Welcome to the Stow Recreation Departmer

October 2020 Newsletter

Happy Autumn Equinox!

Fall is here!! Leaves are falling and the evenings are crisp! It's sweatah weathah! So put on your sweatah and get outside!!

According to the Mayo Clinic's website, here are some low-risk outdoor activities to enjoy during the pandemic:

Walking, running and hiking ** Rollerblading and biking ** Fishing ** Golfing ** Kayaking, boating and sailing ** Fitness classes, held outside, that allow distance

We are constantly trying to find online and outdoor activities to keep Stow engaged, active and happy!! Please give us your ideas! **Fitness instructors:** contact us with your classes and ideas. We can partner to keep our community healthy and happy!!

Speaking of fun, community activities!!! Join in on the seasonal fun of Stow Recreation's

PUMPKIN CARVING CONTEST!!!

See the attached flyer and spread the word!!!

Have fun outside! Give us your ideas!!

Contact us with any concerns or questions:

1. **Email!** Laura: recreation@stow-ma.gov; or Maureen: recreation2@stow-ma.gov
2. **Phone!** Call us at 978-637-2984

Be Kind,

Laura Greenough & Maureen Hogan

"Providing Recreational, Educational, Social and Leisure-Time Activities For the Residents of Stow"

Stow Recreation's

PUMPKIN CARVING CONTEST

Join us in celebrating the Halloween season with a good old-fashioned Pumpkin Carving Contest!!!

Here's how:

1. **Get a Pumpkin**
2. **Carve that pumpkin into a creative masterpiece**
3. **Take a photo of your unique jack-o-lantern**
4. **Email photo by Monday, October 26 to recreation@stow-ma.gov**

RULES:

- One entry per person
- Entries will be displayed on our website and the Stow Recreation Facebook page (BTW, like us on Facebook!)
- We reserve the right to exclude questionable entries
- Pumpkins will be judged on several categories and the winners will be announced on **October 28, 2020**

What will your pumpkin look like?

FUNNY? SCARY? *Pretty?*

Only you can decide!!!

PS: The Stow Recreation Department has a limited number of pumpkin carving kits!!! If you need one, please email recreation@stow-ma.gov and we can make arrangements to give one to you safely!!!

Stow Tennis

To schedule court time for the Stow Community Park tennis courts, please use the following link:

https://scptennis.skedda.com/register?key=02e4ee0

Tennis in the Time of Covid-19: While tennis is considered low risk, it is wise to follow some common sense guidelines. Follow this link for tips and recommendations from the United States Tennis Association (USTA): https://www.usta.com/content/dam/usta/2020-pdfs/USTA_COVID19_PlayingTennisSafely-Flyer.pdf

YOUTH PROGRAMS

Quick Reference of Youth Programs

Program Name	Location	Date	Time	Ages	Cost
Music Together of Assabet Valley	Pompo	September	See: www.mistervic.com	Whole family	See: www.mistervic.com
Creative Dance	Pompo Field	8 wks beginning September 10	3:45-4:45pm 4:45-5:45pm	7-12 years 7th Grade and up	$122
Teen Leader Academy – CEO Workshops & Contests – Project Lead – see attached flyer					
Pumpkin Carving Contest!!! See attached flyer					
15th Annual Stow Gobbler					
Stow Area Parents Network!!					

DON'T DELAY!! REGISTER!!

Programs can fill up fast so sign up now before it's too late! Also, we reserve the right to cancel a class due to low enrollment. Typically we look at the class numbers one week before the start date to make a decision.

SO TELL YOUR FRIENDS – CREATE A BUZZ!!!

If your class is cancelled due to low enrollment, you will be notified by email

The whole family is invited to join us ONLINE for informal, education-based in music, movement and instrument play for children-newborn through five with the grown-ups who love them!!

Music Together of Assabet Valley

Our **10-week Fall Online Music Classes** starts mid-September, 2020, and will be held from the comfort of your own home using ZOOM!

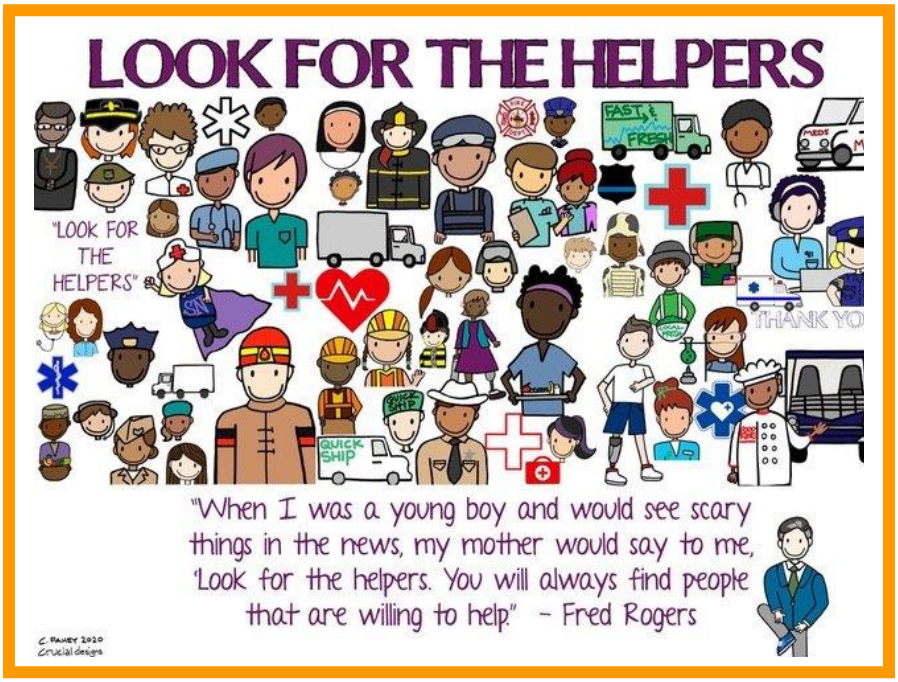
This fall's collection is "Bongos", the ninth of fifteen, newly reimagined family songbooks! The redesigned songbook collection will feature artwork by Jaime Kim and Gerald Kelley as well as a more family-friendly approach to the Music Together home experience. Cost of the ten-week program includes a professional cd; a new and beautifully illustrated songbook; family e-newsletter; and access to the Family Music Zone, which offers ideas and information to support music learning at home. New families will also receive an informative booklet titled "Music and Your Child: A Guide for Parents and Caregivers." Classes will run for ½ hour each week. You will also have access to a private Facebook group. Unlimited makeup classes are available

Nurture your child's natural enthusiasm for music and movement, and remember that giving your child the gift of music is a gift that will last a lifetime.

Tuition: **$210** for the whole family – sibling rates have been waived. Add $5 one-time registration fee for new families to the program.

Register at www.mistervic.com or call 978-897-0874 for more information.

Please contact instructor directly with any questions regarding any rescheduling of classes due to Covid-19



Creative Dance

You can still join! Tuition will be prorated!!

Jennifer McGowan's Creative Dance Center

www.creative-dance.com 978-433-8349

Dedicated to providing quality dance education for children of all ages

Fall Session of Dance 2020

8 week session beginning September 10th

Join us for an outdoor 8 week session of dance! Classes will be held at the field behind the Pompositticut Community Center in Stow beginning September 10th. Ages 7-12 will meet from 3:45-4:45pm and Teens/Tweens grades 7+ will meet from 4:45-5:45pm. This allows for the season change when it becomes darker earlier. Any rain dates will be made up at the end of the session either in person outdoors, or on zoom (with all classes ending the beginning of November before it gets too dark and cold.) Class size is limited so register today.

For more information or to register please call Jennifer McGowan at 978-433-8349 or e-mail information@creative-dance.com

***Creative Dance for Ages 7-12** **Thursdays, 3:45-4:45pm**

Modern and ballet dance technique is formally introduced with an emphasis on self-expression, creativity and fun. The class is designed to develop rhythmic, coordination, and creative skills necessary in the art of making dances. Through dance exercises, combinations, and yoga you will develop strength, flexibility, posture, balance, and coordination. Then explore moving to a variety of music as you create your own dances. Develop an understanding of dance appreciation as you dance amongst a group of friends who respect and admire each other's unique ways of moving. Yoga postures and stories and relaxation techniques are integrated into the class to connect body, mind, and spirit.

***Creative Dance and Yoga for Teens/Tweens Grades 7+** **Thursdays, 4:45-5:45pm**

Students continue to learn the craft of choreography as they develop dance vocabulary, original movement, and evaluation techniques to express a wide range of ideas. Explore a variety of dance techniques including modern, jazz, and ballet. Explore moving to rhythmic patterns and learn dance combinations as well as create your own compositions to the various styles of jazz, pop, world, classical, new age, and lyrical music. Explore Yoga flows and relaxation techniques.

***ages are according to the school calendar – should be age of class as of 9/1/20**

For more information or to register please call 978-433-8349 or e-mail information@creative-dance.com

Dance is for everyone! Everyone can dance!

15 YEARS!!! THE TRADITION LIVES ON!!!!!

Registration is live for the 2020 Stow Gobbler

While we won't be able to gather in person to run, you can carry on the tradition of running a 5k with your friends and family Thanksgiving Day morning while supporting two great organizations that serve our local community!

Habitat for Humanity
The Stow Community Chest

You can register for the event at: https://runsignup.com/Race/MA/Stow/2020StowGobbler

CHECK OUT THE

STOW AREA PARENTS NETWORK

20 twenty

COVID Edition

The Stow Area Parents Network (SAPN) is a volunteer-run parent organization for new parents and families with children ages five and under in Stow, MA and the surrounding towns. We are a community of parents, dedicated to strengthening our children and the community around us. During the current pandemic, we have suspnded playgroups and many family events, but we are still here for you!

We have been engaging online with monthly book clubs, bi-weekly sip 'n' stitch groups, and Mom's Nights In (most recently, we participted in a DIY Paint night).

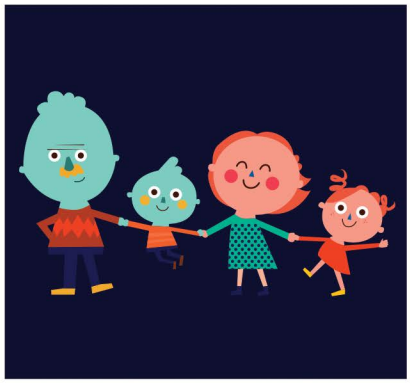
The Stow Dads have had socially distant fire pit hangouts, and played games online.

While we may not be able to gather the way we've been used to, we are still here for you, and we'd love your help to find more ways to support families with young kids during this difficult time!

QUESTIONS? WANT TO VOLUNTEER?

EMAIL US:

sapn.member@gmail.com



www.thesapn.org

facebook: theSAPN

Email for more information
sapn.member@gmail.com

SAPN

JOIN TODAY!

P.O. BOX 398
STOW, MA 01775

ENTREPRENEUR

WORKSHOP & CONTEST AND

PROJECT LEAD

GRADES 9-12

LEADERSHIP • ENTREPRENEUR • TRAINING • BUSINESS •

TEEN LEADER ACADEMY

zoom

Kahoot!

teenleaderacademy.com/stow

CLICK IMAGE FOR DETAILS | COUPON CODE STOWSAVES$34

Grades: 9 - 12

SAVE WHILE SUPPLIES LAST

CEO WORKSHOPS & CONTESTS

ONE DAY | 3 HOURS | AVAILABLE IN OCTOBER, NOVEMBER & DECEMBER

LEARN BUSINESS SKILLS
COMPETE FOR TOP RANKING AWARDS
ENHANCE YOUR RESUME
STRENGTHEN YOUR ONLINE NETWORK
MEET TEENS FROM ALL OVER THE WORLD

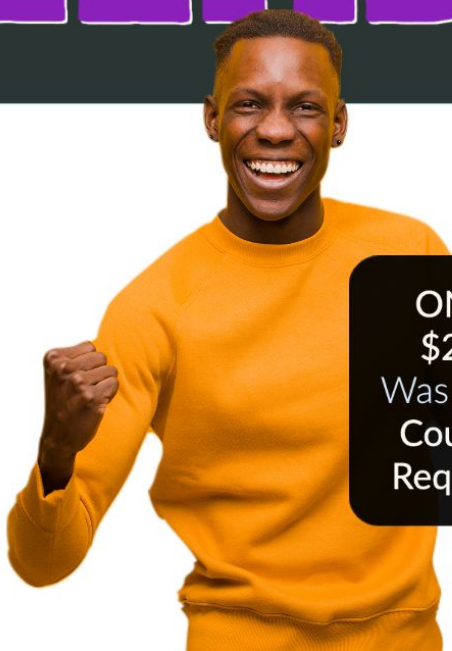
ONLY
$95
WAS $129
COUPON
REQUIRED

CLICK IMAGE FOR DETAILS | COUPON CODE STOWSAVES$150

PROJECT LEAD

MULTI-DAY | 12 HOURS | OCTOBER LAUNCH

TEEN LEADER ACADEMY CERTIFIED ADVISORS:
UNITE A GROUP OF TEENS TO DEVELOP
A TEEN BOARD & SUBCOMMITTEES
TEACH YOU HOW TO DEVELOP A STRATEGIC PROJECT PLAN & TO EXECUTE
ENHANCE YOUR RESUMES
MEET TEENS FROM ALL OVER THE WORLD



ONLY
$250
Was $400
Coupon
Required

ADULT PROGRAMS

Adult Programs Quick Reference				
Program Name	**Location**	**Date**	**Time**	**Cost**
Gentle Yoga	Stow Community Park	Mondays beginning Sept. 14	5:30-6:30pm	$5 drop in
Sabrina's Mat Pilates	ZOOM	Wednesdays	8:30-9:30am	$15/class
Will Return When Pompo Opens				
Evening Yoga	Pompo	Wednesdays	7:30-8:30pm	$
Men's Basketball	Hale Middle School	Tuesdays and Saturdays	Tues: 6:30-8:30pm Sat: 8-10:30am	$45/yr
Ballroom Dance	Pompo	Sundays	Novice: 5:30-6:30pm Int./Advance: 6:30-7:30pm	$25/couple
Duplicate Bridge	Pompo	1st Saturday of every month	6:45pm	$5/pair
Pumpkin Carving Contest!!! See attached flyer				
15th Annual Stow Gobbler				

GENTLE YOGA for ALL with Maureen McKeon

All fitness levels and abilities welcome! This will be taught as a gentle, restorative style class. Please note the new, outdoor location of the pavilion at Stow Community Park! Social distancing and fresh, circulating air!!!
Instructor: Maureen McKeon * Please bring a yoga mat (if you have one)
For additional information contact Maureen McKeon: mtrunfio@mac.com

WHO: Anyone!!! (Men, you deserve flexibility too)
DATE: September 14, 2020
WHEN: Monday Evenings; 5:30 - 6:30pm (does not meet on Monday Holidays)
WHERE: The Pavilion at Stow Community Park
COST: $5 drop-in (donation)

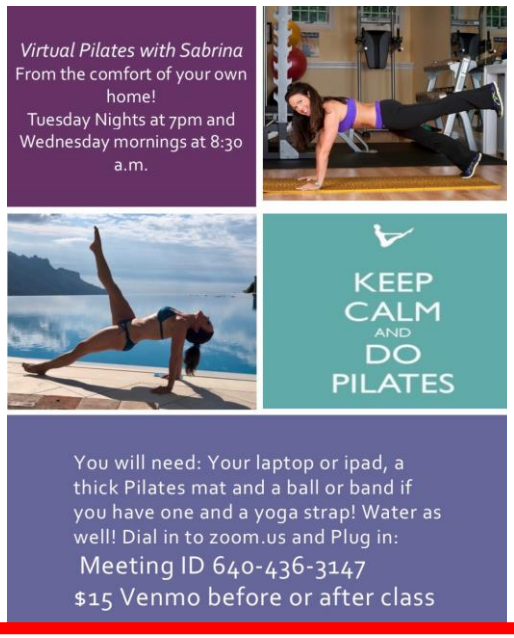
Sabrina's Mat Pilates

Mat Pilates is a wonderful discipline that, when practiced with consistency, will improve your flexibility, coordination and balance. This class will also increase your strength and develop a stronger core. Proper breath, alignment and a yoga strap stretch sequence at the final mindful stretch will leave you feeling energized yet relaxed.

All levels are welcome and no previous experience necessary. This practice is executed on a thick yoga mat in bare feet.
WHERE: Pompo Community Center
WHEN: Wednesdays at 8:30am
COST: $15 cash drop in rate. Sabrina does her class as long as she has a minimum of 4 participants.

Please let us know if you plan to attend by calling 978-637-2984 or emailing recreation2@stow-ma.gov

Program will resume when Pompo Community Center reopens



Until Pompo reopens, try Sabrina's Virtual Pilates!!!

EVENING YOGA with Terry Kessel Myers Coney, RYT

The benefits of yoga are numerous. Among those noted by previous class members are greater flexibility, strength, and balance, as well as relaxation, calm and centeredness. Yoga is an ancient art, which balances body, mind and spirit. You do not need to be super flexible to do yoga as many may think. This class begins with gentle warm ups and breathing techniques and includes basic postures (or Asanas) to help you release tension and stress, and ends with a relaxation. The poses can be adapted to individual needs and students at any level are welcome from absolute beginner to those with more experience.

COST: $120
WHEN: Mondays & Wednesdays 7:30-8:30
WHERE: Pompo Community Center
Register: Stow Recreation website - https://www.stow-ma.gov/recreation-department/pages/recreation

Program will resume when Pompo Community Center reopens

Sunday Night Ballroom with Ed Burch

Dancer, gymnast, actor, singer, and performer, started Ed Burch Dance right out of college as he began teaching his popular Saturday Night Dancing for Fun classes. You can learn more about him at www.edburchdance.com.

Level 1 Fundamental/Novice 5:30 - 6:30PM
With our Level I class, you will be introduced to basic moves in a number of ballroom styles in a fun and comfortable atmosphere. We work on dances like Foxtrot, Waltz, Rumba, Swing as well as many others. The class flows with the students and we will work on the dances that the class enjoys the most.

Level 2 Intermediate/Advanced 6:30 - 7:30PM
With our Level 2 class, we will work on all your favorite ballroom styles. The goal is to give you a place to learn and work on new moves to all of our favorite dances. This class also works on dances based upon students' preferences and will change each week to keep life interesting. Join us on Sunday nights and get your week started off right.\

WHERE: Pompo Community Center
WHEN: Sundays weekly, see above times
COST: $25 per couple walk-in price – no registration needed

Program will resume when Pompo reopens!!

Stow Duplicate Bridge Club

This is a very friendly group open to all skill levels, and regardless of where you live. If you play Rubber Bridge, there is very little to learn to play duplicate bridge. We will be happy to teach you in a few minutes.
Goodies are provided on a volunteer basis.
If interested please notify Stow residents Ernie and Sherry Stonebraker by email (ernstonebraker@gmail.com) or phone (978-568-1596) before the preceding Friday at 5 PM so we can plan the goodies.
Unfortunately we cannot provide partners for single players, so please come with a partner.

WHERE: Pompo Community Center, 509 Great Road
WHEN: First Saturday of every month; please arrive at 6:45pm to help set up tables and shuffle cards. Play begins promptly at 7PM
COST: $5 per pair

Program will resume when Pompo Community Center reopens

MEN'S BASKETBALL AT HALE MIDDLE SCHOOL

The Stow Recreation Department is sponsoring Men's Basketball. Wanna get back in the game? Just show up at Hale Middle School during the times below.

WHEN: Tuesday evenings 6:30 –8:30pm and Saturday mornings 8:00-10:30am – beginning September 14
COST: $45/year

Program will resume when town buildings re-open