



NEWSLETTER



A Publication of the Mountainside Recreation Department

No. 197

Borough Hall • Mountainside • New Jersey • 07092

September 2016

Radio City Trip Planned for December 8th



The Recreation Department is sponsoring its annual trip to Radio City Music Hall in New York City for the *Christmas Spectacular, Starring the Rockettes* on Thursday, December 8th.

A coach bus will leave from the Deerfield School parking lot at 5:30 pm and will return after the 8 pm show. The cost is \$80 per person, which includes an Orchestra seat and transportation. Children must be accompanied by an adult. Tickets will be sold at the Recreation Department beginning on Monday, September 12th.

9/11 Memorial Museum Trip set for November 2nd

The 9/11 Memorial Museum with Guided Tour Trip will be on Thursday, November 2nd. Bus will be leaving from the Mountainside Community Pool parking lot at 9AM and we will be returning to the pool at 4PM. The trip to the museum will include an hour guided tour examining authentic artifacts that explain the global impact and continuing significance of 9/11. After the tour you'll have time to explore the museum as you wish. Cost: \$60.

Total Sports Squirts



Preschool kids ages 3-5 can experience a new sport each session in the Total Sports Squirts. Participants have the opportunity to try lacrosse, soccer, basketball, t-ball, hockey, and more in a safe, structured environment. All activities promote hand-eye coordination, movement, balance and most importantly Fun, Fun, Fun! This one hour class conducted by the US Sports Institute will meet at Boro Hall field on Fridays from September 23rd - November 4th at either 10:30 am or 12:30pm. The registration fee is \$125 per child. (See page 3 for additional sports and tennis programs)

Youth Basketball Sign-ups Begin October 3rd

A new pre-season basketball boot camp will be offered for league players in November! The program will be under the direction of Coach Dave Boff, recipient of the 2013 Basketball Award from NJSIAA and current head boys basketball coach at the 2013 NJ Non-Public B State Champions and the Tournament of Champions winner, Roselle Catholic High School. The co-ed camps will be divided by grades. Nightly sessions will run for 90 minutes in November. Registration will begin on Thursday, October 3rd. Further details will be forthcoming on the Recreation website, Facebook page, and ELFF. The Recreation Department's youth basketball leagues will be offered for 6th-8th grade boys, 6th-8th grade girls, 3rd-5th grade boys, and 3rd-5th grade girls. League teams will begin practicing in December and league games will start after the holiday vacation.



Instructional clinics will be scheduled for Kindergarteners, 1st graders, and 2nd graders. All of the instructional clinics will begin in January.

All registrations are on a first-come, first-served basis and *may be restricted by volunteer coach availability and gym space*. A \$15 late fee will be charged after Friday, October 21st. Detailed information about each program will be available in late September. Be sure to check the Borough website, and ELFF for updated information.

RECRUITING VOLUNTEER BASKETBALL COACHES!

If you are interested in being either a Head Coach or an Assistant, or if you would like further information regarding requirements and expectations please contact the Recreation Office by October 7th.

Fitness Classes

Total Body Blast

Total Body Blast is a full body workout. 30 minutes of step training that will improve your fitness, agility, and full body strength. Then 30 minutes of core training which will strengthen your core from your shoulders to your hips. Strengthening your core will prevent back pain, improve posture, and give you ripped abs. Total Body Blast will run on Monday's from 6:00- 7:00 pm starting on September 12th and run until October 31st. Class instructed by Lori Wierzbinski. Resident fees are \$61.



YOGA



Discover the benefits of Ansura Yoga. Universal Principles of Alignment techniques will be taught integrating asanas (postures), pranayama (breathing) and meditation; together promoting strength, flexibility and spirituality as well as releasing tension and stress.

A morning yoga class will be held on Mondays from 9:00-10:15 am. The new session will begin on Sept. 12th and run until Oct. 31st. Registration for residents is \$60. A new session of Tuesday or Thursday Yoga will begin on Tuesday, Sept. 6th and run until Oct. 27th. Both classes are from 7:00 - 8:00 pm. Resident fees for the class are \$69 for Tuesdays or \$76 for Thursdays. Advance registration is required. Classes are taught by Linda Green.

H.I.I.T

(High Intensity Interval Training) is a total body exercise program. This type of training involves repeated bouts of high intensity effort followed by varied recovery times. Since the intensity is relative to your fitness level H.I.I.T is a great workout for anyone from a seasoned athlete to someone just starting to exercise. H.I.I.T will run on Wednesday's from 5:45pm-6:45pm starting on Wednesday, September 7th and run until October 26th. Class instructed by Terry Gleason. Resident fees are \$71.



Borough Hall News

NOW AVAILABLE: On-Line Tax Payments and Tax Inquiry System. To use the system, go to our website: www.mountainside-nj.com

The Borough of Mountainside's Annual **Clean Communities Day** will be held on Saturday, October 22, 2016 from 9:00 a.m. to 12:00 p.m. If you wish to volunteer, please call Pat Gilstrap at 908-232-2409 or email her at pgilstrap@mountainside-nj.com. Supplies will be provided and can be picked up at 9:00 a.m. at the DPW garage on Sat. 10/22. Lunch will be provided immediately after the event. Our Clean Communities Day is for litter pick-up only. A meeting will be held on Tuesday, September 20 @ 6:30 p.m. in the second floor lounge at the Municipal Building to discuss the details. You do not have to attend the meeting in order to participate.



The annual free **DPW leaf pickup** will begin on Monday morning, November 7. All paper leaf bags you wish removed must be curbside on ALL streets no later than 7AM Monday for that week's pickup. Once your street has been done, we cannot double back if you place them out later in the week!

The pickup will continue for several days each week and the final pickup will take place the week of Monday, December 5. Any remaining bags must be at curbside **NO LATER THAN 7AM Monday, December 5** for pickup which will conclude on Friday, December 9. It takes us nearly a week to cover every street in town, so if final bags are not out by Monday, December 5 and we've collected your street, you will need to make private arrangements with your landscaper or trash hauler.

We appreciate your cooperation in providing this valuable service in as cost effective a manner as possible for all residents. Please remember: regulations require that only approved paper leaf bags may be used. Plastic bags cannot be accepted since they are rejected by the recycling center. Also, if you choose to mulch your leaves, remember that bags cannot exceed 50 pounds in weight. They will be rejected if overweight or if they clearly contain twigs, branches or other debris which is prohibited by the recycling center.

Save the date! The 17th Annual **PAL** Cop Trot will be held on Saturday, Oct. 15th. It's a fun day starting with a tot trot, the cop trot and then stay around for awards and give-a-ways. PAL is always looking for volunteers - especially for the Cop Trot, Cheerleading and Skate Night. Please email mountainsidepal@verizon.net if interested.

Reading Enrichment Program

Pipsqueak Players is a reading enrichment program that uses the fundamentals of theater to bring literature to life. This 4 week session will explore a book and culminate with a staged reading. This class is for ages 5-7 (all reading levels welcome); class size limited to 8 students. Pipsqueak Players will meet on Thursdays from 4:00-5:00 at Borough Hall. Dates: 4 weeks STARTING October 13th. Class instructed by Erin Kraven and Cheryl Isbirian. Resident fees are \$68.

Wii Bowling Returns to Mondays

The Recreation Department will continue to run the popular Wii Bowling League for Seniors. The Nintendo Wii is a video gaming system with motion sensors. This enables users to simulate bowling without the burden of carrying a heavy bowling ball, bending over, and with the *option* to sit!



This program will take place in the Mountainside Community Room in Borough Hall on Mondays at 10:45am beginning on Oct. 17th to Nov. 21st. While the program is free, all participants must register at the Recreation Office. Registration begins Sept. 12th.

Sport Squirts

Total Sport Squirts is ideal for children (3-5 years old) who want to try their hand at a little of everything. Participants have the opportunity to try lacrosse, soccer, basketball, t-ball, and hockey. This hour long program will be offered at 10:30 or 12:30 pm.

Parent & Me Squirts are designed to introduce children ages 2 & 3 years old to a variety of sports, games and group activities, all with the help of Mom and Dad. This 50 minute program will be offered at 9:30 am. All Squirt programs will take place at Boro Hall Field on Fridays from September 23rd - November 4th and cost \$125.

Tennis Programs



Tennis Squirts is a fun filled learning adventure that introduces children aged 3 - 5 to the world of tennis. Its an ideal way to learn fundamental skills in a low pressure, fun environment. Each week children will focus on a different aspect of the game, including; balance, hand-eye coordination, raquet skills, and grip. Classes will be held from 3 -3:50 pm at the Deerfield Tennis Courts starting September 19th. The cost for this program is \$135.

Foundation Tennis programs provide an opportunity for players of all ages to learn real tennis and have fun in the process! Following developmental curriculums and guidelines established by the USTA, participants will learn the basic fundamentals, and experience success from start to finish. This class is suited for beginner to intermediate players from ages 5-10. Classes will be held from 4 - 5 for 5-8 year olds, 5 - 6 for 8-10 year olds and 6 -7 for 10-14 year olds. This hour long lesson cost is \$144 and begins on Septmeber 19th.

Develpment Play Tennis is an intermediate program for players with prior experience on court, and a good understanding of the sport. Players will work towards refining all aspects of their game, from stroke technique, to shot choice and court coverage. Activities will be delivered in match realistic situations allowing players the chance to identify point winning opportunities, while also promoting consistant rallying skills. This class will be held from 6 -7 pm for 10-14 year olds. This hour long lesson cost \$145 and begins on September 19th.

Ladies Tennis Nights on Sunday evenings starting September 11th and ending October 30th from 7:00pm-8:30pm at the Borough Hall Tennis Courts. All abilities are welcome! Program is conducted by Jeanie Ruban. Fee: \$137

The Mountainside Youth Baseball & Mountainside Softball Association will be hosting a Golf Outing on Monday, September 26, 2016 at Suburban Country Club. The registration fee of \$250 per player includes 18 holes of golf (12pm tee-off), cart, brunch, lunch, cocktail party, dinner, beverages throughout the day, \$20 pro shop credit, prizes and more! Make checks payable to Mountainside Youth Baseball. Contact Jeanie Ruban at 908-578-0492 for more information.

Senior News



Get the latest information and events on our new webpage which can be found on www.mountainside-nj.com under Departments, Senior Services.

Calling all seniors who are musically talented - We are looking to host an event at Deerfield School with the students from the music class to show your talents and instill motivation to each of them. Please contact Kim Moriak 908-232-4406 if interested.

SAGE ELDERCARE provides FREE planning and programs to help assist in providing for our frail, or at risk seniors who reside in Mountainside. This is possible due to a grant through the Watts Foundation. If you know of or are an elderly person or their caregiver, please call Sage at 908-598-5552 or Kim Moriak at 908-232-4406 to see if you may benefit from this service.

New Vitality is your source for healthy and wellness programs designed specifically for adults 65+ by your partners in fit living at Overlook Medical Center. The membership includes FREE classes. Summit Grill at Overlook Medical Center 4th floor is offering a great meal and an opportunity to socialize with other Seniors every THURSDAY, 4:30 to 6:30 pm, \$5 for meal and Free parking in West Garage when you present your membership card (available through Kim Moriak, Senior Citizen Coordinator at Borough Hall or at the Information Desk at Overlook Medical Center). Events at Overlook Downtown, 357 Springfield Ave, Summit. Learn how to use online health records 10 am – 12 noon Monday, Sept. 19th; Ask our Nutritionist 10-11:45 (book a 15 min appt, Preregistration required), Monday, Sept. 12th. Fall Prevention Forum 10-12:30, Wednesday, Sept. 21st at Sage Eldercare, 290 Broad St, Summit.

Join us for a series of 13 instructional **Watercolor** classes on Wednesdays starting September 21st at 12:30 pm in Community Room at Borough Hall. Registration cost is \$30 for the 13 week session. Cost for the Supplies is \$30 and can be provided by request. Instructor Ken Schwarz will be leading the classes. He is a graduate of duCret School of Art, where he has taught, and has a career that spans over 45 years. Call Kim Moriak at 908-232-4406 with any questions.

Free **BLOOD PRESURE SCREENINGS** are held on the 2nd Tuesday of every month, from 9:30 to 10:30 AM in the Municipal Building. No reservation is necessary.

Seniors 62 years or older may ride the **Senior Van** on Monday 9 AM- 2 PM, Tuesday and Thursday 9 AM- 2:30 PM. No service will be provided on Wednesday's or Friday's. We have 2 excellent and reliable drivers. Food shopping trips are available by appointment on Tuesday and Thursday mornings only. Food shopping appointments must be made at least 1 day in advance. Pick up for shopping will start between 9:30 and 10 AM. All other appointments such as doctors, hair dressers, post office, library, etc. can be made Monday, Tuesday and/or Thursday starting at 9:30 AM. These appointments must be made at least 2 days in advance. To schedule a ride, please call 908-232-2400 Ext. #238. Leave your name, telephone #, time of appointment, your address and the address of your destination.



Mountainside's **Senior Citizen Handyman Program** is for Mountainside senior citizens 62 or over who own their home and need minor repairs such as replacement of fuses, batteries, fixtures and light bulbs, remove or place A/C units in windows, move patio furniture, light carpentry, repairs to railings, stairs, locks, door handles, and light painting. It also includes, minor plumbing, such as replacement of washers, opening slow drains, leaking faucets, tub caulking, and more. To participate, a short application must be completed, which can be found on the website under Departments, Senior Services or at Borough Hall. All information is confidential. For further information or to apply please call Kim Moriak at 908-232-4406.

Project Healthy Bones classes will begin September 7th and run through December 21st. Classes begin at 10:00 AM. This class is a high-intensity low-impact exercise program designed for men and women who have, or are at risk of developing osteoporosis. The cost for the program is \$15 for Mountainside residents and \$72 for Non-residents. Forms to register can be obtained at the Municipal Building or on the website under Departments, Senior Services. Please call Kim Moriak at 908-232-4406 for more information. Come and try a FREE class.



Fit and Healthy classes are held each Friday from 10 to 11 AM and are beginning September 16th continuing through December 16th. Classes will continue to be offered FREE of charge.

The **Senior Citizens Club** meets the 2nd and 4th Friday of the month at 12 noon at Community Presbyterian Church with refreshments. The meetings begin on Sept. 9th and run through Dec. Join us for Donna Farrell from the county on Sept 9th and an update from Mayor Mirabelli on Sept 23rd. Holly Hoffman will give a program on “Birds at the Feeder” on October 28th. Learn to identify birds that visit feeders and their food preferences. A bus trip is planned for Nov 19th to Hunterdon Playhouse. Stay tuned for information regarding the Christmas Party. We are always looking for people who are interested in participating. Dues are \$12 for the year. If someone has an idea for a day trip they would particularly enjoy with the Mountainside Seniors, please contact Kim Moriak 232-4406. For more information about the club contact Eve Vitale at 789-8568.

The **Mountainside Active Retirees (MAR)**, meet on the 2nd and 4th Tuesdays of each month, at 10 am, at Borough Hall. The fall schedule is September 13th – Mayor Mirabelli; September 27th – Maureen Cassidy, Director of Sales for Brighton Gardens in Mountainside; October 11th – Master Gardner Debra Stuart, House Plants; October 25th – Bus trip to Trenton NJ to Tour the State House and Lunch at Sebastian Schnitzel Haus; November 15th (3rd Tuesday) – Saul Broudy Folkloriet from NJ Council for the Humanities; November 22nd – No Meeting. All retirees are welcome.

Around Town

Mark your calendars! The **Mountainside Newcomers Club** “Town-Wide Garage Sale” is September 17th from 9am-2pm. A Map directory of all homes participating will be provided the night before the garage sales at Borough hall, the Public Library or on our Facebook page, Mountainside Newcomers Events. The map will contain information on what types of items are being sold (furniture, baby items, art etc). 45+ homes participating with many treasures to be found! For more information please email: mtsdnewcomers@gmail.com

The **Foothill Club** meets at Echo Lake Country Club once a month at noon. Guests are always welcome. For a lunch reservation call Norma Huber at 233-2827. The fall programs are: Professor Dunscombe to talk about NJ Superstitions and Legends on September 15th; Kevin Woyce, author and lecturer, covering the History of the Jersey Shore on Wednesday, October 5th; Trailside Nature and Science Center on Thursday, November 3rd; and the Holiday Boutique on Thursday, December 8th.

The **Mountainside Historic Committee** has some great events scheduled for the fall: September 15-18: Annual Mum and Fall Plant Sale at the Hetfield House from 9am-4pm Thursday through Sunday; September 17: Hetfield House Annual Garage Sale from 9am-2pm. Residents who wish to donate garage sale items for the Committee to sell should drop them off at the Hetfield House on Thursday, 9/15 or Friday, 9/16 between the hours of 9am-4pm; October 15-16: Four Centuries in a Weekend Open House at the Hetfield House - 10am-5pm on Saturday and 12-5pm on Sunday; November 11: Veterans Day Luncheon and Open House at the Hetfield House to be held @ 12noon. Donations and volunteers to aid in the Levi Cory House restoration are encouraged and greatly appreciated. To volunteer, donate, or for more information, please visit www.mountainsidehistory.org; or call 789-9420.

The **Mountainside PTA** annual **Fall Festival** is scheduled for October 15 at Deerfield starting at noon. Families and friends are invited to come and ride the rides, try their luck at games of chance, make some crafts and test out their swing and maybe dunk a teacher, or two! Organized and staffed by our PTA families, our teachers and students, this must-attend event is shaping up to be one fantastic festival! Is your child entering Kindergarten? The PTA invites you to the *New Parent Welcome* on September 13 at 8:45 am in the Beechwood Cafeteria, where you will meet other families and learn more about becoming involved.

The Back to School Ice Cream Social is set for September 16 at 7:00 pm in the Deerfield Cafeteria. All families from both schools are invited to attend and enjoy a make-your-own ice cream sundae bar. Come kick off the new school year with community networking, and games and prizes for the kids.

How can you help? Consider joining the PTA, participating in a PTA sponsored event, program or fundraiser, or stay informed and ‘like’ our Facebook page (Mountainside PTA) for updates.

Questions about volunteering with the Mountainside PTA, or attending any of these exciting kick-off events, please contact Kelly Wu, 2016-2017 President, at khwang@rocketmail.com or send a message through Facebook.

The **Friends of the Library** Book Sale - October 21-22 with a preview for residents on Thursday, the 20th. Donations can be brought to the library during library hours on October 15 - 17 - 18 and 19. Bag day will be Monday, the 24th.

Mountainside Recreation Department
1385 Route 22 East
Mountainside, NJ 07092

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ECRWSS
To all residents
Mountainside, NJ 07092

Registration Information

Program registrations are accepted at the Recreation Department and by mail. All registrations are on a first-come, first-served basis, and payment must accompany registration. The Recreation Department reserves the right to cancel any activity due to insufficient registration or inclement weather. *Any program with a deadline date for registration is noted in the program's synopsis. A non-refundable late fee of \$15 will be charged, in addition to the registration fee, after the stated deadline. A \$10 administrative fee will be charged when issuing a refund for a recreation program or activity.* The Recreation Department is open weekdays from 8:30 am-12:00 pm, and from 1:00-4:30 pm, at Borough Hall.

- Sept.** 12 Radio City, Wii Bowling & Met Trip Registration
- (cont.) 19 Tennis Lessons begin
- 23 Total Squirts and Parent & Me Squirts begin
- Oct.** 3 Youth basketball registration
- 15 PTA Fall Festival and PAL Cop Trot
- 17 Wii Bowling begins
- 22 Clean Communities Day
- Nov.** 2 9/11 Memorial Museum Trip
- Dec.** 3 Tree Lighting, and Family Skate Night
- 8 Radio City Music Hall Trip

Recreation Calendar

- Sept.** 1 Tennis Registrations
- 6 Yoga begins
- 7 H.I.I.T. begins
- 10 ICYSL Soccer games begin
- Youth Soccer games begin
- 12 Total Body Blast begins



Paul N. Mirabelli, Mayor
 Keith C. Turner, Council President
 Deanna Andre ~ Wendy Fech-Caccamo
 Rene Dierkes ~ Robert W. Messler ~ Glenn Mortimer

Frank Masella, Recreation Director
 Mike Butrico, Recreation Assistant
 Karen Bandics, Secretary



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