



NEWSLETTER



A Publication of the Mountainside Recreation Department

No. 164

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February 2010

Mountainside Sports Equipment Swap to be Held in Late February

Just in time for Spring sports, the Recreation Department is sponsoring a sports equipment swap! This event will give members of the community the opportunity to buy gently used sports equipment at a fraction of the cost of new equipment.

The swap will take place Friday, February 26th from 7-8:30pm in the Community Room. If you are interested in selling equipment please arrive at 6:45pm. Similar to the skate swap, the Recreation Department will not handle any money. All transactions will be settled between the individuals.

Equipment to be swapped may include but is not limited to: baseball/softball bats, cleats, tennis racquets, lacrosse sticks, golf clubs, gloves, and helmets. Any questions call 232-0015.

New Teen Travel Camp to be Introduced This Summer!

Tired of your teen complaining of boredom all summer? Give them a week to go to theme parks, New York City, malls, and many other summer destinations with their friends!



A brand new program will be introduced this summer for those entering grades 7-10. The Teen Scene Travel Camp will feature a different supervised bus trip a day to popular destinations such as Dorney Park, Pt. Pleasant Beach, Jersey Gardens Mall, Medieval Times, Major League Baseball games, and many more. The program, which is open to both residents and non-residents, will begin July 6th and last 4 weeks. Participants will sign up for one week at a time.

Registration begins February 22nd. After March 12th, a late fee of \$15 will be charged. No registrations will be accepted after March 26th. Cost for Mountainside and Berkeley Heights residents is \$250 per week. For more details and questions please call 232-0015.



Softball Sign-ups Begin January 29th

The Recreation Department is sponsoring Spring softball for children in 1st-5th grades. The emphasis is on participation, fun, and team play. Volunteer coaches are needed.

A five week instructional clinic will be offered for 1st-2nd graders. This program will meet on Saturdays beginning April 17th, from 10:00-11:15 am at Deerfield School. The fee is \$37 per child. After the **registration deadline of February 12th**, a \$15 late fee is charged if space is available.

Children in 3rd-5th grades will play in the Junior Division. Practices will begin in late-March and games will be scheduled from April to June. The registration fee is \$62 per child. **The registration deadline is February 12th.**



Softball sign-ups will take place at the Recreation Department. A special registration will be held at Deerfield School on Saturday, January 30th, from 9:00-11:00 am, outside the PTA Pancake Breakfast. **After February 12th, registration is on a space-available basis, and a \$15 late fee is charged.**

Koosh Kids in Spring

Koosh Kids, a 4-session clinic that introduces the skills of throwing, catching, batting, and running to 5 year olds, will meet this Spring. It will take place on Saturdays beginning April 24th, from 10:30-11:15 am, at Deerfield School. Volunteer coaches are needed. The program is sponsored by the Recreation Department.



Children who are 5 years old, or who will be 5 years old by May 1st, 2010, are eligible. The fee is \$27 per child. **After February 12th, a late fee of \$15 is charged.** Sign-ups are accepted beginning January 29th.

For Summer Employment Opportunities
see page 5

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. 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 March 1st and running until April 26th in the Community Room at Borough Hall. Advance registration is required. A minimum number of participants is needed for the session to be held. Resident fees are \$88.

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, March 2nd and run until April 29th. For each day the fee is \$62 for residents and \$68 for non-residents. Advance registration is required. A more advanced level yoga class will be held Monday mornings. The new session will begin on March 1st and run until April 26th. Registration for residents is \$70.

“Steps to a Healthier Mountainside” Continues



Get out of the house and start walking! The popular program, *Steps to a Healthier Mountainside*, will return this Spring. Regular walking can help you increase your physical activity level and stay healthy. In 2009, participants walked over 9 million steps!

For a registration fee of \$10, you will receive a pedometer to count your steps, t-shirt, and guidebook, all yours to keep when the two-month program is over. You are asked to record your steps each day in your log and submit weekly totals to the Recreation Department. Incentives include gift cards to local businesses that promote healthy and active lifestyles. Register beginning March 15th at the Recreation Department. Participation is limited. Walking begins on March 29th.

Fitness Classes

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 March 3rd-April 30th. 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 is \$62 and the Friday morning class is \$54. Registration forms are available now at the Recreation Department. Participation is limited. Advance registration is required.

ZUMBA GOLD



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, easy, different, and effective! These programs are guaranteed to provide the participant with a safe and effective total body workout in a party like atmosphere!

Classes are taught by Laurie Rose, certified Zumba Gold instructor. Classes will run Saturday mornings starting March 6th from 9:30-10:15am. Resident fees for the class are \$77. Registration forms are available now at the Recreation Department. Participation is limited. Advance registration is required.

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 meets from 8:30-9:30 pm on Wednesday nights starting March 3rd and running until April 28th in the Community Room at Borough Hall. Advance registration is required. Resident fees are \$62.

Attention Non-Public School Students!

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

For Adults Only...

VOLLEYBALL

Volleyball is available on Wednesdays from 9:00-10:00 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. This program will begin at 8:00pm starting March 17th.. Bring your friends!



MEN'S 40-40 BASKETBALL



This program is for men whose waist or age is over 40. It meets on Mondays from 9:00-10:00 pm in the Deerfield School gym. This program will begin at 8:00pm starting March 15th. 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. This program will begin at 8:00pm starting March 15th. The gym will be closed if there are any school programs scheduled. A schedule is posted in the gym.

Indoor Soccer Clinics in March



Learn valuable soccer skills and play games at a series of indoor soccer clinics this spring. The clinics are open to 4th-7th graders, and will be held in the Deerfield School gym. Boys will play on Tuesdays, March 9th, 16th, and 23rd. Girls will play on Thursdays, March 11th, 18th, and 25th. Each clinic runs from 7:00-9:00 pm.

The fee is \$15 for the series. Advance registration is required. Enrollment is limited. Registration begins February 4th at the Recreation Department. Call 232-0015 for details.

Mountainside Chapel Celebrates 189th Anniversary

Mountainside Chapel, the oldest religious organization in town, will celebrate its 189th Anniversary on Sunday, February 21st with a "Feed One Another" following the service at 10:30AM. Please call the Chapel at 232-3456 to RSVP by February 18th. The Chapel is located at 1180 Spruce Dr., one block off of Central Ave. from Rt. 22 West.

Greeting Card Classes Planned

Learn to make your own personal greeting cards for any occasion! The class will meet on Friday, February 5th, from 7:00-9:30 pm. Other classes are set for March 5th and April 16th. Classes are for adults, and the registration fee is \$14 per person per class. Register in advance at the Recreation Department.

Soccer Season Ends with Awards



Five residents were honored with the "Keep It Positive" Good Sportsmanship Award: Kelsey Cogan, Nicole Trezza, Madison Purguy, Jimmy Streeter, and Matt Sylvester. Players were nominated by their coaches for best representing good sportsmanship and fair play, and for showing respect to coaches, teammates, opposing players, spectators, and referees. The Borough Council passed resolutions of commendation for the players at its December 15th meeting. Congratulations to all players, coaches, and families!

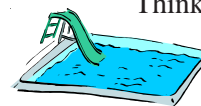
After School Game Room Open for 5th-8th Graders



Mountainside students in the 5th to 8th grades are invited to enjoy the new and improved Mountainside Game Room! The winter game room will feature Nintendo Wii games and tournaments, Ping Pong, Pool, and many more fun activities!

The game room is located in the Community Room at Borough Hall, and is open Thursdays from 3:30 to 5:30 pm from February 18th- April 1st. Assistant Recreation Director Lindsey Waters supervises the program. The game room is only \$5 for the series, but pre-registration is required. If registered after February 18th, a \$3 late fee will be applied. In addition to the activities, snacks and beverages are available for purchase. For questions call 232-0015.

Community Pool Memberships Available



Think summer! Winter will soon be gone, and the summer pool season will be here before you know it. The Mountainside Community Pool attracts people of all ages for a summer of sun, fun, and relaxation. The facility features a 50-meter pool, separate diving tank with water slides, zero-depth wading pool, snack bar, and picnic grove. The season runs from June 12th until Labor Day.

Seasonal memberships are available for families (\$287), individuals (\$146), and senior citizens (\$101). Memberships are also available for non-residents. Bills will be mailed in March to all 2009 members. Resident family and single memberships that are paid before April 15th will receive two free guest passes. Residents who were not members last summer should call the Recreation Department at 232-0015 for a membership application and additional information about the pool.

Senior News



Free **blood pressure screenings** are available to all Mountainside residents on the 2nd Tuesday of the month from 9:30-10:30am at Borough Hall across from the court room. Screenings are scheduled for Feb. 9th, March 9th, April 13th, May 11th, and June 8th.

The **Mountainside Community Bus** provides limited bus service to seniors 60 and older who can no longer drive. Appointments must be made **at least 3 business days in advance**. Bus service is available Mon-Fri. from 9am-1pm. Call to schedule a ride at 232-2400 EXT 238. For questions or concerns contact Paulette at 232-4406.

Mountainside's **Senior Citizen Handyman Program** income guidelines have changed. The new yearly household income is \$44,800 for 1 person and \$51,200 for 2 people. Call 232-4406 for application information.



Healthy Bones, a 16-week low-impact exercise program for men and women who have or are at risk of osteoporosis, started on January 20th, at 10:00 am, in Borough Hall and will continue to May 5th. The class teaches how to improve and 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. To register, call Paulette at 232-4406.



The **Senior Citizens Club** meets at the Community Presbyterian Church at 12:00 pm on the 2nd and 4th Fridays of the month. A *Valentine's Day* party will be held on Friday, February 12th, at Spanish Tavern at 12:15pm. The price is \$26 for members and \$30 for non-members. On March 14th the club will go to Doolans in Spring Lake for Bobby Byrne Entertainment and Irish Dancers. The price is \$40 for members and \$42 for non-members. All are welcome. For reservations, call Eve at 789-8568.

The **Mountainside Active Retirees (M.A.R.)** meet on the 2nd and 4th Tuesdays of the month, at 10:00 am, at Borough Hall. February 9th- *Herbs and how you can use them to replace drugs* with Virginia Ahearn a herbal practitioner, February 23rd- *Irish History* with Mary Jane Delaney and Elizabeth Kelly. Guests, as well as new members, are welcome.

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. For SAGE information please call 273-5550.

Free Dental Cleaning! UMDNJ/SHRP received a grant to give limited free service to people 55 years or older at the Scotch Plains location, 1776 Raritan Rd. Service is available from January to May, for an appointment call 908-889-2410.

Watts Foundation Sponsors Wii Bowling League for Seniors



The Recreation Department will run a **Wii Bowling League for Seniors**. Thanks to a grant from the Watts Foundation this program will be free of charge.

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, with the *option* to stand!

This program will take place in the Mountainside Community Room in Borough Hall on Mondays at 10:30am beginning on March 8th. While the program is free, all participants must register at the recreation office. Registration begins February 8th.

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: February 2nd, February 16th, March 9th, March 23rd, April 6th and April 20th. The orientation includes a demonstration of the proper use of the equipment. Call 232-0015 to register for an orientation.

Discount Ski Tickets On Sale

Discount tickets to local ski areas are still available. Purchase a coupon at the Recreation Department, and then redeem it at the ticket window for a lift ticket. Tickets can only be purchased by check. Participating areas include Blue Mountain, Shawnee Mountain, Mountain Creek, Camelback, and Jack Frost/Big Boulder. Complete details are available at the Recreation Department, online at www.mountainside-nj.com/recreation.htm, or by calling 232-0015.



Manners Matter Etiquette Workshop Offered

This course will introduce students to the do's and don'ts of everyday etiquette and dining etiquette. The format of this class is fun and interactive with lots of role-playing, allowing the children to practice their new skills. This course will provide children with the tools needed to properly handle today's real life social situations.

This course will be offered to Mountainside residents in Grades 2-6 on March 10th from 3:30pm-5:30pm in the Community Room. Pre-registration is required. Cost is \$30, checks payable to MannersMatterNJ.

Good Neighbor Nominations Sought

Nominations are now being accepted for the annual *Mabel Young Good Neighbor Award*.

The award was established in 1982 and is given to someone who has made Mountainside a better place to live. Mabel Young was the first recipient. She was a contributing member of the Women's Club, United Way, PTA, Senior Citizens Club, AAUW, Meals on Wheels, and many other worthy organizations. She also served as a library volunteer.



In this day and age, Mabel's contributions may seem daunting. However, you probably could identify someone you admire, who chooses to spend his or her time making a positive impact on his or her street, in his or her neighborhood, or even on the entire community. Nominate that person!

Send a short descriptive letter to the *Mountainside Good Neighbor Committee*, Borough Hall, 1385 Route 22, Mountainside, NJ 07092, before March 1st.

Around Town

The **Foothill Club** announces its meeting schedule. On Feb. 4th the "Lets get crafty and make pins" meeting will be at 12pm at the Hetfield House. Lunch will be provided by the Mountainside Deli. On March 11th, "Music Bones" with Michael Viera at Echo Lake Country Club at 12pm. For reservations, call Arlene at 233-2827.

The **Mountainside Newcomer's Club** invites all residents to join the club. The club's upcoming activities include a Family Valentine's Day Party at 12pm on 2/6 at Borough Hall. Also, the annual Easter Egg Hunt at the Loop Playground on 3/27 at 12pm. Be sure to visit its website, www.MountainsideNewcomers.org for additional information.

The **Community Presbyterian Nursery School** is now having registration for September classes. For more information go to www.cpcmountainside.com or call Joan Souder at 232-9490.

Summer Employment Opportunities

Mountainside Summer Playground is accepting applications for the position of Assistant Playground Supervisor. All applicants must be at least 18 years old and be enrolled or graduated from a college or university. Applications are available in the Recreation Office and are due by February 26th. For more information call 232-0015.

The Mountainside Recreation Department is accepting applications for the position of Teen Scene Councilor. All applicants must be at least 20 years old and be enrolled or graduated from a college or university. Applications are available in the Recreation Office and are due by February 26th. For more information call 232-0015.

The Mountainside Pool is in need of lifeguards and maintenance staff for the upcoming summer season. Call the Recreation Department at 232-0015 for an application.

Thank you, Volunteers!

Recreation Newsletter volunteers are beautiful people! This dedicated group of your neighbors collate, staple, and fold the five Recreation Newsletters. This cheerful group of volunteers prepares 47,500 pages annually.

A "thank you" goes to Dave and Connie Allan, Ellie Annis, Joanna Carpency, Florence Ferrere, Marie Harrison, Norma Huber, Betty Lou Irwin, John and Inez Iwanyshyn, Helen Luczak, Horthy Rommer, Terry Sauerborn, and Emily Smith.

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. There will be a \$10 cancellation fee for all cancelled registrations.* The Recreation Department is open weekdays from 8:30 am to 12:00 pm, and from 1:00 to 4:30 pm.

Recreation Calendar



Feb.	2	Senior Fitness Room orientation
	5	Greeting Card Class
	8	Senior Wii Bowling Registration begins
	10	Mountainside Community Night at NJ Nets
	13	No Recreation Basketball
	16	Senior Fitness Room orientation
	22	Teen Scene Summer Registration Begins

	26	Summer Employment Applications due Sports Equipment Swap
Mar.	5	Greeting Card Class
	6	Recreation Basketball 6th-8th Grade Final Tournament
	9	Senior Fitness Room orientation
	10	Indoor Soccer Clinics begin (Boys) Manners Matter Etiquette Workshop
	12	Indoor Soccer Clinics begin (Girls)
	23	Senior Fitness Room orientation
	29	Steps to a Healthier Mountainside Begins
April	6	Senior Fitness Room orientation
	16	Greeting Card Class
	17	Baseball/Softball Opening Day
	20	Senior Fitness Room orientation

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

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



OFFICE (908) 232-0015
www.mountainside-nj.com/recreation.htm

