# Stow Recreation Department Newsletter January, 2026



STOW RECREATION

## 2026

DEPARTMENT OFFICE

**JANUARY** 

2026

The Recreation Office will be closing half day on December 31<sup>st</sup> and closed full day on January 1st

Happy New Year!

Please note the office will not be open on this national holiday, as well.

STOW RECREATION DEPARTMENT OFFICE CLOSED

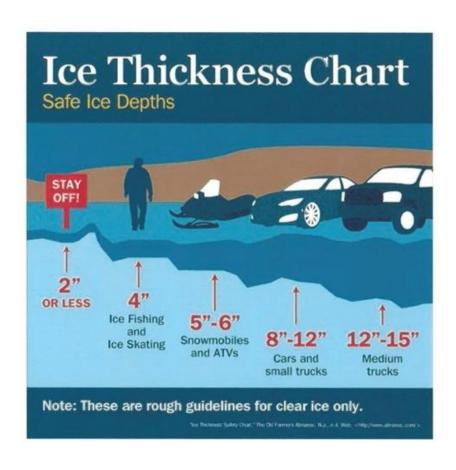
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JANUARY 19, 2026

**MONDAY** 

### Planning to go Out on the Ice? Here are important safety tips:





#### Archery with On the Mark!

#### **Archery for All!**



Winter I Program - Five Weeks - Grades 4 to Adult

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

6:00 - 7:00 pm Fridays, January 9, 16, 23, 30 and February 6, 2026

Location: Fairbank Community Center, Sudbury, MA

Winter II Program – Five Weeks - Grades 4 to Adult

**\$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, Sudbury, MA

To register go to <u>Stow Recreation Department: Online Registration by MyRec.com Recreation Management Software</u>



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





- 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:
  - o Ski & Snowboard NO LESSONS for \$310.
  - o 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.



#### Intro to Acrylic Painting Course Description:

This class is for both beginners and intermediate students who would like to learn or improve basic acrylic painting skills. Students will learn about acrylic painting materials, color mixing, color theory, composition, value, and basic paint application techniques.

Instructor: Joy Buell

Joy Dai Buell received both her BFA and MFA in printmaking from Yale University. She also has a BS in education from Tufts University and a diploma from the School of the Museum of Fine Arts. She is known to offer superb criticism and encouragement. She is honest and constructive in assessing students' strong and weak points and provides insightful instruction to foster further artistic development. Buell maintains a studio in Gloucester, Massachusetts, and takes students to Europe to draw and paint...this August we will travel to northern Holland. She taught at DeCordova's School for over 15 years.

Age range: Adult
Students min/max: 6/20
Duration: 6 classes
Saturdays, January 10 – March 21
1/10, 1/24, 2/7, 2/21, 3/7, 3/21
11:00am - 2:00pm

**Location: Pompo Community Center** 

Cost: \$210



# Music Together of Assabet Valley

#### Hello Everybody! Winter is now upon us, and it's time to turn our sights to music classes!

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

#### Our 9-week Winter Music Class Program starts the week of January 6, 2026!

This session features the "Sticks" song collection where your child will love going for a musical ride with "Ridin' in the Car" and "Trot to Grandma's House." Plus, you'll dance with "Don Alfredo Baila," march and scamper with "The Tailor and the Mouse," and go "Pop!" with that good ol' classic weasel. And those are just a few of the twenty-five songs you'll learn. In addition to nine weekly classes, tuition includes audio recordings to play at home and on the go, a colorful illustrated family songbook, and resources with bonus music-making ideas to try at home. Weekly classes run 45 minutes. Makeup classes are available. Visit us at <a href="https://www.mistervic.com">www.mistervic.com</a> for more information and to register.

If Stow families enter the code "SAFN" they get \$10 off.



## Gym Soccer WINTER

FC Tigers Soccer Academy

#### Winter Skills& Drills

Two Separate Age Groups, 1), ages 3 to 5, 9:15 to 10am/ 2), ages 6 to 13.

Sunday Mornings, Jan. 11th & 25th/Feb.8th & 22nd/March 8th &22nd

Center School Gym, 403 Great Road, Stow, Ma.

Skills & Drills helps you train smarter, react faster, take your performance to the next level. Challenge your speed, agility, power and reaction time this winter while having fun with friends new and old. Contract Geoff, Gbette AOL comfor more info.

#### NASHOBA BOYS AND GIRLS SPRING YOUTH LACROSSE



#### **REGISTRATION NOW OPEN**

#### **Boys Registration:**

https://www.nashobalacrosse.org/register



#### **Girls Registration:**

https://nashobagirlslax.org/registration/



#### 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





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)

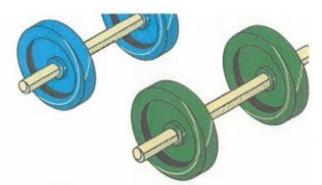
All fitness levels and abilities welcome!

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



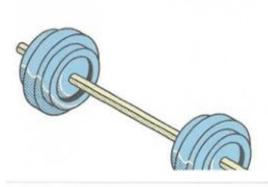
August 27 - June 12 8:30 am - 5:00 pm

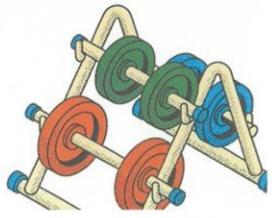




If Recreation office is close exercise room will close at 3:30 pm.







#### What would you like to see offered?

Do you have program ideas or wishes?

#### Let us know!!

#### 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** <u>www.stow-ma.gov</u> > Government > Recreation Department

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

Facebook! Stow Recreation Department

