

NEWSLETTER



A Publication of the Mountainside Recreation Department

No. 163

Borough Hall • Mountainside • New Jersey • 07092

December 2009

Tree Lighting on December 5th



The Mountainside Christmas Tree will be lit on Saturday, December 5th at the annual tree lighting ceremony, scheduled for 4:30 pm. The decorating of the tree and the annual ceremony are organized and funded by community volunteers from the Lions Club.

The popular landmark is located at the corner of Route 22 East and New Providence Road next to the Rescue Squad building. The Mayor will officially light the tree, and the Scouts will sing carols. The Mountainside Historical Preservation Committee will sell hot chocolate and cookies. The rain date is Sunday, December 6th.

Skate Swap and Ice Skating Planned



The **12th Annual Skate Swap** will also be held on Saturday, December 5th in the Community Room at Borough Hall from 2:00-3:00 pm. This is a great opportunity to sell or swap many varieties of skates for children and adults.

If you're interested in *selling* skates, please arrive at 1:45 pm to label the skates. For additional information, call the Recreation Department at 232-0015. The Skate Swap will be held rain or shine.

Complete this festive day with **Family Ice Skating Night**, an evening of free ice skating at Union Sports Arena. The Recreation Department has reserved the rink exclusively for Mountainside residents and their guests from 6:30-8:00 pm. Have fun on the indoor ice rink with family and friends. If you miss the Skate Swap, skates can be rented at the rink for a nominal fee.

Union Sports Arena is located in Union on Route 22 West behind Pizza Hut and Best Buy. For additional information, please call the Recreation Department at 232-0015.

Mayor Robert Vigilanti Passes Away at Age 68



On October 12, 2009 after dedicating 31 years of his life to the Borough and its many residents Mayor Vigilanti died of natural causes while serving in his sixth term as mayor. The Recreation Department recognizes and appreciates all that he has done for this town and our department. His dedication and love of this town have made Mountainside a special place to live. Our community will benefit from his years of service for generations to come.

New Jersey Nets Host 2nd Annual Mountainside Community Night on Feb. 10th

On February 10th the NJ Nets will host the 2nd annual Mountainside Community Night with special ticket deals available to Mountainside residents and their guests. The Nets will take on the Milwaukee Bucks.



Ticket prices range from \$10 for a regularly priced \$66, \$25 for a regularly priced \$60 ticket, and \$57.50 on a regularly priced \$115 ticket. Additionally, residents have the option to purchase a \$5 voucher which can be redeemed for a variety of food options and soda. All orders placed on or before Dec. 11th will be available for pickup in the Recreation Office in time for the holiday season.

Order forms are available through the Recreation website www.mountainside-nj.com/recreation.htm or at the Recreation Office. Order forms must be completed by January 29th. All checks should be made to "NJ Nets" For more details contact Lindsey Waters at (908) 232-0015.

Winter Fitness Classes

BODY SCULPTING

Get motivated and get fit! Join instructor Lucia Carannante for this challenging and rewarding exercise activity. Lucia is a certified personal trainer. In her classes, you will use hand and ankle weights (3-5 lbs.) as well as, resistance cords to develop muscle endurance as part of a total body workout. This class focuses on cardio, muscle strength and core conditioning.



This class for adults meets from 7:00-7:45 pm on Monday nights starting January 4th and running until Feb. 22nd in the Community Room at Borough Hall. Registration forms are available at the Recreation Department. Advance registration is required. A minimum number of participants is needed for the session to be held. Resident fees are \$66.

YOGA



Discover the benefits of Ansuru 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.

Tuesday and Thursday classes are taught by Linda Green. A new session of Yoga will begin on Tuesday, Jan. 5th and run until February 25th. It is held in the Community Room at Borough Hall. For each day the fee is \$62 for residents and \$68 for non-residents. Registration forms are now available at the Recreation Department. Advance registration is required. A minimum number of participants is needed for the session to be held.

YOGA II

Linda Green will teach a more advanced level yoga class on Monday mornings. A meeting with Linda may be required to sign up for this class. The new session will begin on January 4th and run until February 22nd. Classes will not be held on January 18th and February 15th. Registration for residents is \$53.



Winter Fitness Classes

T'AI CHI



Discover the benefits of T'ai Chi! This class for adults improves heart rate, posture, balance, blood pressure, flexibility and breathing. It provides effective mental and physical conditioning with undue physical stress.

This class for adults meets from 8:30-9:30 pm on Wednesday nights starting Jan. 6th and running until Feb. 24th in the Community Room at Borough Hall. Registration forms are available at the Recreation Department. Advance registration is required. Resident fees are \$62.

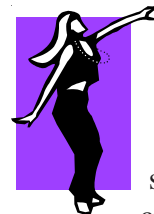
PILATES

Work your "core" two days a week! The recreation department offers Pilates on Wednesday evenings from 7-8pm and Friday mornings from 9:15-10:15am from January 6-February 26. The class is designed to create a strong and balanced body, as well as a physical awareness to assist in moving your body correctly in everyday activities.



Classes are taught by Kate Hewson, certified Pilates instructor. Resident fees for the Wednesday evening class and Friday morning class are \$62. Registration forms are available now at the Recreation Department. Participation is limited. Advance registration is required.

Try ZUMBA For Free on December 12th



Not sure what exactly Zumba is, and if you would benefit from taking our new Zumba Gold class? Join us on Saturday, December 12th for a Zumba Gold introductory mini-session! No registration is necessary. The session will begin at 9:45am, will last 30 minutes and will take place in the community room.

Zumba Gold is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms and bring them to beginner participants and active older adults. Its fun, different, easy, and effective. Come try it out on December 12th and see if its right for you!

For Adults Only...

VOLLEYBALL

Volleyball is available on Wednesdays from 9-10 pm in the Deerfield School gym. There will not be volleyball if any school programs are in the gym. A complete schedule is posted in the gym. A minimum number of participants each night is needed for this activity to take place. Bring your friends!

MEN'S 40-40 BASKETBALL

This program is for men with a waist or age that is over 40. It meets on Mondays from 9-10 pm in the Deerfield School gym. The gym will be closed if there are any school programs scheduled. A schedule is posted in the gym.



MEN'S 18-39 BASKETBALL

This program is for men whose age is between 18-39. It meets on Tuesdays from 9-10 pm in the Deerfield School gym. The gym will be closed if there are any school programs scheduled. A schedule is posted in the gym.

Teams Win Championships



The U12 Girls Green Geckos team won the U12 Girls B Division Championship on Saturday, November 21st over Edison. The team coached by Anthony Carannante, Anil

Bhandari, Gina Perrotta, and Steve Matlin finished the season with a perfect 10-0 record.

The U14 Boys Cosmos team won the U14 Boys B Flight 2 Division Championship on Sunday, November 22nd over South Mountain. The team coached by Chris O'Brien and Jeff Yang finished the season with a record of 5-6.

Library Events

Be sure to visit the Mountainside Library website www.mountainsidelibrary.org to see the latest schedule of library programs and events. Fliers are also available at the library's front desk.

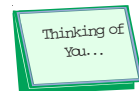
Recycling and Holiday Tree Pick-up Information

Please watch your mail for the Department of Public Works annual Recycling/Holiday Tree pick-up brochure and save it as a reminder of recycling dates and important numbers.

All trees should be placed at the curb regardless of your address no later than Sunday January 3rd for pickup beginning Monday morning, January 4th weather permitting. Once your street has been serviced, they cannot double back. Any questions please call Pat Gilstrap at 232-2409.

Greeting Card Classes Planned

Learn to make your own personal greeting cards for any occasion! The class will meet on Friday, December 4th, January 8th, and February 5th from 7:00-9:30 pm. Classes are for adults, and the registration fee is \$14 per person per class. Register in advance at the Recreation Department.



The Mayor and Council Welcome its Newest Member, Deanna Andre

The Mayor and council welcome resident Deanna Andre as its newest member. Councilwoman Andre has been a Mountainside resident since 1999 and is a lifetime Union County resident.



She was appointed at the council meeting on November 24th in front of her husband Mike and two children. Active member in the PTA and working mother, councilwoman Andre was nominated to this position by the Mountainside Republican Committee. We look forward to councilwoman Andre serving to better our community.

Toys for Tots Drop-off

Toys for Tots, sponsored by the U.S. Marine Corps, will have a drop-off location at Borough Hall. Toys may be dropped off until December 24th.

Attention Non-Public School Students!

Students who do not attend Beechwood or Deerfield, but would like to receive Recreation Department information during the school year, should call 232-0015 to be put on the mailing list.

Senior News

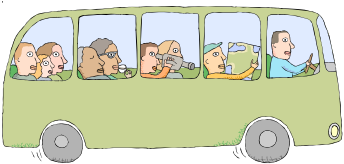


Seniors at risk for Osteoporosis are encouraged to try **“Project Healthy Bones.”** A new 16-week class will start Wednesday, January 20th at 10:00am, in the community room at Borough Hall. This is a low impact exercise program for men and women. It will improve or stabilize bone density, increase strength, balance and flexibility and build muscle mass. The cost is \$15 for residents and \$68 for non-residents. Space is limited so sign up early. Call Paulette at 232-3306 to register or for more information.

Free blood pressure screening is available on the 2nd Tuesday of the month from 9:30 to 10:30a.m. at borough hall across from the court room. Screenings are scheduled for December 8, January 12, and February 9.

The **Mountainside Community Bus** provides free transportation service for borough seniors ages 60 and older. It is available for trips to doctors, dentists, shopping, hair-dresser appointments, the public library, etc. Food shopping trips will be available by appointment only on Tuesday and Thursday mornings. Appointments must be scheduled

at least **3 days** in advance. For reservations, please call 232-2400 x238 on weekday mornings.



The **Mountainside Active Retirees (M.A.R.)** normally meet on the 2nd and 4th Tuesday of the month at 10am at Borough Hall. The *Christmas Party and Luncheon* will be held on Tuesday, December 8th, at Echo Lake Country Club. Future programs include: January 12th- *Property tax relief* with Joe Zingone; January 26th- *Increase income while reducing taxes* with Joe Zingone.

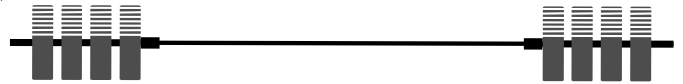


The **Senior Citizens Club** meet the 2nd and 4th Fridays of the month. The *Christmas Luncheon* will be held on Friday, December 11th, at L'Affaire at 12:30pm. Non-members are welcome. For reservations, call Eve at 789-8568. Chief Debbie will be speaking on Jan. 22nd. Valentines Party February 12.

Mountainside's **Senior Citizen Handyman Program** provides assistance for minor home repairs and improvements. The income guidelines for this program have changed. The new yearly household income is up to \$70,000. Call 232-4406 for age and income requirements, and application information.

SAGE Eldercare is an organization which supports the independence, well-being and quality of life of older adults, their families and caregivers through the provision of client-centered health, social, and support services. The Eldercare Planning & Guidance program coordinates serviced for frail and vulnerable seniors, and is available to boro citizens as a result of the **Watts Foundation** grant for SAGE information please call 273-5550.

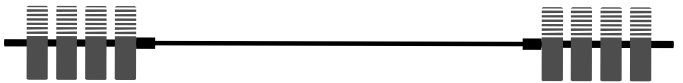
SENIOR FITNESS ROOM



The Senior Fitness Room provides seniors with an opportunity to improve and maintain a healthy lifestyle through the use of state-of-the-art fitness equipment. Treadmills, an elliptical, a stationary bike, a recumbent bike, a multi-station gym, and dumbbell weights are all available.

The room is located at Borough Hall and is open weekdays from 10:30 am to 2:30 pm. Memberships for residents ages 55 and older cost \$55 per year or \$35 for six months.

Free Senior Fitness Room orientations are scheduled for the following Tuesdays at 2:30 pm: December 8th; January 5th and 19th; and February 2nd and 16th. The orientation includes a demonstration of the proper use of the equipment. Pre-registration is required. Call 232-0015 to register for an orientation.



The Police Department reminds residents that parking overnight is prohibited between the hours of 2:30-5:30am on any Borough street.

Youth Baseball and Lacrosse Sign-ups Announced

Mountainside Youth Baseball will hold registration for the 2010 season on Saturday, January 9th from 9am to 12pm, Monday, January 11th from 6pm to 9pm, and Saturday, January 16th from 9am to 12pm at Deerfield School cafeteria.

The program is for boys and girls ages 6-14 as of May 1, 2010. *T-ball* players are eligible if they are 6 by May 1, 2010. *American League* is for 7-8 year olds; *Minor League* is for 9-10 year olds; *Major League* is for 11-12 year olds; and *Pony League* is for 13-14 year olds.

Mountainside Youth Baseball is a private, non-profit corporation that sponsors these programs. For further information, please call Steve Bruno at 654-4683.

The **Rebels Lacrosse Club** sponsors a competitive lacrosse program for girls in grades 5 to 8. The season runs from March through mid-June, including practices and games. Beginners are welcome and coaches are flexible with other activities. Registration deadline is December 31st. Volunteer coaches are needed. Registration forms are available at the "Recreation" link on the berkeley heights website, www.berkeleyheightstwp.com. For more information e-mail RebelsLacrosse@comcast.net



Around Town...

The Highlander Booster Club would like to announce its 7th annual Super Saturday on Jan. 16th. Super Saturday will kick off at 8 am at Governor Livingston HS with a pancake breakfast. There will be many sporting events to watch, arcade games, 50/50 raffle and speciality item raffles.



All proceeds from the day's events go directly to the Highlander Booster Club in support of all athletes and athletics at GL. For more information or to volunteer contact G.L.HighlanderBoosterClub@comcast.net.

The Mountainside Annual Community Pancake Breakfast will be held on Saturday, January 30th from

8:30am to 11:00 am at the Deerfield School Cafeteria. To RSVP or for more information, please contact Gina Perrotta.



The **Mountainside Newcomers Club** wants you to "Save the Date" for Mommy & Me Santa visit on 12/12 and Ladies Night Out Cookie Exchange on 12/14. For more information about membership and events visit www.mountainsidenewcomers.org.

An elegant service of familiar carols and readings from Christmastide will be performed at the **Community Presbyterian Church**, 1459 Deer Path, on Sunday, December 13th at 5:10 pm. Admission is free. For details, please call 232-9490. The Nursery School is now accepting registrations for January 2010 classes for 2 1/2 year olds. For more information or a tour, call Joan at 232-9490.



The **Foothill Club** will meet at the Echo Lake Country Club at 12pm on December 3rd for lunch and the annual fundraiser, "A Christmas Boutique." New and nearly new items will be on sale. Guests are welcome. For information call Arlene 233-2827. There is no meeting in January. February 4th meeting and luncheon at 12pm Hetfield House.



The annual **PTA Kids Holiday Craft Workshop** will be held at Deerfield School on December 5th from 10am-2pm. A list of crafts that are available to make can be found at www.2009HolidayCraftWorkshop.com.

Youth Softball Registration to be Held in February



The Recreation Department will again sponsor youth softball in the spring. The emphasis is on participation, fun, and team play! Koosh Kids is for 5-year olds; instructional clinics will be held for 1st-2nd graders; the Junior Division is for 3rd-5th grade girls. Volunteer coaches are needed.

Registration will be held from January 29th-February 12th. A special registration will be held on January 30 at the PTA Pancake Breakfast. Details will appear in the next Recreation Newsletter.



The **Mountainside Recreation Department** is on Facebook! Facebook search "Mountainside Recreation Department"

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 additional 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.

Recreation Calendar



Dec.	1	Radio City Music Hall Trip
	4	Greeting Card Class
	5	Skate Swap/Tree Lighting/Family Ice Skating
	8	Senior Fitness Room orientation
	12	Free Zumba class at Borough Hall
	31	Rebels lacrosse registration deadline



OFFICE (908) 232-0015

www.mountainside-nj.com/recreation.htm

Jan.	5	Senior Fitness Room orientation
	8	Greeting Card Class
	9	Recreation Basketball begins
	16	GL Super Saturday
	19	Senior Fitness Room orientation
	20	Project Healthy Bones begins
	29	Softball Registration
	30	Softball Registration at Pancake Breakfast
Feb.	2	Senior Fitness Room orientation
	5	Greeting Card Class
	10	Mountainside Community Night at NJ Nets
	13	No Recreation Basketball
	16	Senior Fitness Room orientation

Paul N. Mirabelli, Mayor
 Keith C. Turner, Council President
 William R. Lane ~ Robert W. Messler ~
 Glenn Mortimer ~ Jeffrey R. Wass ~ Deanna Andre

8 8 6 8 6
 Frank Masella, Recreation Director
 Lindsey Waters, Assistant Recreation Director
 Karen Bandics, Secretary

