

# **Stow Recreation Department Newsletter: October, 2025**



# Community Labyrinth Building Day!!

Saturday, October 4, 9:30 AM

99 Randall Road



## Event Details



Saturday  
October 4th



9:30 AM



99 Randall Rd  
Stow, MA



Stow Acres  
Driving Range  
Parking Lot



Light  
Refreshments



Stow-MA.gov

## YOU'RE INVITED

Help Stow Build a Labyrinth at  
Randall Woods Park



Labyrinths are designed for meditative walking. Stow's labyrinth will be made with 6 to 8 inch natural stones arranged in the pattern above. The Town will provide the stones, but you can bring your own stone or small painted rock. The labyrinth site is approximately 1 mile from the parking lot; transportation from the parking lot to the site will be available. To RSVP (required), go to <https://tinyurl.com/StowLabyrinth>



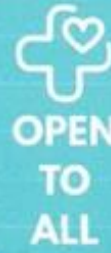
# VACCINE CLINIC

Sponsored by:  
**The Town of Stow  
& Walgreens**

**Wednesday, October 15, 2025**

**12:30pm to 6:30pm**

509 Great Road,  
Pompo Community Center



OPEN  
TO  
ALL



## 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.



**Fall Archery with *On the Mark!***

## **Archery for All!**

### **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**



# STOWcase 2025 Performer Application

*STOWcase 2025, to be held on October 23, 2025, from 5:30 pm to 8:30 pm at Center School, is an evening open house to showcase some of what Stow has to offer its residents.*

*STOWcase is looking for performers!*

*Do you have a special talent or skill you would like to share? We are looking for magicians.....jugglers.....musicians (singers or bands).....face painters.....balloon artists, etc. Come volunteer to entertain STOWcase attendees on 10/23/25 between 5:30 and 8:30. Each performance can be between 8-10 minutes (the schedule and length will be determined based on the number of performers participating.) Show the town what you have to offer!*

If you wish to participate, please complete the online application found at

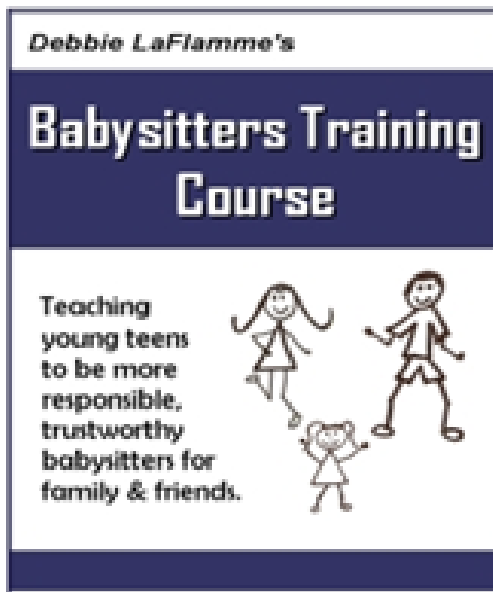
<https://forms.office.com/g/S8gKdfi0Lj?origin=lprLinkno>

no later than **September 29, 2025.**

The STOWcase team will review all complete applications. Applications will be approved or denied based on several factors including preference for Stow residents and to those that best meet the objective of this event.

**Special Town Meeting Monday October 27 -**  
**VOTE on Multifamily Housing "MBTA Communities" Zoning Changes,**  
**See flyer below for information.**

<h3>Multifamily Housing "MBTA Communities" Information</h3> <ul style="list-style-type: none"><li>• Vote on compliance with the State-mandated MBTA Communities Act at Special Town Meeting</li><li>• Multifamily housing is <b>not required to be built</b>, but the Town must create a zoning district (location) for it!</li><li>• Housing Types allowed in the zoning: <b>duplexes, triplexes, and townhouses</b> (up to 5 units)</li><li>• Where? <b>East Lower Village</b> (See map to the right)<ul style="list-style-type: none"><li>▪ <b>Rated #1</b> in community survey, February Forum, and Town Board &amp; Committee Survey</li><li>▪ Proximity to Lower Village offers benefits to local businesses (<b>encourages economic growth</b>)</li><li>▪ Located along Great Road to <b>minimize traffic concerns</b></li><li>▪ <b>Encourages smaller, incremental growth</b> instead of a larger development all at once</li></ul></li></ul> <p><a href="https://www.stow-ma.gov/planning-board/pages/mbta-communities">https://www.stow-ma.gov/planning-board/pages/mbta-communities</a></p>	 <p><b>Scan to learn more and read the proposed zoning</b></p>  <p>Proposed District</p>						
<div><h2 style="text-align: center;">MBTA Communities Upcoming Events</h2></div> <table border="1" style="width: 100%;"><thead><tr><th data-bbox="267 1312 609 1501"><b>Learn</b> about the zoning changes proposed in Stow.</th><th data-bbox="609 1312 958 1501"><b>Share</b> your thoughts with the Planning Board about the proposed changes.</th><th data-bbox="958 1312 1307 1501"><b>Vote</b> to make the proposed zoning changes effective.</th></tr></thead><tbody><tr><td data-bbox="267 1501 609 1820"><b>Information Session</b> Tuesday, August 26 7:00 pm via Zoom  To join, go to <a href="https://www.zoom.us/join">www.zoom.us/join</a> and enter the meeting ID 876 4628 4283</td><td data-bbox="609 1501 958 1820"><b>Public Hearing</b> Tuesday, September 9 7:15 pm via Zoom  To join, go to <a href="https://www.zoom.us/join">www.zoom.us/join</a> and enter the meeting ID 811 5964 4331</td><td data-bbox="958 1501 1307 1820"><b>Special Town Meeting</b> Monday, October 27 7:00 pm Center School 403 Great Road</td></tr></tbody></table>		<b>Learn</b> about the zoning changes proposed in Stow.	<b>Share</b> your thoughts with the Planning Board about the proposed changes.	<b>Vote</b> to make the proposed zoning changes effective.	<b>Information Session</b> Tuesday, August 26 7:00 pm via Zoom  To join, go to <a href="https://www.zoom.us/join">www.zoom.us/join</a> and enter the meeting ID 876 4628 4283	<b>Public Hearing</b> Tuesday, September 9 7:15 pm via Zoom  To join, go to <a href="https://www.zoom.us/join">www.zoom.us/join</a> and enter the meeting ID 811 5964 4331	<b>Special Town Meeting</b> Monday, October 27 7:00 pm Center School 403 Great Road
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**Saturday, November 22<sup>nd</sup>**

**9am - 1pm**

**for ages 11+**

**Cost is \$55**

**Register**

**at [stowma.myrec.com](http://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.



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

# 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](http://jessicasmithflute.com)**





- ❖ The Ski & Snowboard program is for grades 3-8 for all skill levels.
- ❖ The program will run for 6 weeks on Fridays starting January 9, 2026, but the end date may move if poor conditions cause a cancellation during the season.
- ❖ Registration options are:
  - Ski & Snowboard NO LESSONS for \$310.
  - Ski WITH LESSONS for \$440
    - If you choose WITH LESSONS, let us know what level:
      - Never Skied, Beginner, or Intermediate.
    - Snowboarding lessons are not available currently.
- ❖ **TRANSPORTATION:** there will be no transportation from Stow Recreation, we just don't have the staff.
- ❖ **RENTALS:** To rent equipment from Nashoba Valley Ski Area, you will need to go to the rental shop for a fitting before December 15<sup>th</sup>. **Fittings are by appointment only.** Call Nashoba (978-692-3033) to make an appointment! The cost for participants of our program is \$200 for skis/board and boots. Helmet rental is \$50. Be sure to let them know you are with Stow recreation to get the discounted pricing
- ❖ **More info on Registering will be in the November Newsletter.**

# 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**

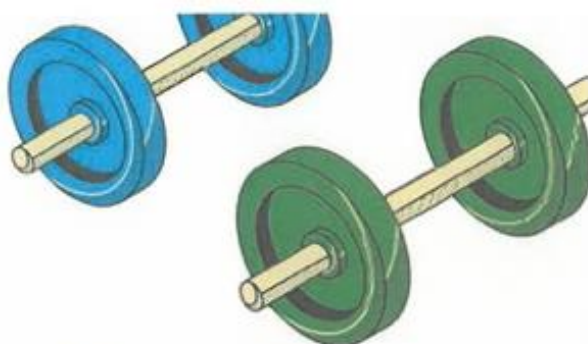
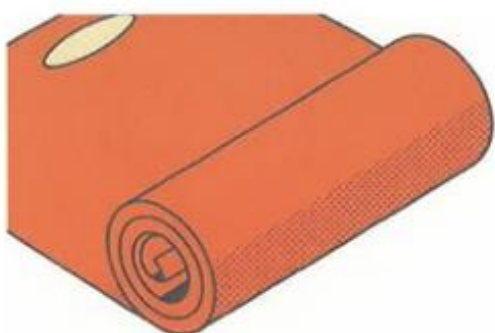
**\$8 drop-in (suggested donation)**

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



# Exercise Room Hours



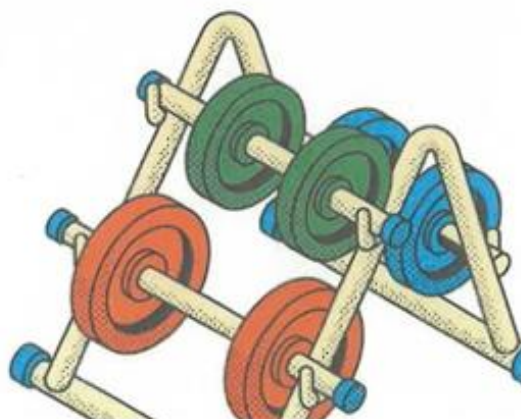
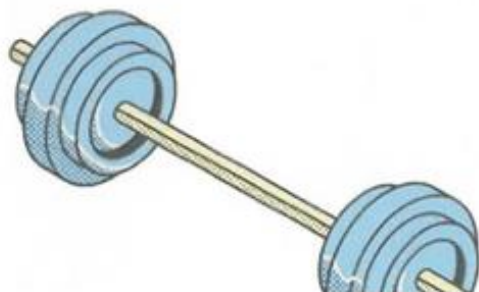
August 27 - June 12  
8:30 am - 5:00 pm



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 1<sup>st</sup> and closes November 30<sup>th</sup>, 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 1<sup>st</sup> 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](mailto:recreation@stow-ma.gov)

Geoff Beharrell: [recreation2@stow-ma.gov](mailto:recreation2@stow-ma.gov)

**Phone** 978-637-2984

**Visit** Pompo Community Center  
509 Great Road  
Monday – Friday, 10am – 3pm

**Website** [stowma.myrec.com](http://stowma.myrec.com)

Or [www.stow-ma.gov](http://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)