

Stow Recreation Department Newsletter

October 2024

NEW! Adult Arts & Crafts Club

Tuesdays, 5pm-9pm
Pompo Community Center



Walk-ins welcome, no registration required.

YOGA

with Maureen

Offered to all 16+
All fitness levels and abilities welcome!
This will be taught as a gentle, Kripalu-style class.

Mondays
5:00-6:00 pm
(except for Legal Holidays)

Instructor: Maureen McKeon

\$8 drop-in (suggested donation)
at Pompo Community Center

Some yoga mats & blocks will be available.
For additional information contact Maureen via
email mtrunfio@mac.com



New Tennis/Pickleball Reservation System

How to reserve a tennis or pickleball court:

Go to the Stow Recreation Department website*
Stow Recreation Department: Online Registration by
MyRec.com Recreation Management Software

*If you don't have an account set up, you will need
to do so at this time.

Next, click on the facilities tab near the top of the
screen. A drop-down menu will appear, click on
facility list. Scroll down the page until you see Stow
Community Park. Once there you will choose what
court you would like to use and click on the reserve
button. Once you have chosen the court you would
like to use follow the instruction and choose the
date and time you would like to use the
courts. When you hit submit you are done. The
request will come to the Recreation Department, if
there are any issues, we will contact you. Otherwise,
you will receive an e-mail confirmation that you can
print out and bring with you to your reserved time
slot.

Please contact the recreation department if you
have any questions at recreation@stow-ma.gov

Upcoming Events

- Winter Ski
- Movie Nights
- StowCase Open House
- Ballroom Dancing
- Music Together
- Baby Sitting Class
- Archery (youth & adults)

StowCase

Open House

The Town of Stow is hosting an open house on Wednesday, October 30th, 6 to 8 pm at The Pompositticut Community Center, 509 Great Road.

- *Halloween Costume/Trick or treat
- *Free raffles, games, food/drinks, for all ages. More to come as we get closer to the date.

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 each month
Play begins at 7:00 PM.
Please arrive at 6:45pm
To help set up tables
and shuffle cards.

COST: \$5 per pair



MEN'S BASKETBALL

Want to get back in the game?
Just show up at Hale Middle School!

WHERE: Hale Middle School

WHEN: Tuesday evenings 6:30 –8:30pm
and/or

Saturday mornings 8:00-10:30am

COST: \$45/year

Debbie LaFlamme's

Babysitters Training Course

Teaching young teens to be more responsible, trustworthy babysitters for family & friends.



Saturday, November 16th

9am – 1pm

for ages 11+

Cost is \$50

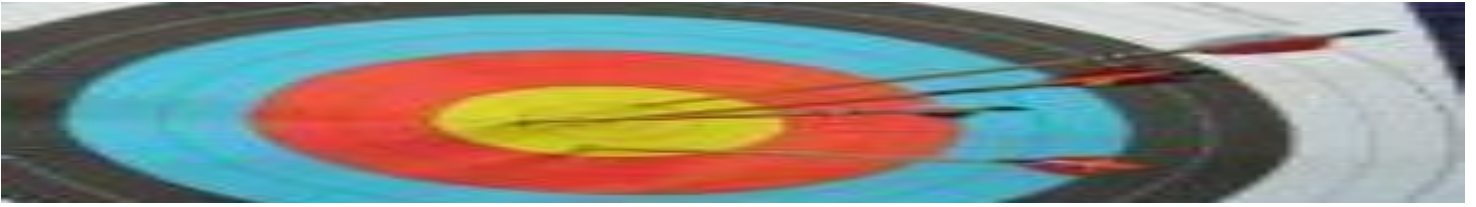
Register at stowma.myrec.com

The Babysitters Training Course will better prepare young teens to be a more responsible, trustworthy babysitter for family and friends.

This class includes techniques in interviewing with parents, infant & toddler care, diapering, feeding, creative reading, activities for young children, appropriate snacks, handling bedtime issues, basic first aid, and tips for a safe babysitting experience.

Instructor Debbie LaFlamme has a degree in Early Childhood Education and operated as a licensed daycare provider in Massachusetts caring for children of all ages in her home for over 20 years. Today she is a private care provider.

On the Mark Archery for Youth & Adults



Learn the unique sport of recurve archery this fall and discover why so many people are finding their passion shooting a traditional bow and arrow. Focus, patience and determination are the only virtues you need to succeed. All equipment, coaching and 1 hour of shooting time are included along with a unique and engaging lesson plan each week. Program taught by On the Mark Archery instructors.

For more information, contact Mark at info@onthemarkarchery.com

These program are open to youth and adults!

A colorful flyer for a flute class. The top section is yellow with the text 'JESSICA SMITH FLUTE' and 'JUMP-START FLUTE!' in large, bold letters. Below this, it says 'GROUP FLUTE FOR 4TH & 5TH GRADE BEGINNERS' and 'Thursdays 6-6:45pm | Oct. 3rd - December 19th, Pompositicut Community Center, Stow, MA'. A blue circle on the right says 'FREE TRIAL CLASS ON OCT. 3RD'. The bottom section is pink with text: 'JOIN US FOR A FUN AND SUPPORTIVE GROUP CLASS FOR BEGINNING FLUTISTS! JUMP-START FLUTE IS A WONDERFUL COMPLEMENT TO BEGINNING BAND PROGRAMS OR AS AN ALTERNATIVE TO PRIVATE LESSONS. NO PREVIOUS MUSIC EXPERIENCE NECESSARY.' At the bottom, it says 'for more information and to register, visit: www.jessicasmithflute.com/JUMPSTART'. There are images of flutes and musical notes scattered throughout the flyer.

Join us for a fun and supportive group class for beginning flutists! Jump-start flute is a wonderful complement to beginning band programs or as an alternative to private lessons. No previous music experience necessary.

For more information or to register, visit: www.jessicasmithflute.com/jumpstart

Free Trial class on October 3, 2024.

Classes held to Pompositicut Community Center, Stow, Ma.

Do you have program suggestions? Please contact us:

Email Laura Greenough: recreation@stow-ma.gov

Geoff Beharrell: recreation2@stow-ma.gov

Phone 978-637-2984

Visit Pompo Community Center

509 Great Road

Monday – Friday, 10am – 5pm

Website www.stow-ma.gov > Government > Recreation Department; or stowma.myrec.com

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

Facebook! [Stow Recreation Department](#)

Mission Statement:

To provide a wide variety of year round programming, both indoors and outdoors, which are both social and recreational in nature for children, teens, adults and seniors as determined by the needs and desires of the community. To provide cost efficient services within the reach of the overall community base while maintaining the highest level of participant satisfaction. To provide safe and well maintained facilities for all to enjoy.

Disclaimer: Participating in recreational activities may cause high levels of laughter and fun. It may also result in unforgettable experiences and friendships. Recreation may be habit forming!

