



Welcome to the Stow Recreation Department

November 2020 Newsletter

November is here!

Typical fall in New England – wind, rain, snow and ... pandemic!? Even for rugged New Englanders, this year is beyond challenging.

COVID NEWS: Effective on November 6, 2020, Governor Baker has issued a new Executive Order on face coverings requiring all persons over the age of 5 to wear face coverings in all public places, whether indoors or outdoors, even where they are able to maintain six feet of distance from others. This applies to Stow's parks and outdoor spaces. **Please wear your mask!!!**

Stow Gobbler: The Stow Gobbler is happening albeit virtually!!! This is the 15th year so let's keep this annual tradition alive!! See the attached flyer and you can register for the event at: <https://runsignup.com/Race/MA/Stow/2020StowGobbler>

We are constantly trying to find online and outdoor activities to keep Stow engaged, active and happy!! Please give us your ideas!

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"**

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

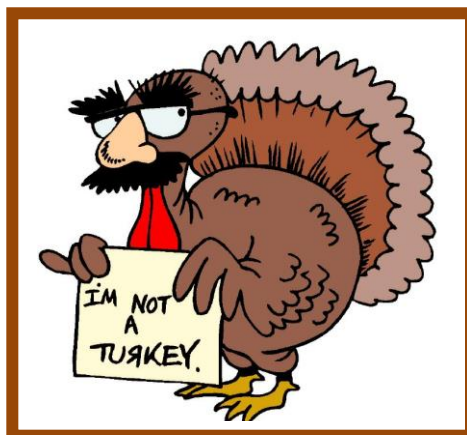


Registration is live for the 2020 Stow Gobbler

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>



STOW TENNIS

Please note: We will keep the nets up as long as possible!!!

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
Teen Leader Academy – CEO Workshops & Contests – Project Lead – see attached flyer					
Stow Ski Program 2020-2021 - TBA					
15th Annual Stow Gobbler – See attached flyer					
Stow Area Parents Network!!					

Stow Ski Program

At this time we have no information on the Stow Ski Program. We very much want to have the program go forward. However, we are waiting for information from Nashoba Valley Ski Area. According to their website, they are “waiting for further guidance from State and Local officials”. As soon as we hear from Nashoba, we will let you know. Keep an eye on our Facebook page and our website.

Thank you!

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!!



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



ADULT PROGRAMS

Adult Programs Quick Reference				
Program Name	Location	Date	Time	Cost
Gentle Yoga	Stow Community Park (weather permitting)	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	1 st Saturday of every month	6:45pm	\$5/pair
15 th 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 – **as long as it is warm enough!**
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

Virtual Pilates with Sabrina
From the comfort of your own home!
Tuesday Nights at 7pm and
Wednesday mornings at 8:30
a.m.



KEEP
CALM
AND
DO
PILATES

You will need: Your laptop or ipad, a thick Pilates mat and a ball or band if you have one and a yoga strap! Water as well! Dial in to zoom.us and Plug in:
Meeting ID 640-436-3147
\$15 Venmo before or after class

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.

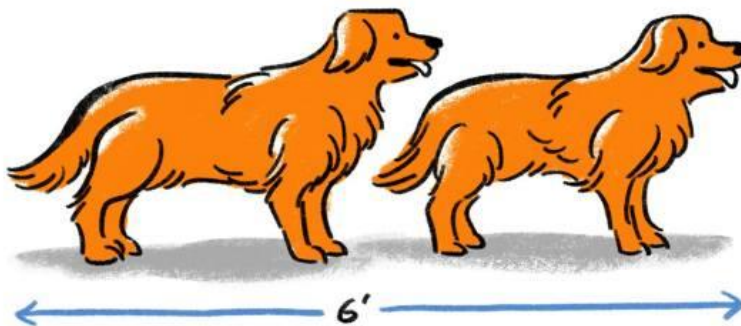
Level 2 Intermediate/Advanced 6:30 - 7:30PM

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

Thank
you!



ENTREPRENEUR *WORKSHOP & CONTEST AND* PROJECT LEAD

GRADES 9-12



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



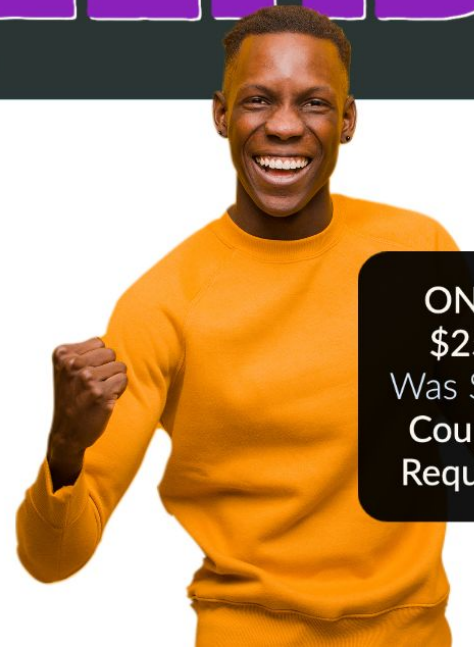
ONLY
\$95
WAS \$129
COUPON
REQUIRED

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

CHECK OUT THE

STOW AREA

20

twenty

P A R E N T S N E T W O R K

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 suspended 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 participated 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