

Stow Recreation Department

Newsletter: September, 2025



An illustration on the left side of the poster shows three flutes (piccolo, alto, and bass) arranged vertically. A yellow goldfinch is perched on the top of the piccolo. The background is a solid light blue color with several yellow and pink starburst graphics scattered throughout.

Goldfinch Flute Choir

for middle school and high school flutists

2025-2026 school year

Goldfinch Flute Choir is an ensemble for middle school and high school flutists to experience chamber music in a fun, engaging, and supportive environment.

Members will prepare and perform selections written for flute choir, including exposure to piccolo, alto, and bass flutes.

Flutists must have at least two years of playing experience.

Saturdays 5:30-6:30pm, once per month
\$70 for the school year

Pompositticut Community Center, Stow, MA

For more information, visit:
jessicasmithflute.com



Ethereal Arts Self Defense
118 Great Road Unit 1 Stow MA 01775
978-897-8585 www.etherealarts-sd.com

Teaching Karate for more than 40 years.
Proudly Serving Stow Since 2010.

After School Karate Program

2025 2026



- Kids ages 5 and up.
- We cover Regular Release School Days Monday through Friday.
- Safe, Fun and Exciting!
- Kids work on goal setting, public speaking and time management skills while learning Griffin Style Kenpo Karate. This in turn leads to the development of self confidence, physical fitness, and self control abilities as well as improve dexterity for any sport.
- We provide shuttle service from Stow's Center and Hale schools to our facility.
- Kids get their own class exclusive to the after school program, as well as a one hour regular group class up to 5 times a week.
- Accelerated learning with two or more days of training leads to leveling up faster.
- Parents can pick up their kids at the more convenient after work time of 6PM or earlier if needed.
- Our program challenges students on both a mental and physical level which will give them a competitive edge in other sports that they may participate in.
- We currently enrolling for the 2025 - 26 school year. Call today!

Please Call 978 897 8585 To Learn More! Enrolling Now For September 2025

The Link to our sign up page is

[After School Program Registration Page Click Here](#)

Or visit www.etherealarts-sd.com



Back-to-School, Back to Confidence!

Now Enrolling – Only 12 Spots With Pick Up Available For The 25-26 School Year

Ethereal Arts Self Defense proudly invites your child to join our **Life Skills First** Back-to-School Program!

Why Parents Choose Us

- ✓ **Respect** – Learning how to treat others and themselves with kindness.
 - ✓ **Focus & Discipline** – Skills that help in school, sports, and life.
 - ✓ **Confidence** – Standing tall in any situation.
 - ✓ **Responsibility** – Understanding the value of doing the right thing.
- Martial Arts Skills are the tool we use... but *Life Skills* are the true goal.

Program Details

- **Enrollment Open Now** – Limited to 12 students for school pick up Center and Hale schools.
- Total of 20 kids maximum to ensure individual attention
- Perfect for ages 6–13
- We pick up students from Stow Center School and Hale School
- Kids from other schools and towns are always welcome
- Not just Karate but life skills, mental challenges, bully proofing and plenty of time for fun as well.
- 118 Great Rd, Unit 1, Stow, MA
- Call: [978-897-8585]

Special Back-to-School Bonus: Enroll before [8/26/25] and receive a free uniform + complimentary skills evaluation.

Ethereal Arts Self Defense

For Martial Artists, By Martial Artists — Building Strong Kids Inside & Out.



VACCINE CLINIC

Sponsored by:
The Town of Stow
& Walgreens

Wednesday, October 15, 2025

12:30pm to 6:30pm

509 Great Road,
Pompo Community Center


What we're offering:

- Flu Vaccinations for all ages
- COVID Vaccinations for all ages
- Pneumonia Shots for those 50+
- RSV Vaccine for those 75+

[Click here to
Reserve your Vaccine today](#)

Open to All

No Appointment necessary,
but a vaccine count is needed, so
please click the link to reserve yours.


OPEN
TO
ALL

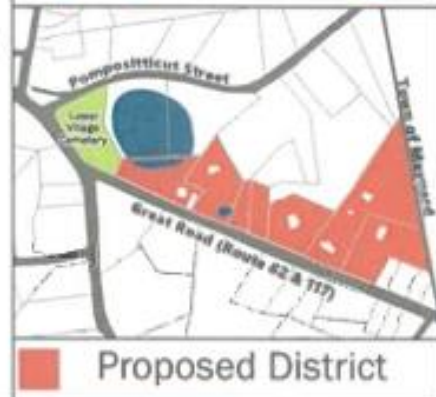


Multifamily Housing "MBTA Communities" Information

- Vote on compliance with the State-mandated MBTA Communities Act at Special Town Meeting
- Multifamily housing is **not required to be built**, but the Town must create a zoning district (location) for it!
- Housing Types allowed in the zoning: **duplexes, triplexes, and townhouses** (up to 5 units)
- Where? **East Lower Village** (See map to the right)
 - **Rated #1** in community survey, February Forum, and Town Board & Committee Survey
 - Proximity to Lower Village offers benefits to local businesses (**encourages economic growth**)
 - Located along Great Road to **minimize traffic concerns**
 - **Encourages smaller, incremental growth** instead of a larger development all at once



Scan to learn more
and read the
proposed zoning



<https://www.stow-ma.gov/planning-board/pages/mbta-communities>



MBTA Communities Upcoming Events



Learn

about the zoning
changes proposed in
Stow.

Information Session

Tuesday, August 26
7:00 pm via Zoom

To join, go to
www.zoom.us/join and
enter the meeting ID
876 4628 4283

Share

your thoughts with the
Planning Board about
the proposed changes.

Public Hearing

Tuesday, September 9
7:15 pm via Zoom

To join, go to
www.zoom.us/join and
enter the meeting ID
811 5964 4331

Vote

to make the proposed
zoning changes
effective.

Special Town Meeting

Monday, October 27
7:00 pm
Center School
403 Great Road

Fall Archery with *On the Mark!*

Archery for All!

Fall I Program – Five Weeks

\$195 per participant (On the Mark Archery fee)

6:10 – 7:15 pm Fridays, September 12, 19, 26, October 03 and 10, 2025

Location: Fairbank Community Center

Fall II Program – Four Weeks

\$156 per participant (On the Mark Archery fee)

6:10 - 7:15 pm Fridays, October 17, 24, November 07 and 14, 2025

Location: Fairbank Community Center

Fall III Program – Four Weeks

\$156 per participant (On the Mark Archery fee)

6:10 - 7:15 pm Fridays, November 21, December 05, 12 and 19, 2025

Location: Fairbank Community Center



Jennifer McGowan's Creative Dance Center.....

.....dedicated to providing quality dance education with the belief that dance is for everyone and everyone can dance!

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

Over 30 years of sharing the love of dance!

2025-2026 Dance Schedule and Class Descriptions:

Creative Dance for Preschool Ages 3-5, Thursday Sept 11, 2025 - Thursday, January 15, 2026, 2:15-2:55 pm

Dance activities emphasize the fun and excitement of discovering the world through movement. Explore dancing with scarves, rhythm instruments, parachute play, story dance, yoga, and much more! Participants must be age 3 by September 1, 2025, and be ready to be in a class on their own.

Creative Dance for Grades K-2, Thursday Sept 11, 2025 - Thursday, January 15, 2026, 4:00-4:40 pm

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, Thursday Sept 11, 2025 - Thursday, January 15, 2026, 4:45-5:40 pm

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+, Thursday Sept 11, 2025 - Thursday, January 15, 2026, 6:45-7:40 pm

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 Ages 8+, Rehearsals held on Thursdays, September 11, 2025 - January 15, 2026, 5:45-6:40 pm

The Dancers Workshop is a performing dance company of young people who share a love of dance and a desire to bring the art of dance to the community. Dance company members perform at several community events and festivals throughout the year, which may include performances at nursing homes, community centers, local town festivals, and schools, as well as family performances. In addition to weekly rehearsals, dancers must attend a creative modern class for their age level. Please inquire for details about this special group.

****End-of-year performance will be held in May at the Hale Middle School Auditorium. All dancers are invited to be a part of this informal presentation.****

***New students are always welcome if there is space in a class. Classes will be prorated when starting mid-session.**

To register: www.creative-dance.com



The Next
Family Music Together
9 Week Class
Starts September 16, 2025

For more information, and to Register: <https://mistervic.com/>

Registration for music classes opens on Monday, August 11, 2025

The whole family is invited to join us for informal, education-based in music, movement and instrument play for children newborn through 5 with grown-ups who love them! Classes are offered Tuesday through Saturday and are held in Groton, Hudson, Maynard, Stow and Sudbury.

This Fall's music collection is "Flute." Cost of the 9-week program includes a professional cd; a new and beautiful illustrated songbook; family e-newsletter; and access to the Family Music Zone in the Music Together App, 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" and a growth chart to track your child's musical development. Classes run 45 minutes each week. Makeup classes are available. Visit us at www.mistervic.com for more information and to register

Ongoing Stow Recreation Programs:

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; play begins promptly at 7PM



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

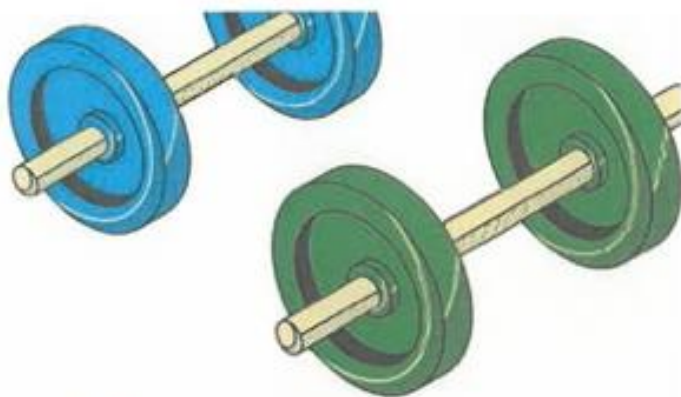
\$8 drop-in (suggested donation)

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



Exercise Room Hours



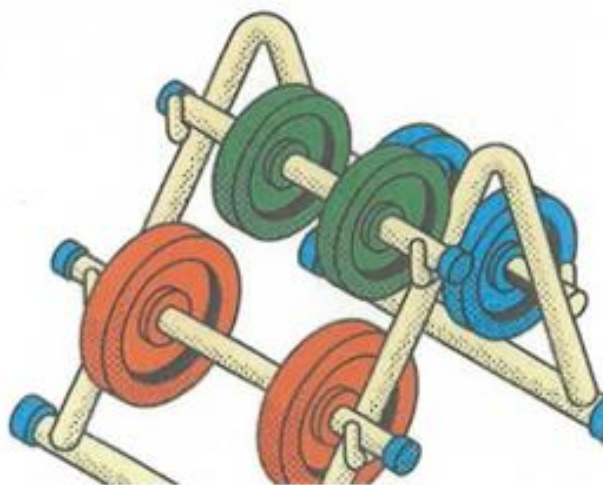
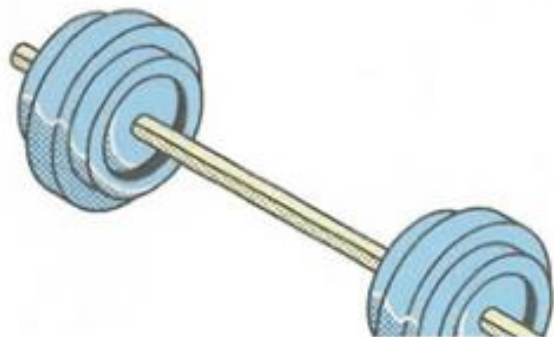
August 27 - June 12
8:30 am - 5:00 pm



Monday through Friday



If Recreation office is close
exercise room will close at
3:30 pm.



Reservation of Tennis/Pickleball Courts

For those using these courts through reservation with Stow Recreation Department:

Please note the following rules attendant upon using these sports courts:

- Court use opens April 1st and closes November 30th, weather permitting. Nets will be up and out.
- Recreation sponsored/run programs take priority over public reservations. We will do our best to have those dates booked before the April 1st opening date. We reserve the right to adjust reservations as needed.
- All reservations need to be made through MyRec, our recreation software, and you'll need to make an account if you don't have one.
- Reservations will be limited to only 1 month in advance from your first monthly reservation date and for 1.5 hours per day only, either tennis or pickleball use.

We reserve the right to adjust the rules as issues arise, but please be aware we are trying to address issues that arose last summer. We've polled multiple towns around us to see their regulations and modeled ours with a collection of points from those plus what we noted from last year.

Do you have program suggestions?

Please contact us with your ideas!

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 – 3pm

Website stowma.myrec.com

Or www.stow-ma.gov > Government > Recreation Department

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

Facebook! [Stow Recreation Department](https://www.facebook.com/StowRecreationDepartment)