



## Stow Recreation Department December 2021 Newsletter

### Season's Greetings from the Stow Recreation Department!

Happy December!! Happy Holidays!!! So many holiday celebrations to enjoy this month! We hope you have plenty of chances to get together with friends and family. The days will keep getting shorter so take advantage of any daylight outings you can. OR join friends inside with one of our programs. We have Yoga, Ballroom Dance, Bridge, and the Men's Basketball League for adults. Kids can try the Creative Dance class or one of the fun crafts at Randall Library.

More programs for children and adults will be starting in January, like Music Together, and Archery. What programs would you like to see? Let us know what your Recreation Department can do for you!!

Contact us:

**Email** Laura Greenough: [recreation@stow-ma.gov](mailto:recreation@stow-ma.gov);  
Laura Dow: [recreation2@stow-ma.gov](mailto:recreation2@stow-ma.gov)

**Phone** 978-637-2984

**VISIT** Pompo Community Center - 509 Great Road  
Monday – Friday, 10:00am – 3:00pm

**Website** [www.stow-ma.gov](http://www.stow-ma.gov) > Government >  
Recreation Department or  
[stowma.myrec.com](http://stowma.myrec.com)

Create an account and future sign-ups will be a snap!

**Facebook!** Like us on Facebook!!!

### The Pompo Community Center!

Planning an event or meeting?  
Birthdays, Game Nights, Exercise  
Class!!!

The Community Center may be a  
great location for you!

For more information or to request a  
room, go to [stowma.myrec.com](http://stowma.myrec.com)!

### 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](https://scptennis.skedda.com/register?key=02e4ee0)

**Please note we will try to keep the  
nets up as long as possible.**

**Tennis in the Time of Covid-19:** While  
tennis is considered low risk, it is wise  
to follow some commonsense  
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\\_PlayingTennisSafe  
ly-Flyer.pdf](https://www.usta.com/content/dam/usta/2020-pdfs/USTA_COVID19_PlayingTennisSafely-Flyer.pdf)

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

# PROGRAMS AT A GLANCE

Youth Programs					
Program Name	Location	Date	Time	Ages	Cost
Babysitter Training	Coming in March 2021				
Music Together of Assabet Valley	Pompo Community Center	Saturdays January 15 – March 19 (9 classes)	9:15 class 10:15 class	5 and under	\$220 Virtual & In-Person Options
On the Mark Archery	Fairbank Community Center In Sudbury	Thursdays January 6 – February 17	5 – 6pm	Grades 4-6	\$266
			6:10 – 7:10pm	Grades 6+	
Creative Dance	Old Stow Town Hall	Thursdays	For more information: 978-433-8349 or e-mail <a href="mailto:info@creative-dance.com">info@creative-dance.com</a>		

Adult Programs				
Program Name	Location	Date	Time	Cost
Yoga with Maureen	Pompo Community Center	Mondays	5:00-6:00pm	\$8 drop in
Men's Basketball	Hale Middle School	Tuesdays and Saturdays	Tues: 6:30-8:30pm Sat: 8-10:30am	\$45/year
Ballroom Dance	Pompo Community Center	Mondays beginning January 17	Novice: 6 - 7pm Intermediate/Advance: 7 – 8p	Each class is \$12/person or 4 weeks at \$40/person
On the Mark Archery	Fairbank Community Center in Sudbury	Thursdays January 6 – February 17	6:10 – 7:10pm	\$266
Duplicate Bridge	Pompo Community Center	1 <sup>st</sup> Saturday of every month	6:45pm	\$5/pair

## DON'T DELAY!! REGISTER!!

Programs can fill up fast so sign up now before it's too late!

## TELL YOUR FRIENDS – CREATE A BUZZ!!!

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 decide.

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

So, please, ***make sure you provide us with an updated email address.***

## EVENTS at Randall Library in December

### **December 4 @ 1 – 3 PM**      **Where do the Hidden Folk Live?**

Make a HOLIDAY HOME for your favorite ELF, TROLL, FAIRY or GNOME!

### **December 9 @ 3:30 – 4 PM**      **SNOW much FUN**

Make a WILDLIFE SNOW GLOBE

### **December 15 @ 4 – 5:30 PM**      **Make a Crystal Snowflake**

Join us as Lori from Serendipity in Hudson guides us to create a fun crystal snowflake to keep or to give! Space is limited, so call 978.897.8572 or stop by the circulation desk to register.

### **December 16 @ 3:30 – 5 PM**      **DECK the HALLS with Paper**

### **Movies on Thursdays @ 6 PM**

December 9<sup>th</sup>      **TREASURE PLANET**

December 16<sup>th</sup>      **LILO AND STITCH**

December 23<sup>rd</sup>      **BOLT**

December 30<sup>th</sup>      **MEET THE ROBINSONS**

Visit [www.stow-ma.gov/randall-library](http://www.stow-ma.gov/randall-library) for more details.



## On the Mark Archery

Thursdays\*

January 6 – February 17

Grades 4-6:                      5 – 6 PM

Grade 6 to adult:            6:10 – 7:10 PM

Cost:                              \$266

*\*Held at Fairbank Community Center in Sudbury*

Discover the excitement that comes with shooting a bow and arrow and learn a unique martial art that teaches discipline, focus and patience in order to find success. Our coaches will instruct participants in the fundamentals of traditional recurve shooting that can enhance academic and athletic performance, even off the range. All equipment and coaching is provided, no prior experience necessary.

Contact Mark at [info@onthemarkarchery.com](mailto:info@onthemarkarchery.com)

# YOUTH PROGRAMS



The whole family is invited to join us  
**INDOORS and ONLINE**  
for informal, education - based in music, movement,  
and instrument play for children  
ages newborn through five  
with the grown-ups who love them!!  
Classes are offered in Groton, Hudson,  
Maynard, Stow, and Sudbury.



Our 9-week WINTER Music Class program starts the week of JANUARY 10, 2022!

This Winter's collection is "Drum" the fourteenth 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 nine-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 are held in Groton, Hudson, Maynard, Stow, and Sudbury and will run 45 minutes each week. 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:** online - \$220 (per family)  
in-person - \$220 for first child; \$110 for second child  
third child and children under 8 months come free when registered with a paid sibling.  
Add \$5 one-time registration fee for new families to the program.

Register at [www.mistervic.com](http://www.mistervic.com) or call 978-897-0874 for more information.

## YOUTH PROGRAMS

# *Creative Dance*

**Jennifer McGowan's Creative Dance Center**

[www.creative-dance.com](http://www.creative-dance.com) 978-433-8349

Dedicated to providing quality dance education for children of all ages

### Winter Session of Dance 2022

Classes are currently in session and new students are welcome to join in the fun. Tuition will be prorated for new students. Students new to the Creative Dance Center may try a class for free during the month of December or January to see if the class is a good fit. Discover the magic of dance!

Please contact Jennifer McGowan at [info@creative-dance.com](mailto:info@creative-dance.com).

**\*Creative Dance for Grades K-2, Thursdays, 3:45-4:25pm**

Dance skills and vocabulary are taught with an emphasis on body awareness and confidence in movement. Create beautiful improvisational dances as you learn and explore the tools of dance – technique, design, rhythm, flow, and creativity. In addition, you will develop music appreciation as you dance to the many musical rhythms, learn problem-solving skills, and create solo and group dances expressing the uniqueness of each dancer. Yoga postures and stories and relaxation techniques are integrated into the class to connect body, mind, and spirit.

**\*Creative Modern Dance for Grades 3-6, Thursdays, 4:30-5:25pm**

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 Modern Dance for Teens Grades 7+, Thursdays, 6:30-7:25pm**

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 classical, jazz, pop, world, new age, and lyrical music. Explore Yoga flows and relaxation techniques.

**\*Dancers Workshop Performing Group for Ages 8+, Thursdays, 5:30-6:25pm**

For more information or to register please call Jennifer McGowan at 978-433-8349 or e-mail [info@creative-dance.com](mailto:info@creative-dance.com)

## ADULT PROGRAMS



### **Monday Evening Ballroom Dancing:**

Come join in on the fun and relaxation of this Swing & Waltz dance class.

No partner necessary and comfortable shoes suggested.

**6-7pm Beginners I – Cha-Cha & Rumba:** This class is for new or “rusty” dancers. No partner necessary and comfortable shoes suggested.

**7-8pm Beginners II – Swing & Waltz:** This class is for people who have some dance experience. Partners suggested but not necessary.

**Cost: \$12 per person/class or \$40 per person/4 weeks**

**Instructor: Carole-Ann Baer**

Carole-Ann has been in the ballroom dance track for many years. She danced with the world champion BYU formation ballroom dance team, is a champion ballroom dancer and currently is a theater troupe choreographer and teaches dance at Brandeis University.

## 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](mailto: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; play begins promptly at 7PM  
please arrive at 6:45pm to help set up tables and shuffle cards

**COST:** \$5 per pair



## ADULT PROGRAMS

### 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/or Saturday mornings 8:00-10:30am



## YOGA with Maureen

Offered to all (16 years or older)

**Mondays (except for Legal Holidays)**

**5:00-6:00 pm**

**Pompo Community Center, 509 Great Road, Stow, MA**

**Instructor: Maureen McKeon**

**\$8 drop-in (suggested donation)**

**All fitness levels and abilities welcome!**

**This will be taught as a gentle, Kripalu-style class.**

Some yoga mats & blocks will be available

For additional information contact Maureen via email

[mtrunfio@mac.com](mailto:mtrunfio@mac.com)