. Small acts of goodwill go a long way in building a strong community.

On behalf of the Borough of Montvale, I wish you and your loved ones a joyful holiday season and a happy, healthy, and prosperous New Year. I look forward to continuing to work together in the year ahead.

Mayor Mike Ghassali

Montvale Senior Club Activities

October 2025 Montvale Senior Club Activities

Monday

- Healthy Bones – 10:00am-11:15am HARP 551-996-2038 (A)
- Chair Exercises – 11:00am-12:00pm (TV) Micki Keller 201-669-9935 Bill Maki 201-803-5760
- Mahjong – 1:30pm-3:30pm Kitty Stern – 201-802-0997 (A)

Tuesday

- Game Day - Corn hole, pool, ping pong (TV) Pat Casciano 201-307-9685 Vinnie Alfano 555-427-8143
- Canasta – 1:30pm-3:00pm Anne Coyman 201-391-0454 (A)
- Tai Chi – 1:30pm-2:15pm Lisa Dent -201-391-5700-ext.251 (TV)

Wednesday

- Yoga Exercises – 11:00am-12:00pm Micki Keller 201-669-9935 Bill Maki. 201-803-5760 (TV)
- Mexican Train/Cards 1:00pm – 3:30pm Pat Casciano 201-307-9685 Lucille Borthwick 845-649-2964 (A)

Thursday

Savory Seniors – Thursday, January 29. 11:30am-1:00pm (A). Louise Boothby 201-476-1319 (A)
Banoo Irani 201-264-8080

Friday

- Chair Exercises 11:00am-12:00pm Micki Keller 201-669-9935
- Gym Open – Monday -Wednesday-Friday 8:00am-12:00pm Bob Daley 201-307-0393 Werner Hahnemann 201-391-8399

Monthly Activities

- Our nurse will be visiting us on the first Thursday for blood pressure reading

Upcoming Trips

- May 15-17 Trip to Washington, DC Deposit \$100.00 due at business meeting. Make check out to White Star Tours. Rosemarie Kelly 201-391-8718
- June 2-5 Trip to Woodlock Pines. Pat Casciano. 201-307-9685
- June 20-26 Norwegian Cruise to Bermuda on the Norwegian Aqua. Rosemarie Kelly. 201-391-8718

Reminders

- Annual Dues - \$20.00 dues at Business Meeting – make check payable to Montvale Senior Club
- Bocce will be cancelled until spring
- Note: the following meeting dates have changed Business Meeting 1/8, Social Meeting 1/22, and Savory Seniors 1/29

Food Addicts

Are you struggling with food? Food Addicts in Recovery Anonymous (FA) can help! FA is a free program based on the Twelve Steps of Alcoholics Anonymous (AA). There are no dues, fees, or weigh-ins at FA meetings. FA is a fellowship of individuals who, through shared experience and mutual support, are recovering from the disease of food addiction. FA members are people of all ages from every part of the world, people who were morbidly obese, substantially underweight, or even at a normal weight. Regardless of their size, they were tormented by cravings, dieting, bulimia, and/or an obsession with exercise. In FA they found hope and recovery, and so can you. There is a free weekly meeting every Tuesday evening from 7-8:30PM at the Montvale Senior Center, located at One Memorial Drive in Montvale. If you have any questions, feel free to call or text Susan at 978-886-5469, or Sally at 201-693-0411, or check out the FA website at www.foodaddicts.org.

Curbside Collection

Mon	Tue	Wed	Thu	Fri
29 East Zone Trash Pickup	30 Central Zone Trash Pickup	31 West Zone Trash Pickup	1	2 Christmas Tree Pickup Recycling: Districts 1 & 2
5 East Zone Trash Pickup	6 Central Zone Trash Pickup	7 West Zone Trash Pickup	8 Recycling: Districts 3 & 4	9 Christmas Tree Pickup
12 East Zone Trash Pickup	13 Central Zone Trash Pickup	14 West Zone Trash Pickup	15 Recycling: Districts 1 & 2	16 Christmas Tree Pickup
19 East Zone Trash Pickup	20 Central Zone Trash Pickup	21 West Zone Trash Pickup	22 Recycling: Districts 3 & 4	23 Christmas Tree Pickup
26 East Zone Trash Pickup	27 Central Zone Trash Pickup	28 West Zone Trash Pickup	29 Recycling: Districts 1 & 2	30 Christmas Tree Pickup
2 East Zone Trash Pickup	3 Central Zone Trash Pickup	4 West Zone Trash Pickup	5 Recycling: Districts 3 & 4	6

Montvale Public Library

Friends of the Montvale Public Library

The Friends of the Library will meet on Thursday, January 8th at 7:30pm. Please email Bombace@montvale.bccls.org if you have any questions.

Thank you to everyone who donated and purchased jewelry at our sale during Winter Fest last month. We appreciate your support!

Adult Programs

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

Tuesday, January 6, 13, 20, 27 2025 at 10:00 a.m.

Adult Meeting Area

Chair Yoga for Adults

Come join us for a half-hour chair yoga class taught by certified yoga instructor Shelley Sontag. Increase strength and mobility using gentle, easy-to-follow movements. All skill levels are welcome. Tuesday, 1/6, 1/13, 1/20, and 1/27 at 10am. Register once for all four sessions.

Wednesday, January 7, 2026 at 7:00 p.m.

Virtual Program

Stop Procrastinating: How to Organize Your Home in 2026

Make 2026 your year for sorting out your home! Log on and learn where to begin and what to tackle in which order. Jamie Novak, decluttering humorist and author of *Keep This Toss That*, will share insider strategies for getting and staying motivated when tidying up. This is a virtual program. A Zoom link will be sent out on the day of the event.

Montvale Public Library

Adult Programs (Continued)

Monday, January 26, 2026 at 6:30 p.m.

Library Activity Room

Montvale Cookbook Supper Club

We will be discussing 'Good Lookin' Cookin'', by Dolly Parton & Rachel Parton George. This program will take place in the Library Activity Room. Registration is limited. Sign up on the Montvale Library's website.

Adult Book Club

January 5, 2026 at 7:30 p.m.

Library Activity Room

Monday Night Book Club

The Monday Night Book Club meets on the first Monday of every month at 7:30pm. We will be discussing 'The Heaven and Earth Grocery Store' by James McBride. This program will take place in the Library Activity Room.

Monday, January 12, 2026 at 12:00 p.m.

Library Activity Room

Monday Afternoon Book Club

The Monday Afternoon Book Club meets on the second Monday of every month at 12:00pm. This month we will be reading 'The Sunflower House' by Adriana Allegri. This program will take place in the Library Activity Room.

English as a Second Language

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. Group Classes are going on now. There is currently a wait list for one on one tutors.

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.

Children's Department

Zumbini

Tuesday, January 6th @ 10:30 AM

Zumbini is a music and movement class for children 6 mths-4 years. Led by Tina of Zubini Time, children can enjoy rhythm and dance while building their social, motor, and cognitive skills. This is a grown-up and child program. Registration is required.

Baby and Me Yoga

Thursday, January 8th and 22nd @ 10:30 AM

Join us with Bozza Yoga Littles and enjoy creative yoga poses, movements, and fun! Come, meet friends, and improve hand-eye coordination and motor skills through yoga! This class is for children aged 6 mths- 4 years and is a grown-up and child program. A new registration is required for each class

Boogie Woogie Babies

Tuesday, January 20th @ 10:30 AM

Get ready to wiggle, giggle, and groove! Boogie Woogie is a fun and friendly dance session for kids 6 mths-4 years and their grown-ups. Enjoy upbeat music, simple movement, and lots of smiles as you bond through dance and play.

Montvale Public Library

Children's Department (Continued)

Sensory Stories

Thursday, January 15th @ 10:30 AM

Let your little ones' imaginations run wild at this sensory story time with engaging stories, and opportunities to touch, feel, and explore different textures and materials. This session is perfect for toddlers, helps develop motor skills, and introduces the joy of reading through hands-on interaction. Ages 19 mths and older. Registration is required for each class.

Unique Creatures Live Animal Program

Wednesday, January 21st @ 4:00 PM

Get a chance to meet and learn about some of the most fascinating animals from around the world during this exciting live animal program. Discover fun facts, see animals up close, and learn what makes each species unique.

Cooking with Food Explorers Program

Monday, January 26th @ 4:30 PM

Who wants to do some cooking? Food Explorers will be here to guide you through a journey of new foods and flavors, making a yummy treat! Get ready to measure, stir, and create! This program is for those 7 years and older. Space is limited and registration is required.

Melody Mom

Tuesday, January 27th @ 10:30 AM

On Tuesday Melody Mom will be here with a fun, program that sparks a love of music, rhythm, and movement. Children and their grown-up will experience an engaging, energetic program that inspires and delight! This is a grown-up and child program for ages 6 mths - 4 years old. Registration is required.

Pet Partners

Wednesday, January 28th @ 4:00 pm - 5:00 PM

Come and read to a trained therapy dog at Montvale Library! Children can practice their reading skills and bolster their self-confidence by reading aloud to some great listeners. These therapy dogs are "all ears" when it comes to listening to stories. Registration is required for each reader and each reading session is 1:1 and 10 minutes long. This is for ages 8 years and older.

Please plan to arrive 10 minutes prior to your reading time so you have time to get settled and choose a book. If you are not present for your time slot we cannot guarantee your child will get their turn.

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 Intrepid Museum, the American Museum of Natural History and The Museum of Modern Art! And now available- passes for Dia Beacon! Museum passes for the American Museum of Natural History and the Intrepid are provided by the Friends of the Library.

eBooks and Other Online Materials

The Montvale Library subscribes to Kanopy, a streaming service with over 30,000 documentaries, classic and indie films. Patrons with a valid Montvale Library card can stream up to ten titles per month for a 72-hour checkout period.

Hoopla offers eBooks, movies, audiobooks, TV shows, music, and comics to Montvale residents. To sign up, go to <https://www.hoopladigital.com/> or download the free Hoopla app and log in with your library card number (the 14 digit number above the barcode)! Because of its increase in popularity, we have increased the budget for items available through Hoopla.

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



Girls Volleyball

This 10-week program is open to all volleyball players in grades 5-8 who are interested in improving their skills and practice in gameplay! All equipment is provided. This program takes place over the course of 10 weeks per the below schedule.

Grades 5-6 on Tuesdays 7:00-8:00pm
January 13 - March 24

Grades 7-8 on Wednesdays 8:00-9:00pm
January 14 - March 18

Memorial School Gymnasium : 53 W Grand Ave

Resident Fee: \$200

Non-Resident Fee: \$250

Registration: Go to montvalerecreation.org



Adult Volleyball

Pick-up style play open to all skill levels, ages 18 and up. Volleyballs are provided for all those who attend. Up to 2 games at once.

Memorial School Gymnasium : 53 W Grand Ave
Tuesdays 8:00pm-10:00pm January 13 - June 16

Resident Fee: \$195

Non-Resident Fee: \$215

Registration: Go to montvalerecreation.org

Chess Lessons

Chess is the perfect way to sharpen young minds this season! Designed for all skill levels, this engaging and educational program teaches strategy, focus, and sportsmanship in a fun, supportive environment. For more information, contact newjerseysportsacademy@gmail.com or 646-541-3976

Montvale Community Center: 1 Memorial Drive
Tuesdays, January 20 to March 10

Foundation Chess:

4-4:50 pm (Ages 5-8)- \$160

5-5:50pm (Ages 9-14)- \$160

Intermediate Chess:

6-6:50pm (Ages 7-12)- \$210

Registration: Go to montvalerecreation.org (advanced registration required)



Adult Yoga



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.

Montvale Community Center: 1 Memorial Drive
Mondays at 7:00pm beginning January 5
Resident Fee for each 4 week session: \$40
Non-Resident Fee: \$50



30+ Basketball

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. Play occurs in the gymnasium at Memorial Elementary School. Parking is located on Memorial Drive and participants should enter through the side community entrance. Registration is open and ongoing throughout the season. The fee covers the entire season.

Memorial School Gymnasium: 59 W Grand Ave
Mondays 8:00 –10:00 pm
September 16 – June 16
Resident Fee: \$75
Non-Resident: \$95
Registration: Go to MontvaleRecreation.org

Tai Chi

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...



Montvale Senior/Community Center: 1 Memorial Drive
Tuesdays at 1:30pm beginning January 13
Resident Fee: \$80
Non-Resident Fee: \$100
Montvale Senior Club Discount: \$40
Registration: Go to montvalerecreation.org



The Way

“The Way - The Art of Life,” is the art of Self-Defense and Wisdom Living (THE WAY FOUNDATION INC). It is the training of the Body, Soul, and Spirit for self-defense in the unarmed combat and daily healthy growth.

We know of some of the widely known Martial Arts and how each is referenced with the country where they originated. Karate - Japan Kung Fu - China TaeKwon-Do - Korea The Way - The Art of Life - USA (Montvale, NJ)

Grow, get fit and learn to be disciplined while using the following attributes and tenets of THE WAY: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control. The Way meets twice per week for 8 weeks.

Tuesdays and Thursdays Beginning January 27

6:00-7:00pm Kindergarten – Grade 4

7:00-8:00pm Grades 5 – 8

8:00-9:00pm High School and Adults

Montvale Senior/Community Center: 1 Memorial Drive

Resident Fee: \$120

Non-Resident Fee: \$180

Registration: Go to montvalerecreation.org (advanced registration required)

Field, Court and Facility Reservations

Looking to reserve fields, courts or parks in Montvale? Don't forget to get a permit first! Apply by going to montvalerecreation.org and submitting an application through Community Pass.

An application must be approved prior to any organized use of a field, court or facility.

Applications for Spring 2026 use of the FIELDS must be submitted between January 1 and February 1.



Montvale Special Events Committee



Led by the Recreation Dept, the Special Events Committee is comprised of resident volunteers that meet once per month to plan and execute the following town-wide events for adults and kids:

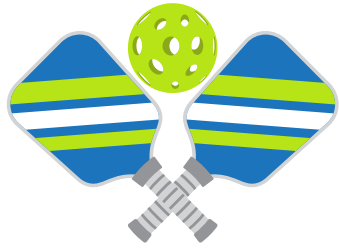
- Day in the Park (September)
- Halloween Carnival (October)
- Christmas Tree Lighting (December)
- The Egg Coloring (March/April)
- Fish with a First Responder (June)
- More to Come!

This committee is a great way to give back to your town in a way that benefits residents of all ages through family fun-oriented events! Join us to be a part of keeping these annual events a memorable and fun tradition for all!

Interested in volunteering for this committee or would like more information?

Scan the QR Code below!





Pickleball Court Badges



Badges must be obtained prior to the use of the pickleball courts located at 1 Memorial Drive. Each year, residents and non-residents must renew their badges for the calendar year, January-December. Badges for the 2026 season will be available for purchase beginning January 2 at Borough Hall located at 12 DePiero Drive. Borough Hall is open Monday-Wednesday 8:00am-4:00pm, Thursday 8:00am-6:00pm and Friday 8:00am-12:00pm.

Payment methods accepted at Borough Hall include cash or check. For credit card payments, please utilize montvalerecreation.org to register for a badge or renewal sticker through Community Pass. When registering online, badges and renewal stickers still need to be picked up at Borough Hall. If you are not able to do so within operating hours, please email MontvaleRecreation@montvaleboro.org to make alternative arrangements.

Residents		Non-Residents	
Adult (18-61)	\$30	Adult (18-61)	\$100
Child (17 and younger)	\$10	Child (17 and younger)	\$30
Senior Citizens (62 and older)	\$15	Senior Citizens (62 and older)	\$100
Replacement Badge (1 per year max)	\$10	Replacement Badge (1 per year max)	\$10



Tennis Court Badges



Badges must be obtained prior to the use of the tennis courts located at 1 Memorial Drive and 159 Chestnut Ridge Road. Each year, residents and non-residents must renew their badges for the calendar year, January-December. Badges for the 2026 season will be available for purchase beginning January 2 at Borough Hall located at 12 DePiero Drive. Borough Hall is open Monday-Wednesday 8:00am-4:00pm, Thursday 8:00am-6:00pm and Friday 8:00am-12:00pm.

Payment methods accepted at Borough Hall include cash or check. For credit card payments, please utilize montvalerecreation.org to register for a badge through Community Pass. When registering online, badges still need to be picked up at Borough Hall. Questions? Email MontvaleRecreation@montvaleboro.org

Residents		Non-Residents	
Adult (18-61)	\$30	Adult (18-61)	\$60
Child (17 and younger)	\$10	Child (17 and younger)	\$20
Senior Citizens (62 and older)	\$15	Senior Citizens (62 and older)	\$30
Replacement Badge (1 per year max)	\$10	Replacement Badge (1 per year max)	\$10



Basketball Court Badges



Badges must be obtained prior to the use of the basketball courts located at 1 Memorial Drive. Each year, residents and non-residents must renew their badges for the calendar year, January-December. Badges for the 2026 season will be available for purchase beginning January 2 at Borough Hall located at 12 DePiero Drive. Borough Hall is open Monday-Wednesday 8:00am-4:00pm, Thursday 8:00am-6:00pm and Friday 8:00am-12:00pm.

Payment methods accepted at Borough Hall include cash or check. For credit card payments, please utilize montvalerecreation.org to register for a badge or renewal through Community Pass. When registering online, badges and renewal stickers still need to be picked up at Borough Hall.

Questions? Email MontvaleRecreation@montvaleboro.org

Residents		Non-Residents	
Adult (18-61)	Free	Adult (18-61)	\$25
Child (17 and younger)	Free	Child (17 and younger)	\$15
Senior Citizens (62 and older)	Free	Senior Citizens (62 and older)	\$10
Replacement Badge (1 per year max)	\$5	Replacement Badge (1 per year max)	\$5

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

VISIT OUR WEBSITE

- Meet the board members
- Learn more about our mission
- See our outreach into the community
- Check out local networking events

OUR BOARD MEMBERS

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

- Julia Avato, Business Development
- Paul Jordan, Wegmans
- Ron Laurent, CrossCountry Mortgage
- Amy Debellis, Sotheby's Real Estate
- Doris Sutich, Perfect Limo



Mark Your Calendars!

2026 REGIONAL KICK OFF EVENT!



4 FEBRUARY, 2026



FLEMING'S PRIME STEAKHOUSE, MONTVALE

The Montvale Chambers annual kick-off has had over 150 regional business leaders in attendance, with a goal of getting the most valuable information to our business leaders to help plan for a strong upcoming year along with special guest speakers. With such a strong attendance, the opportunity to network with other professionals has proven to be invaluable. **RSVP on our website to save your spot!**



RSVP HERE