

NEWSLETTER



A Publication of the Mountainside Recreation Department

No. 174

Borough Hall • Mountainside • New Jersey • 07092

February 2012

Middle School Track & Field and Boys Tennis Sign-ups Going on Now

These two programs for **6th - 8th graders** will compete against Union County and Middle School Teams. Practices, Matches and Meets will be on Mondays, Wednesdays and Thursdays beginning late March and will run until the end of May. Anyone interested in playing on the tennis team must have a working knowledge of Tennis. Track and Field is open to all skill levels. The registration fee for Track and Field is \$90/person and Boys Tennis is \$190/person. **The registration deadline is February 10th.**



For additional information, please contact the Recreation Office at 232-0015.

Teen Scene Travel Camp is Back!



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!

The 3rd year program will be available this summer for those entering grades 7-10. The Teen Scene Travel Camp will feature a different bus trip a day to popular destinations such as White Water Rafting, Pt. Pleasant Beach, Six Flags, Philadelphia Zoo, Major League Baseball games, and many more. Buses will leave from Governor Livingston High School. The program, which is open to both residents and non-residents, will begin July 9th and last 3 weeks. Participants will sign up for one week at a time.

Registration begins March 1st. After March 22nd, a late fee of \$15 will be charged. **No registrations will be accepted after March 30th.** Cost for Mountainside and Berkeley Heights residents is \$295 per week. For more details and questions please call 232-0015.

**Remember to check us out on Facebook
for updates and reminders!**

Watts Foundation Update

The Watts Mountainside Community Foundation announced it will again provide one or more college scholarships of up to \$40,000, payable in four annual installments, to a graduating senior residing in Mountainside. The scholarship money is to assist the student in attending the college or university of his or her choice.

The award is based on financial need, academic performance, community involvement and merit. The scholarship is conditional upon the recipient institution not displacing the aid in part or in total, and on the student still having financial need after he/she is awarded financial aid from all other public and private sources.

Scholarship applications are available online at wattsmountainside.org, at the GL guidance office, the Mountainside Public Library, and the offices of the Mountainside Board of Education. The application deadline is April 1st.

The Watts Mountainside Community Foundation supports charitable organizations benefiting the citizens of Mountainside. Projects that provide innovative responses to community needs, enable agencies to improve their services to Mountainside, or address positive community change in a constructive way are favored. Grant applications and guidelines are available at wattsmountainside.org. Grant application deadlines are March 15th and September 15th.

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 21st, 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, 2012, are eligible. The fee is \$32 per child. **After February 10th, a late fee of \$15 is charged.** Sign-ups are accepted beginning January 20th.



Fitness Classes

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. The new session will begin on March 5th and run until April 30th. Registration for residents is \$86. A new session of Tuesday and Thursday Yoga will begin on Tuesday, March 6th and run until April 26th. The fee for Tuesday is \$69 and the fee for Thursday is \$76. Advance registration is required. Classes are taught by Linda Green.

PILATES

Work your “core” on Wednesdays! The recreation department offers Pilates on Wednesday evenings from 7-8pm March 7th-April 25th. 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 \$69. Registration forms are available now at the Recreation Department. Participation is limited. Advance registration is required.

ZUMBA



Zumba 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 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!

Come meet our new instructor Beth Rankin, certified Zumba instructor. Classes will run Monday and Wednesday evenings starting March 5th from 7:00-7:45 pm on Mondays and 6:00-6:45pm on Wednesdays. Resident fees for the class are \$76 Monday and \$69 Wednesday. Registration forms are available now at the Recreation Department. Participation is limited. Advance registration is required.



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 meets from 8:30-9:30 pm on Wednesday nights starting March 7th and runs until April 25th in the Community Room at Borough Hall. Advance registration is required. Resident fees are \$69.

“Steps to a Healthier Mountainside”

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.

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. Register beginning March 12th at the Recreation Department. Participation is limited. Walking begins on March 24th.

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 14th. 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 12th. 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 April 3rd. The gym will be closed if there are any school programs scheduled. A schedule is posted in the gym.

Soccer Season Ends with Awards



Seven residents were honored by the Inter-County Youth Soccer League with the "Keep It Positive" Good Sportsmanship Award: Mary Cate Greeley, Robert Greeley, Christian Klimas, Christopher Minks, Kristina Montesano, Jessie Oliveira, and Peter Pinto. 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. Congratulations to the recipients!

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 13th, 20th, and 27th. Girls will play on Thursdays, March 15th, 22nd, and 29th. Each clinic runs from 7:00-9:00 pm.

The fee is \$20 for the series. Advance registration is required. Enrollment is limited. Registration begins February 3rd at the Recreation Department. Call 232-0015 for details.

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 & Connie Allan, Ellie Annis, Joanna Carpeny, Vera Cocchia, Florence Ferrere, Marie Harrison, Norma Huber, Betty Irwin, Inez & John Iwanyshyn, Meurice Lake, Elaine Salemy, Terry Sauerborn, Eve Vitale.

Babysitter Training Planned



The *SmartSitter* class for children ages 11-16 is again offered by the Recreation Department. Participants will receive a thorough hands-on review of the basic skills of babysitting, including diapering and dressing, bottle making, feeding, first-aid, and age-appropriate games and toys.

The class meets on Sunday, March 18th, from 9 am-3 pm at Borough Hall. The fee is \$50 per person, and checks must be made payable to "SmartSitter." Advance registration is required.

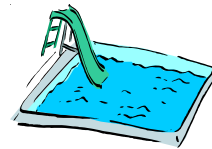
After School Game Room Open for 5th-8th Graders



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 Fridays from 3:30 to 5:30 pm from February 24th- March 30th. Assistant Recreation Director Kathy Gerndt supervises the program. The game room is only \$20 for the series, but pre-registration is required. Registration begins January 20th. If registered after February 24th, a \$5 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 was ranked the 3rd best community pool in New Jersey by Inside Jersey magazine in 2010. 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 9th until Labor Day.

Seasonal memberships are available for families (\$302), individuals (\$154), single parent/child (\$258), au pair/ nanny (\$106) and senior citizens (\$106). Memberships are also available for non-residents. Bills will be mailed in March to all 2011 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.

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.

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.

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 only available on Mondays from 9am-2pm and Tuesday/Thursday from 9am-2:30pm. 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** is for senior citizens 62 or over who own their home. It provides minor repairs such as window and screen repair, replacement of fuses, fixtures and switches, light carpentry, repairs to railings, stairs, locks, door handles, light carpentry and painting. It includes, minor plumbing, such as replacement of washers, opening slow drains, leaking faucets, tub caulking, and more. To participate you need to fill out a short application. All information is confidential. For further information or to apply please call Paulette Drogon @ 908-232-4406.

Healthy Bones, a 16-week low-impact exercise program for men and women who have or are at risk of osteoporosis, is going on now and will run until April 18th, in Borough Hall. 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.

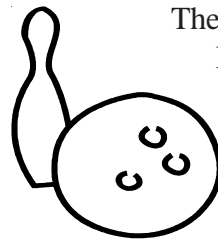
The **Senior Citizens Club** meets at the Community Presbyterian Church on Meeting House Lane at 12:00 pm on the 2nd and 4th Fridays of the month. A *Valentine's Day* party will be held on Friday, February 10th, at Spanish Tavern. All are welcome. Contact Eve Vitale for particulars at 232-9339.

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 14th- *The Beauty of Cambodia & Vietnam* with Fontaine Gotti, February 28th- Representative from *Mountainside Public Library*, March 13- *New Jersey American Water Company*, March 27th- *Rescue Squad* - Emergency Procedures Available.

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 598-5552.

Fit and Healthy, is a one hour program which includes gentle stretching, low impact aerobic movement, and exercise with educational sessions. This class will be offered **FREE** of charge every Friday from 10:00 - 11:00 am in the Community Room at Borough Hall.

Wii Bowling League for Seniors

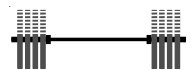


The Recreation Department will run a **Wii Bowling League for Seniors**. Thanks to a grant from the Watts Foundation this program will be free of charge.

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 26th and running to May 14th. While the program is free, all participants must register at the Recreation Office. Registration begins March 12th.

SENIOR FITNESS ROOM



The Senior Fitness Room provides seniors with an opportunity to improve and maintain a healthy lifestyle through the use of 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 7th, February 21st, March 13th, April 17th. The orientation includes a demonstration of the proper use of the equipment. Pre-registration is required. Call 232-0015 to register for an orientation.

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. 2nd the speaker will be Susan Rele, PT, Cert MDT from Americare Physical Therapy in Mountainside and the meeting will be at 12pm at the Mountainside Library. Lunch will be provided by the Mountainside Deli. On March 1st Happy 49th Birthday Foothill Club at Echo Lake Country Club at 12pm. For reservations, call at 233-2827.

The **Mountainside PTA** is sponsoring the following events: Bingo Night on February 3rd (snow date 2/23) in the Deerfield Cafeteria from 6:00-8:30 pm; Book Fair - Deerfield School on February 8th and Beechwood School on February 9th; Local Teen Arts Festival on February 9th at GLHS; Spring "Ladies Night Out" Fund Raiser at L'Affaire on March 15th from 5:30-10:30 pm; GSD at Deerfield School on March 16th; Science Fair on March 24th at Deerfield from 12:00-3:00 pm; PTA General Membership Meeting & Parent Education Night on March 26th in the Deerfield School APR room at 7 PM. For more information, please check the school web site and ELFF.

The **Mountainside PAL** is sponsoring Boys High School Open Gym on Sundays at 5:00 pm in the Deerfield Gym through March 4th; PAL Skate Night which is open to both Mountainside and Berkeley Heights residents is on February 26th from 4:00 - 6:00 pm at the Florham Park Roller Rink. Additional information available at www.mountainsidepal.com.

The **Mountainside Public Library** would like to invite you to some of their upcoming events. On Wednesday, February 8th from 1 - 4:30 is Valentine Making for children of all ages. On Saturday, March 3rd from 2:00-3:00 pm is The Blueberry: NJ's Wonder Fruit. Blueberries are not only indigenous to NJ but have a fascinating story. Learn the history, health benefits, and ways to prepare these remarkable berries. Chess is coming to the MPL on Thursdays, for six weeks beginning March 1st. Grades 2 - 4 from 3:30 - 4:30 and grades 5 - 8 from 4:30 - 5:30.

Please visit www.mountainsidelibrary.org for a complete list of Mountainside Public Library programs and events, including movies, story times and more. All events are free and open to the public, but registration may be required. Call 233-0115 to sign up.

Spring & Summer Employment Opportunities

Coaches are needed for both the Middle School Track & Field and Boys Tennis Teams. All applicants must be at least 21 years old, have experience and knowledge of the sport and experience with coaching middle school age children. Resumes should be mailed to the Recreation Office and are due by February 17th.

Mountainside Summer Playground is accepting applications for the position of Head and Assistant Playground Supervisor. All applicants must be at least 18 years old and be enrolled or graduated from a college or university.

The Mountainside Recreation Department is accepting applications for the position of Teen Scene Counselor. 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 24th for both the Summer Playground and Teen Scene Counselor positions. 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.

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



Month	Day	Activity
Feb.	7	Senior Fitness Room orientation
	10	Greeting Card Class
	21	Senior Fitness Room orientation
	24	Youth Game Room Program Begins
Mar.	1	Summer Employment Applications due
		Teen Scene Summer Registration Begins

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



Month	Day	Activity
Mar.	3	Recreation Basketball 6th-8th Grade Final Tournament
	9	Greeting Card Class
	12	Senior Fitness Room orientation
	13	Senior Wii Bowling & Steps Reg. begins
	13	Senior Fitness Room orientation
	13	Indoor Soccer Clinics begin (Boys)
	15	Indoor Soccer Clinics begin (Girls)
	18	SmartSitter Class
	24	Steps to a Healthier MountainSide Begins
	26	Senior Wii Bowling Begins
April	13	Greeting Card Class
	14	Baseball/Softball Opening Day
	17	Senior Fitness Room orientation
	21	Koosh Kids starts

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
 Kathy Gerndt, Assistant Recreation Director
 Karen Bandics, Secretary

