



HIGHLIGHTS OF UPCOMING EVENTS

- ▶ Free Hearing Evaluations! Do you say “What” often? Wednesday, May 1, p. 4
- ▶ Have a Question for the Town Administrator? Discussions with Denise, Wednesday, May 1, p. 6
- ▶ Do you enjoy Baseball? Musical Baseball Show, Wednesday, May 1, p. 6
- ▶ Have you played Mexican Train Dominoes? Come learn. It’s so much fun! Thursday, May 2, p. 6
- ▶ Grief & Healing Drop-in Support Group, Thursday, May 23, p. 4
- ▶ Stressed Out? Need to Relax? Try a 30-minute Reiki Treatment, Monday, May 6, p. 4
- ▶ Want to exercise and have some fun at the same time? Come learn Line Dancing, Tuesdays, p. 6
- ▶ American Heritage Museum – Explore America’s Conflicts! Wednesday, May 8, p. 6
- ▶ Breakfast Club – The Savory Skillet, Friday, May 10, p. 6
- ▶ Assabet River Wildlife Nature Talk – Mammals and Songbirds, Tuesday, May 14, p. 6
- ▶ Laura’s Annual Spring Tea, Wednesday, May 15, p. 6
- ▶ Pickleball Clinics, Free Lessons! Beginners & Beyond Beginners, Thursday, May 16 & 23, p. 6
- ▶ Armchair Travel – Thailand, Malaysia and Laos , Tuesday, May 21, p. 7
- ▶ Auschwitz - Not Long Ago. Not Far Away. One of history’s darkest periods, Wednesday, May 22, p. 7
- ▶ Indoor Herb Garden Class, Thursday, May 23, p. 7
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COA OFFICES CLOSED ON MAY 27TH FOR MEMORIAL DAY!

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STOW COUNCIL ON AGING

Pompositticut Community Center • 509 Great Rd. Stow, MA 01775
Hours: Monday – Friday 8 am – 3:30 pm

E-mail: coa@stow-ma.gov

Tel. # 978-897-1880

Website: www.stow-ma.gov

Fax # 978-897-0486

Council on Aging Staff

Alyson Toole, Executive Director
 Kathleen Surdan, Outreach Coordinator
 Jayne Nowokunski, Outreach Worker
 Gigi Lengieza, Transportation/Volunteer Coordinator and Office Manager
 Martha Shea, Administrative Assistant
 Penny Sweeney, Administrative Assistant
 Dave Ashman, Senior Van Driver/Dispatcher/Coordinator
 Chris Schuch, PT Van Driver
 Newton Taylor, On call Van Driver
 Bob Kitchen, On call Van Driver

COA BOARD MEMBERS

Jeanne Genereux, Chair
 William Byron, Vice-Chair
 Ruth Delmonico, Secretary
 Charlie Aaronson, Member
 Al Arthur, Member
 George Nisotel, Member
 Kathy O'Brien, Member
 Brian Burke, Associate
 Rep. Kate Hogan, Associate
 June Thall, Associate

COA Board Meets Monthly
(2nd Thursday at 10 am at Pompo)

Mission Statement

The Town of Stow Council on Aging is here to provide support to those age 60 and older by being a resource of information on elder affairs, providing social activities, outreach services, and helping people remain in their homes as long as safely possible.

SUGGESTIONS WELCOME!

There is a suggestion box in the lobby of the Pompositticut Community Center. Or email Gigi at COAAdminAsst@Stow-MA.gov.

VOLUNTEER



BECOME A COA VOLUNTEER!

Do you have some time to spare? Volunteers are needed in many different areas. Contact Gigi, Volunteer Coordinator, at COAAdminAsst@Stow-MA.gov.

Transportation Services

Our complete Transportation Policy is available on our website. **All transportation reservations must be made by calling the COA between 8 am and NOON Monday through Friday (excluding holidays).**

FOR COA VAN RIDES

- Requests must be made no later than 12 pm the business day before.
- Pick-ups start at 8:30 am, with the last ride no later than 2:30 pm weekdays.
- Our service area (originating or departing from Stow) is Acton, Bolton, Boxboro, Harvard, Hudson, and Maynard. Transportation for medical appointments is provided to Concord, Marlboro and Sudbury.
- Fares: Stow: \$2; Out-of-Stow: \$3; Meal site, Food Pantry, COA Office: free.

FOR MEDICAL RIDES OUTSIDE THE VAN SERVICE AREA OR TIME

- *Volunteer drivers or alternative transportation providers* may be used.
Advanced notice of one week minimum required!
- The Town is offering a **NEW** transportation service available through a grant from Montachusett Regional Transit Authority (MART). For the most up to date information on this service please visit the town website (<https://www.stow-ma.gov/planning-board/pages/transportation>).

OUTREACH STAFF

Speak with Outreach to learn about what assistance you may qualify for such as tax relief, food resources, fuel assistance, etc. They have great resources, provide information and referrals, home care options, advocacy, and much more! Call the COA at (978) 897-1880 to speak with Outreach to schedule an appointment.

TOWN SOCIAL WORKER

Brian O'Sullivan, LICSW, is available to provide information and make referrals to various programs and agencies for residents of all ages. Call 978-897-2638 or email townsocialworker@stow-ma.gov.

NOTARY SERVICE AVAILABLE

Stow seniors only. Please call the COA Outreach team to arrange an appointment.

TECHNOLOGY ASSISTANCE

Is new technology driving you crazy? Want some help? The COA is here for you! Call the COA to be connected with a technology volunteer. We also offer in-person assistance by appointment every **Wednesday** morning.

DONATIONS

As a service to our senior residents, the COA accepts donations such as clothing, household goods, craft supplies, books, and durable medical equipment. Please contact the office manager prior to dropping off items.

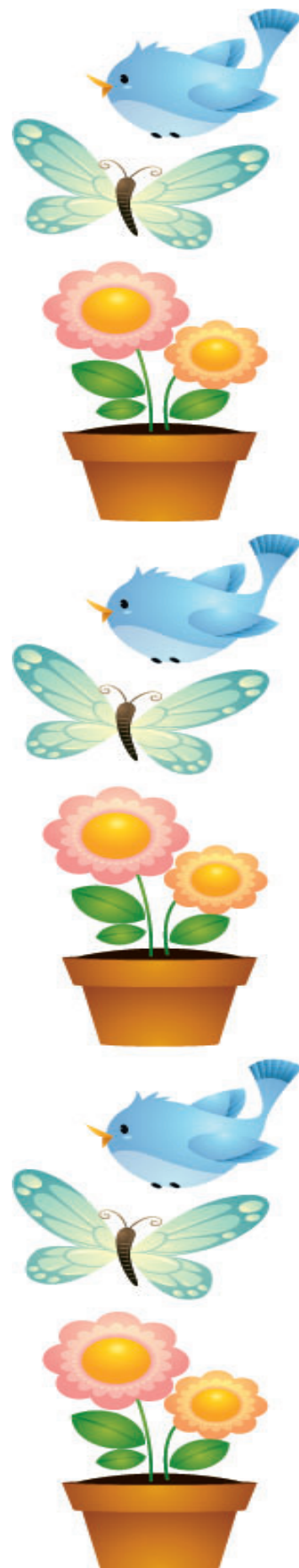
Your donations help the COA and its senior residents since we:

- Make items available to residents based on outreach assessment.
- Use items to offset COA administrative and program costs.
- Turn materials into handmade items for sale at the Gift Shop.
- Re-sell merchandise in the Gift Shop or at other SFCOA events.
- Save soft goods for the SFCOA "Savers" fundraiser.

Donations should be in good useable condition, if not, please dispose of them in the textile recycling bin located in the Pompo Community Center parking lot. All items should be packaged so that a single individual can easily handle the donation and sort it by like items. Additional information regarding specific categories of donations is available on our website.

VOLUNTEER WITH THE COA!

If you have some time and energy to give, we'd love to have you. Broad volunteer category examples are: baking, driving, event help, offering a class, SFCOA support. Simply return a completed volunteer application (available on our website) to Gigi Lengieza (in person, by mail or email to COAAdminAsst@Stow-MA.gov.) Once approved, volunteers will receive emails with specific opportunities outlined. Those emails can be responded to when you can or may be quietly ignored if you can't accept the opportunity. Please contact Gigi at 978-209-1403 for more information.





SHINE (Serving Health Insurance Needs Of Everyone)

Are you on Medicare or eligible for Medicare and have questions? If so, SHINE offers one-on-one counseling and assistance to people with Medicare and their families. This program provides unbiased, accurate, up-to-date information on health benefits, including Medicare A & B covered services, prescription drug options and Medigap insurance plans. Call the COA and speak with our Outreach staff to book your appointment. For immediate assistance, call Minuteman Senior Services, SHINE Department at 781-221-7029.

Prescription Advantage (PA) is a program available only to Massachusetts residents who are 65+, enrolled in Medicare, and have an annual income of up to \$72,901 for a single, \$98,601 for a married couple. PA supplements prescription drug benefits by helping people who reach the annual “coverage gap” or “donut hole” which means they and their Part D plan have spent a collective \$5030 including the Part D annual deductible (\$545 in 2024) and all co-payments.

Applying for PA (which is simple!) lowers the cost of medications to no more than 25% of the retail price until reaching \$8000 in out-of-pocket drug costs. After \$8000 in medication costs, individuals enter the catastrophic phase where Part D or MA plan will assume **all medication costs**. Enrolling in PA can also help people who wish to terminate a Medicare Advantage plan outside of annual Medicare open enrollment to purchase a traditional Medicare supplement and Part D – this is a great solution for people who experience an unexpected health diagnosis and want no network restrictions or copayments for specialists. For information regarding Prescription Advantage please visit the website at: <https://www.prescriptionadvantagemma.org/> to download an application or enroll by telephone or schedule an appointment with SHINE counselor to learn more.

HEARING CLINIC – Wednesday, May 1, 9:30 – 11:30 am

Michael Drennan, Board Certified specialist from Roger’s Hearing Solutions provides free hearing evaluations. Call the COA to book an appointment.

WELL ADULT CLINIC – Wednesday, May 1, 10 - Noon

Stow Board of Health invites Stow adult residents to drop in and have free one-on-one attention from a nurse from the Nashoba Associated Boards of Health.

REIKI – 1ST Monday each month, May 6, 10 am – 12 pm

Stow resident Ginny Layton-Leal, a Reiki practitioner and a licensed massage and craniosacral therapist, will introduce you to the benefits of Reiki by offering private sessions by appointment. Please call the COA to book an appointment.

GRIEF & HEALING SUPPORT GROUP – Thurs., May 23, 2 pm

Sponsored by the Nashoba Associated Boards of Health and facilitated by grief counselor Karen Campbell, this group offers a safe space to share experiences of the grief journey. Confidentiality is respected. Those who grieve are welcomed at any time in their journey to drop in. Individual appointments are also available; call Karen at 978-772-3335 to schedule.

DURABLE MEDICAL EQUIPMENT

COA has a variety of used equipment such as commodes, shower chairs and wheelchairs available for Stow residents to borrow (**for short-term use only**). Please call Outreach to make arrangements.

FREE WORK OUT – EXERCISE ROOM: M-F 8-3:30

Work on strength training on hydraulic machines to improve muscles and cardio.

GUIDELINES FOR COA ACTIVITIES

- ▶ Registration required.
- ▶ Registration for the recurring events below starts on the 15th of the month for the following month.
- ▶ Register at <https://myactivecenter.com>, in person or call (978) 897-1880.
- ▶ All activities with a fee must be paid for in advance.
- ▶ Stow residents only for in-person classes.

GAMES

Call if you want to play at another time.

- **Bridge** - Mondays, 1 pm
- **Poker** - Tuesdays, 1 pm
- **Ping Pong** - Tuesdays and Thursdays, 1:30 pm
- **Scrabble** - Thursdays, 10:30 am
- **Mexican Train Dominoes** - Thursdays, 1 pm
- **Mahjong** - Fridays, 1 pm
- **Chess** - during business hours
- **Pool (Billiards)** - during business hours



EXERCISE

- Qi Gong:** **In-Person & Via Zoom!** FREE. Instructor: Carolyn McDonald. Mondays 8:50 am.
- Senior Fitness:** **In-Person only!** CLASS FEE: \$3, Instructor: Terri Zaborowski. Mon., Wed., Fri., 10 am. **No Instructor – Video May 17, 20, 22, 24, 29, 31.**
- Stretch & Flex:** **In-Person only!** CLASS FEE: \$3, Instructor Terri Zaborowski. Mon., Wed., Fri., 11:15 am. **No Instructor – Video May 17, 20, 22, 24, 29, 31.**
- Yoga:** **In-Person & Via Zoom!** CLASS FEE: \$3, Instructor: Terry Kessel Myers Coney. Fri. 9 am.

CREATIVITY

- Art (Open Studio):** Mondays, 9:30 - 12 Noon. Want to create in a supportive fun environment? Bring your medium of choice to paint,
- Knitting and more:** Mondays, 1 – 3 pm, Knitters, needle pointers, crocheters, embroiderers are all welcome.
- Quilting:** Tuesdays, 9 - 12 Noon. All levels welcome.
- Projects For Purpose:** Wednesdays, 9 – 12, Contact Rita at 617-880-9545. Current project - wheelchair lap sized blankets for community, assisted living and nursing home residents. In the group, we will be making quilted ones. However, we will gladly accept your hand crafted knitted, crocheted, flannel or fleece blankets (approximate size 36 x 42). Ongoing projects: Quilt of Valor quilts for Stow veterans and those currently serving in the military. Seeking seasoned and new stitchers. You may bring your own machine or use one of the COA's. We also need help cutting fabric.
- SFCOA Creators Club:** Thursdays, 10 - 12 Noon. We need your ideas and energy! Create! Support the COA by creating for the SFCOA.

GROUPS

- Men's Discussion Group** – 1st Thursday of the month at 10 am.
- Veterans Social** – 3rd Tuesday of the month at 10 am.
- Genealogy** – 4th Tuesday of the month at 1 pm.



EVENTS/TRIPS POLICY

Registration opens the 1st of every month! If you plan to attend an event at the COA, you must:

- Register at <https://myactivecenter.com/>, in-person or call (978) 897-1880 by the deadline.
- If there is a cost, payment must be made within 48 hours of registering for the event but no later than the deadline. Checks payable to SFCOA.
- If you cancel, your money will NOT be returned unless we can fill your seat.
- If you need a ride from your home to the COA, you must book it at least 24 hrs. in advance!
- Stow residents only.
- Don't forget to bring your File of Life.

DISCUSSIONS WITH DENISE

Day & Time: Wednesday, May 1, 9:30 – 11 am

Denise Demboski, Town Administrator, will be available to answer questions and listen to your comments/suggestions. Stop by for an open discussion (9:30 - 11 am) or to speak with her privately (10-minute appointments scheduled between 11-11:30 am).

MUSICAL BASEBALL SHOW

Day & Time: Wednesday, May 1, 1 pm

Cost: Free **Register by:** 4/29 **Limit:** 40

Howie Newman will sing baseball songs, offer up baseball trivia, and tell stories. The show will include a free raffle for a baseball CD and a display of Howie's personal baseball memorabilia.

MEXICAN TRAIN DOMINOES

Day: Thurs., May 2, 9, 16, 23 & 30, 1 pm

Cost: Free **Register by:** on-going **Limit:** 16

No experience needed; we will teach you.

LINE DANCING

Day: Every Tuesday **Time:** 9 am

Cost: \$3 **Register by:** on-going **Limit:** 15

A beginner-friendly class taught by Paul Hughes of Steps in Line. Exercise and learn a new skill.

AMERICAN HERITAGE MUSEUM

Day & Time: Wednesday, May 8, 9:30 am

Cost: \$18 (\$3 for WWII or Korean War Veterans)

Register by: 5/3 **Limit:** 14

In honor of Memorial Day, visit the American Heritage Museum in Hudson, MA. Explore America's conflicts. The museum includes a vast collection of tanks, armored vehicles, and military artifacts from World War I through the battlefields of today. This is one of America's largest public military history museums.

BREAKFAST CLUB

The Savory Skillet, Fitchburg, MA

Day: Friday, May 10, 8:30 am

Cost: \$3 plus meal **Register by:** 5/8 **Limit:** 14

The Savory Skillet promises a delightful start to the day. Savor an array of hearty breakfast options, from fluffy pancakes to sizzling bacon.

ASSABET RIVER WILDLIFE

NATURE TALK

"MAMMALS AND SONGBIRDS"

Day: Tuesday, May 14, 1 pm

Cost: Free **Register by:** 5/10 **Limit:** 20

Stow resident David Wells will repeat his talk and share beautiful photographs of mammals and songbirds on the Assabet River in Stow.

LAURA'S ANNUAL SPRING TEA

Day & Time: Wednesday, May 15, 1 pm

Cost: Free **Register by:** 5/10 **Limit:** 30

Scrumptious goodies and a variety of teas will be served in beautiful teacups and plates. Spend time with old friends and make some new ones. Honoring Laura Orsatti who brought this tradition from England back to Stow. We will have a prize drawing for those that wear a tea party hat!

PICKLEBALL CLINICS

Stow Community Park Tennis Courts

Day & Time: Thursdays, May 16 and 23

Beginners Class: 10-11:30 am

Beyond Beginners Class: 12-1 pm

Cost: Free **Register by:** 5/13 **Limit:** 4 per session

Both classes will be taught by Carleen Crummett, certified IPTPA Level 1 Pickleball Instructor.

Introductory class is for players who have played very little or not at all. Students will learn the rules, how to serve and volley, court placement and strategy as well as how to score. They will put all these things together for a game before the end of the class!

Beyond Beginners class is directed toward students who have "a little" playing experience. It is for players who are familiar with court positions, scoring and can serve. The first half of the class will focus on drills to improve dinks, serves and the mechanics for forehands and backs hands. There will be an introduction to managing the lob. The second half will be coached play to work on each individual's movement during the actual game.

ARMCHAIR TRAVEL THAILAND with stops in MALAYSIA AND LAOS

Day & Time: Tuesday, May 21, 1 pm

Cost: Free **Register by:** 5/17 **Limit:** 20

Enjoy a visit to Thailand with stops in Malaysia and Laos. In early January 2020, before they had ever heard of "Covid," Pat Sorn and Dirk Hart traveled to Southeast Asia with the goal of visiting many areas in Thailand. They also began and ended the trip in Malaysia – a happy accident of cheaper flights. They'll share where and how they traveled in these unique countries, show many photos of buildings, lodgings, forests, temples, seas, and people they met along the way and share some of their favorite stories of their travels.

AUSCHWITZ NOT LONG AGO. NOT FAR AWAY.

Day & Time: Wednesday, May 22, 10:30 am

Cost: \$32 **Register by:** 5/17 **Limit:** 14

This is an international exhibition of over 700 artifacts collected from Auschwitz-Birkenau State Museum and various institutions that tell the story of Auschwitz, the deadliest complex of concentration camps employed by Nazi Germany during The Holocaust. This exhibition is located at The Castle at Park Plaza in Boston. (No bag policy, purses are subject to inspection.)

INDOOR HERB GARDEN CLASS

Day & Time: Thursday, May 23, 1 pm

Cost: \$5 **Register by:** 5/21 **Limit:** 8

Join Stow Garden Club members to create your own indoor herb garden! Fresh herbs add flavor and color to your summertime meals. We will provide the container, soil, and herbs. Participants will leave with their own personal herb gardens of seasonally available plants so they can enjoy the health benefits of incorporating herbs into daily life.

GENEALOGY

Day & Time: Tuesday, May 28, 1 pm

Cost: Free **Register by:** 5/23 **Limit:** 20

In this session we'll work on understanding and using Passenger Lists. Bring any problems or new- found ideas to share with the group.

LUNCH BUNCH "The Alamo"

Brookline, New Hampshire

Day & Time: Wednesday, May 29, 10:45 am

Cost: \$4 plus meal **Register by:** 5/24 **Limit:** 14

May is the start of BBQ season and Cinco De Mayo! What a great way to celebrate both with taking a trip to the Alamo Texas BBQ & Tequila Bar. The Alamo serves mouthwatering authentic Texas BBQ as well as being one of the top sellers of Don Julio Blanco tequila in New Hampshire! Enjoy 10% OFF the price of your meal!

MOVIE MATINEE "Barbie"



Day: Thurs., May 30

Time: 1 pm

Cost: Free

Register by: 5/28

Limit: 20

Year: 2023

Genre: Comedy

Length: 1 hr. 54 mins.

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they

get a chance to go to the real world, they soon discover the joys and perils of living among humans.

JUNE EVENT- REGISTER EARLY

WOO SOX RED SOX BASEBALL GAME, Worcester

Day & Time: Thursday, June 6, 10:45 am

Cost: \$35 **Register by:** 5/6 **Limit:** 14

Come root for the Woo Sox as they take on the Rochester Red Wings! The first pitch is at 12:15 pm. The cost covers a game ticket and transportation. Food and beverages may be purchased individually at the ballpark.

LOOKING AHEAD →

June: Strawberry Social, 6/20 (note date change)
Whale Watch 6/13

July: Cruise, 7/24



THIS MONTH'S GUEST PROFILE: DICK PERKINS

*Written by Barbie Wolfenden,
our new COA correspondent*

Richard (Dick) Perkins lives with his wife, Cynthia, in a beautiful house on Red Acre Road. He was born in the tiny town of Newbury, Vermont and moved around with his family during WWII while his father served overseas, ending up living in Vermont again. After graduating from Burlington High School, he received a scholarship to

Dartmouth College. After receiving a BA in Geology, Dick earned an MBA at the Amos Tuck Business school and later served as a course assistant while working on a doctorate at Harvard Business School. From there he joined W.R. Grace company to work in their internal management system, specializing in finance.

Dick and Cynthia restored their 1790 house in 2006 in a way that not only retains the feel of the era in which it was built but also provides a gorgeous view of the vast acreage of forest that extends all the way east to Maynard. The deer are plentiful, unafraid to pick off the unwary flower that doesn't live in the fenced-in garden. Dick and Cynthia enjoy taking walks along the trail into the woods, which they make sure to maintain.

Dick had not quite found the career he sought while at W.R. Grace and, drawing on his background in geology and love of nature, he founded, along with two partners, LandVest, a land brokerage consulting firm that deals with the specialized details of buying, selling, and managing large tracts of timberland and large estates. He retains a seat on the board of his company.

Dick also helped found the Stow Conservation Trust forty-seven years ago and is proud of its many accomplishments in protecting Stow's open space. He served two terms on Stow's Planning Board and spent many years on the Conservation Commission.

Dick was a founding member of the Stow Minutemen and has risen at the ungodly hour of 4:00 on many an April morning to march to Concord with like-minded patriots. Not unexpectedly, he wears the American uniform.

Dick's three children attended Stow schools. They currently live in Toronto, Cape Elizabeth, ME, and Brookline respectively, and have provided Dick, his former wife, Martha, and Cynthia with six grandchildren. Last year their first great grandchild was born.

When asked about lifelong hobbies, Dick's immediate answer was competitive skiing. Not content to simply cruise the snowy slopes, Dick participated for many years (although no longer) in the National Masters series of races, both slalom and giant slalom.

Dick has traveled extensively, including Africa, Galapagos, Paris, and Machu Picchu. It was in the latter location where he experienced real danger. He and his family decided to tackle the Huayna Picchu, 8,835 feet above sea level, a peak higher than Machu Picchu. Huayna Picchu, like Machu Pichu, is a holy place in which Inca priests of the 14th century used to climb every day, perhaps visiting one of the temples in order to signal the coming of a new day. The family had climbed dozens of stairs up to that Andes peak on that day to admire the spectacular view. When they decided that it was time to descend, they did not know that the site had closed for the day, locking an impregnable gate at the bottom of the stairs. Risking life and limb, they managed to crawl around the gate, trying not to look down at the steep cliff below. Then, perhaps the scariest moment of that day, they had to walk through a dark train tunnel to get to the small town at the base. But they made it through, and, to the relief of their large family and many friends, lived to tell the tale.

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:00 Technology Assistance 9:00 Projects for Purpose 9:30 Discussions with Denise 9:30 Hearing Clinic 10:00 Senior Fitness 10:00 Well Adult Clinic 11:15 Stretch & Flex 1:00 Musical Baseball Show	2 10:00 Men's Discussion Group 10:00 SFCOA Creators Club 10:30 Scrabble 12:00 Meal Site 1:00 Mexican Train Dominoes 1:30 Ping Pong	3 9:00 Yoga 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
6 8:50 Qi Gong 9:30 Open Art 10:00 Reiki 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	7 9:00 Line Dancing 9:00 Quilting 10:00 SFCOA Board Meeting 12:00 Meal Site 1:00 Poker 1:30 Ping Pong	8 8:00 Epilepsy Foundation Clothing Drive 8:00 Technology Assistance 9:00 Projects for Purpose 9:30 American Heritage Museum 10:00 Senior Fitness 11:15 Stretch & Flex	9 10:00 COA Board Meeting 10:00 SFCOA Creators Club 10:30 Scrabble 12:00 Meal Site 1:00 Mexican Train Dominoes 1:30 Ping Pong	10 8:30 Breakfast Club 9:00 Yoga 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
13 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	14 9:00 Line Dancing 9:00 Quilting 12:00 Meal Site 1:00 Assabet River Wildlife Nature Talk 1:00 Poker 1:30 Ping Pong	15 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Cemetery 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Lauras Spring Tea	16 10:00 Pickleball Beginners 10:30 Scrabble 12:00 Meal Site 12:00 Pickleball Beyond Beginners 1:00 Mexican Train Dominoes 1:30 Ping Pong	17 9:00 Yoga 10:00 Senior Fitness Video Class 11:15 Stretch & Flex Video Class 1:00 Mahjong
20 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness Video Class 10:30 SHINE 11:15 Stretch & Flex Video Class 1:00 Bridge 1:00 Knitting and More	21 9:00 Line Dancing 9:00 Quilting 10:00 Veterans Social 12:00 Meal Site 1:00 Armchair Travel 1:00 Poker 1:30 Ping Pong	22 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Senior Fitness Video Class 10:30 Auschwitz Not Long Ago. Not Far Away. 11:15 Stretch & Flex Video Class	23 10:00 Pickleball Beginners 10:00 SFCOA Creators Club 10:30 Scrabble 12:00 Meal Site 12:00 Pickleball Beyond Beginners 1:00 Indoor Herb Garden 1:00 Mexican Train Dominoes 1:30 Ping Pong 2:00 Grief and Healing Group	24 9:00 Yoga 10:00 Senior Fitness Video Class 11:15 Stretch & Flex Video Class 1:00 Mahjong
27 Closed in Observance of Memorial Day	28 9:00 Line Dancing 9:00 Quilting 12:00 Meal Site 1:00 Genealogy 1:00 Poker 1:30 Ping Pong	29 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Senior Fitness Video Class 10:45 Lunch Bunch 11:15 Stretch & Flex Video Class	30 10:00 SFCOA Creators Club 10:30 Scrabble 12:00 Meal Site 1:00 Mexican Train Dominoes 1:00 Movie Matinee 1:30 Ping Pong	31 9:00 Yoga 10:00 Senior Fitness Video Class 11:15 Stretch & Flex Video Class 1:00 Mahjong

COA FREE FOOD PROGRAM FOR STOW RESIDENTS

Stow residents must call the COA at (978) 897-1880 between **9 - 10 am** Monday through Friday to schedule same day appointments between **10:10 - 10:50 am**. **Only 1 BAG PER PERSON during appointment times.** No appointments necessary from **11 am - 3:30 pm**. Don't come late on Fridays as all perishables are packed up and given away by 3 pm. Note: The COA Food Program will be opening at 12 noon on Friday, May 17.

NEED HELP? THE STOW FOOD PANTRY IS HERE FOR YOU!

The next Stow Food Pantry is on Saturday, May 4, Sunday, May 5, and Friday, May 17 from 9 am – 12 pm, by appointment only. If you are unable to make it to the Pantry, please contact them and they can work something out. If you need help, please call 978-897-4230 or email: stowfoodp@gmail.com.

ACTON FOOD PANTRY

The Acton Food Pantry serves Stow and is open 3 weeks/month. They are located at 235 Summer Road, #205, Boxborough, Phone: (978) 635-9295.

OPEN TABLE, Maynard

Need food assistance? Open Table in Maynard offers drive-thru pantry service. To find out more about its current services, visit www.opentable.org or call (978) 369-2275.

GUEST TABLE COMMUNITY SUPPER AT FIRST PARISH CHURCH

Offered on Friday, May 10th (the second Friday of each month) from 5 – 6:30 pm. All are welcome. There's no charge for dinner, but donations are gratefully accepted, and volunteers are greatly appreciated. Doors open at 5 pm and dinner is served at 5:30 pm.

RECIPE OF THE MONTH: CHICKPEA SALAD WITH FRESH HERBS AND SCALLIONS

Try this lighter, easier take on classic American potato salad! This version uses canned chickpeas in place of potatoes and favors Greek yogurt over mayonnaise. The trick to achieving the creamy texture of traditional potato salad is to mash some of the chickpeas lightly with a fork.

Salad Ingredients:

3 cans (15-ounce) chickpeas, rinsed
1/2 cup plain full-fat Greek yogurt
3 tablespoons mayonnaise
2 tablespoons lemon juice
1½ teaspoons Dijon mustard
1 teaspoon kosher salt

½ teaspoon black pepper
2 tablespoons minced fresh dill, plus more for serving
2 tablespoons minced parsley, plus more for serving
1 cup finely diced celery (3 stalks)
½ cup thinly sliced scallions, white and green parts (2-3 scallions)

Instructions: In a small bowl, combine the yogurt, mayonnaise, lemon juice, mustard, salt, and pepper. Whisk until smooth, then add the dill and parsley and combine. Set aside. Place the chickpeas in a large bowl. Using a fork, lightly mash about 1/3 of them. Add the celery and scallions and toss. Pour the dressing over the salad, toss well, and set aside at room temperature for at least 30 minutes before serving. Sprinkle with more dill and parsley and serve. (This dish can be stored in the refrigerator for up to 2 days. Let sit at room temperature 30 minutes before serving.) Makes 4-6 servings.



MINUTEMAN SENIOR SERVICES MEAL SITE MENU

The Silver Spoon - Stow's Eating Together Luncheon Site

Come join your neighbors for lunch and socialization on Tuesdays and Thursdays at 12:00 pm at the COA (Pompositticut Community Center, 509 Great Road, Stow). **Please call 781-221-7048 to order your meal.** Your order must be made by 12 pm on Thursday for Tuesday's lunch and 12 pm on Tuesday for Thursday's lunch. The suggested donation is \$2 for a complete meal. Need a ride? Call the COA by noon the day before to book your ride to/from the meal site. (There is no charge.) Don't have time to stay? Order a "Grab & Go" meal.

MEALS ON WHEELS

Are you unable to drive & cook or have you had a recent health setback? You may be eligible for home-delivered meals. Call Minuteman Senior Services (888-222-6171) to set it up.

Tuesday Menu

May 7

Raviolis
Squash Blend
Whole Wheat Bread
Mandarins

May 14

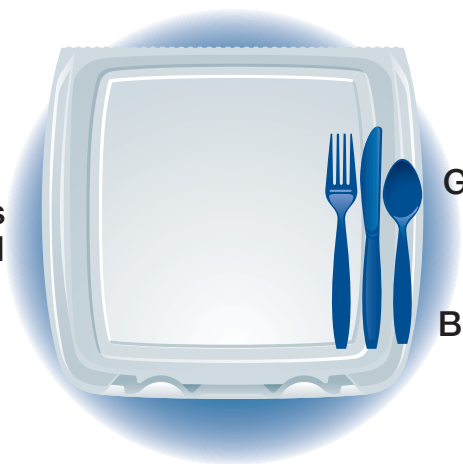
Turkey with Gravy
Mashed Potatoes, Carrots
Low Sodium Wheat Bread
Applesauce

May 21

Mediterranean Cod
Roasted Potatoes,
Creamed Spinach
Whole Wheat Dinner Roll
Fresh Fruit

May 28

Stuffed Shells
Broccoli
Dinner Roll
Applesauce



Thursday Menu

May 2

Potato Crunch Fish on a Whole
Wheat Roll, Rice Pilaf, Brussels
Sprouts, Apple Slices

May 9- Special

Asparagus-Cheese Crustless
Quiche, Au'gratin Potatoes,
Glazed Carrots, Fresh Fruit Salad
Coffee Cake

May 16

BBQ Pulled Pork on a Burger Bun
Sweet Potato Tots, Corn
Mandarin

May 23 - Cold

Egg Salad on Oat Bread
Italian Pasta Salad, Garden Salad
Cake

May 30

Meatloaf with Gravy
Mashed Potatoes, Peas
Oat Bread, Chocolate Pudding



TOWN CLERK REMINDERS:

VOTER REGISTRATION DEADLINE – MAY 1st at 5 pm

ANNUAL TOWN MEETING: Saturday, May 11th, 9 am - until business completed, Center School

ANNUAL TOWN ELECTION Saturday, May 18th 10 am – 4 pm, Center School, 403 Great Rd

IN PERSON EARLY VOTING *no application required*, town building, 380 great road

Monday, May 13 9 am – 3 pm, Tuesday & Wednesday, May 14 & 15, 9 am – 7 pm

ABSENTEE BALLOTS *Mailed or In Person*. Eligibility: Voters who are unable to vote at the polls on Election Day due to: absence from Stow on Sat., May 18 10 am - 4 pm, a physical disability or religious belief.

ABSENTEE BALLOT APPLICATION REQUIRED

Monday, May 13 at 5 pm: Application Deadline to have ballot mailed to you.

Friday, May 17 at Noon: Application Deadline to vote at Town Clerk's Office.

Office of the Town Clerk: 380 Great Road townclerk@stow-ma.gov 978-897-5034 www.stow-ma.gov

www.stow-ma.gov/town-meeting-election-information

CONSERVATION COMMISSION NEWS

Stow Acres Master Plan Draft Presentation: On May 22nd, town officials and our consultants, BSC Group, Inc., will be hosting an in-person presentation of the draft Climate Resilience Master Plan for the 110-acres of the Stow Acres North Course acquired by the Town for conservation and recreation purposes. Please join us at Stow Acres on May 22nd at 7 pm to view the draft concept plans that have been prepared and give us your feedback. The presentation will be held at the historic Randall House (clubhouse) at Stow Acres and will include appetizers and a cash bar. Please RSVP by May 13th if you plan to attend. More information about the project can be found at: <https://www.stow-ma.gov/stow-acres-open-space-recreation-and-housing-page/pages/north-course-climate-resilience-master>.

Conservation Walk – 4th Friday, May 24 at 1 pm: Explore Flagg Hill Conservation Area. Enjoy a moderately strenuous, steady paced walk-up Flagg Hill including hills and uneven terrain. Parking at the Flagg Hill Conservation Area parking lot on 226 West Acton Road. All are welcome. Registration is required. Please email conservation2@stow-ma.gov to register. While our properties are dog friendly, please leave your dog at home for this event.

RECREATION DEPARTMENT NEWS

Duplicate Bridge at Pompo – 1st Saturday of the month, 7 pm, Cost: \$5 per pair, all skill levels.

If interested, contact 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 which are provided on a volunteer basis. Please come with a partner. Please arrive at 6:45pm to help set up tables and shuffle cards.

Evening Yoga at Pompo - Mondays, 5-6 pm, Class Fee: \$5. Instructor: Maureen Trunfio. Please drop in for a gentle yoga at Pompo Community Center. No advance registration or commitment required. Any questions, email Maureen at mtrunfio@mac.com.

New Tennis/Pickleball Reservation System: How to reserve a tennis or pickleball court?

Go to the Town 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. Choose what court and click on the reserve button. Then follow the instructions to choose the date and time. Hit submit and 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. For questions go to: recreation@stow-ma.gov.

CEMETERY & BURIAL CONCERNS?

Robb "GH" Gledhill is available to answer your cemetery and burial questions every third Wednesday of the month (May 15). Call the COA to book a private half-hour consultation. Appointments start at 10 am.

STOW'S VETERANS' AGENT

Joe Jacobs is at Pompositticut Community Center every Tuesday from 9-11 am. Call him at 978-290-0278 or email veteransofficer@stow-ma.gov or meet Joe in a group setting at the Veterans Social, the 3rd Tuesday.

THE WIZARDS ARE COMING TO TOWN!**Thursday, May 2, 7 - 9 pm****Nashoba Regional High School, 12 Green Road, Bolton, MA**

Come join the fun at this local fundraising event! Held at Nashoba Regional High School, it will feature the administration and staff from Center School and Hale School facing off against the Harlem Wizards in a heated basketball game. Please cheer on our team and join in on this fun-filled evening. The doors will open at 6 pm. Be sure to purchase your tickets in advance. An online processing fee of \$1.50 per ticket will be added to your final total. The online box office for this event closes 3 hours prior to the game. Your ticket will be scanned for entry. Visit www.harlemwizards.com for more information.

PAPER SHREDDING FUNDRAISING EVENT**Saturday, May 4th 8 - 11 am**

Friends of Troop 1 Stow will be hosting their **Paper Shredding Fundraising event at Hale Middles School (55 Hartley Road)**. The cost is as follows: \$5.00/grocery store bag \$10.00/banker/copy paper box (fits 5 gal. container) \$15/large bank box (fits 17 gal. container). Boxes will be returned. Credit card payment only, drive up service. For more information, visit <http://www.troop1stow.net> or call us at 978-212-9175. 100% of net proceeds goes to supporting the Scouts of Troop 1 Stow.

**NORTHEAST REGIONAL TOUR OF SHAKESPEARE
A MIDSUMMER NIGHT'S DREAM****Saturday, May 4th 3 pm at Stow Town Center Park**

Written by William Shakespeare and directed by Tom Jaeger, this free performance is co-sponsored by Stow TV and the Randall Library Friends Association. For more information, visit Shakespeare and Company at www.shakespeare.org.

PAWS IN THE PARK**Sunday, May 5th 10 am - 3 pm, Longfellow's Wayside Inn**

Come join Save A Dog and many other dog lovers for a day filled with family and canine fun while helping raise money for homeless dogs! Admission is \$15. For more info visit their website at www.saveadog.org.

COMMUNITY CONCERT-GROTON HILL PIANO FACULTY SHOWCASE**Groton Hill Music Center, 122 Old Groton Road, Groton, MA****Wednesday, May 15th at 12 Noon**

This free concert will be held in Groton Hill's incredible Concert Hall and feature wonderful performances by professional musicians and friends. This is open to the public and is sponsored by the Acton Lions Club. Email info@grotonhill.org or call 978-486-9524 for information on registering.

EVENTS AT FIRST PARISH CHURCH, 353 Great Road, Stow

Sunday Services at 10 am both in person and virtually every Sunday. For more information about these services call 978-0897-8149 or to download the Order of Service, visit www.fpc-stow-acton.org/services

Multigenerational Game Night: Friday, May 17, 7 to 9 pm. All are welcome! Children under 13 must be accompanied by an adult. Enjoy free parking and free snacks. FPC is a nut-free location.

Annual FPC Plant Sale, Saturday, May 18, 9:30 to 11:30 am. Choose from a selection of perennials, ground cover, herbs, annuals, shrubs, small trees, and garden-related items. The sale will take place rain or shine in the church parking lot. Proceeds benefit the church.

June Newsletter - Deadline to submit: Monday, May 1st by 3 pm
If you would like to have your event published in the newsletter, please send submissions to coa@stow-ma.gov for consideration.



Making Municipal Government More Accessible

Today, expanded use of technology and enhanced voting opportunities combine to make participation in local government more accessible.

Local Cable TV stations have long facilitated open government by broadcasting town meetings for residents to watch. Expanding their reach to YouTube allows even more people to access the broadcasts. Additionally, the use of Zoom at some meetings enables public participation even if contributors are not in the same room.

The VOTES Act, which was passed by the Legislature and signed by the Governor in 2022, made permanent several Covid-era election law changes in Massachusetts. It enables: vote-by-mail without an excuse; expanded early voting options; voter registration up to 10 days before

an election; and accommodations for voters with disabilities and for certain incarcerated individuals. The VOTES Act also ensures that the Commonwealth is part of the Electronic Registration Information Center (ERIC) to keep voter registration rolls up-to-date.

This month, Stow will hold its Annual Town Meeting and Annual Town Election. Information on how to participate is shared below:

Stow's **Annual Town Meeting** will be held Saturday, May 11, at 9 am at Center School, 403 Great Road. Attendees will consider the annual town budget for the next year, related financial articles, and any other articles submitted. The warrant, or agenda of articles to be considered at Town Meeting, is shared ahead of the Annual Town Meeting on the Town of Stow's website and mailed to every residence in a free issue of The Stow Independent. Residents who cannot attend Town Meeting in person can watch it broadcast on Stow TV (Comcast Channels 8 and 9; Verizon Channels 32, 33 and 2132) or on StowTV's YouTube channel, <https://www.youtube.com/@StowTVNow>

The **Annual Town Election** will be held Saturday, May 18 from 10 am to 4 pm at the Center School, 403 Great Road. Voters will select candidates for several town offices, including: Select Board, Board of Assessors, Board of Health, Nashoba Regional School District Committee, Stow Housing Authority, Randall Library Trustee, Planning Board, and vote on questions about changes to the town's charter. Early voting will take place Monday, May 13, from 9 am to 3 pm and Tuesday-Wednesday, May 14-15, from 9 am to 7 pm at the Town Building, 380 Great Road. Voting by mail is not an option for this town election, but voters who qualify for absentee ballots can request them by May 13.

Many of Stow's town boards have included a virtual component to their regular meetings, making it easier for the public to watch along as the board meets and makes decisions and easier to participate in the portions of meetings that are open to public input. Information on all of the **board meetings** is available at the Stow Town website, <https://www.stow-ma.gov>

I encourage you to subscribe to Stow's Municipal newsletter for updates on our town's government. Sign up here: <https://www.stow-ma.gov/subscribe>

Contact Rep. Hogan: State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow. Reach Rep. Hogan by phone at (617) 722-2600 or email at Kate.Hogan@MAhouse.gov. Find her online at www.repatehogan.com and on social media at @RepKateHogan.

Upcoming Office Hours: May 17, 11:30 am – 12:30 pm at the Maynard Public Library



Stow Friends of the Council on Aging
PO Box 97 Stow MA 01775
stowfriendsofthecoa.org

HELP US HELP STOW SENIORS

The SFCOA is a 501(c) (3) all volunteer public charity, dedicated to helping Stow's senior residents through the Council on Aging (COA). Our mission is to support the COA by raising funds and helping to make our community and its leaders aware of the valuable work of the COA. The SFCOA provides financial assistance to the COA in furtherance of its mission to provide Stow seniors with transportation, social activities and, where needed, financial assistance. If you have some time and energy and want to help, [please join us at 10 am on the first Tuesday of the month at Pompo.](#)

VOLUNTEER OPPORTUNITY

Want to support Stow's senior residents? Then we have volunteer opportunities for you!

- Gift Shop Planning Coordinator - oversees the Gift Shop
- Creators – calling sewers, knitters and more! Come Thursdays at 10 to share ideas for the Gift Shop **Come for coffee on 5/16 to learn more!**

FUNDRAISERS

THRIFTY THURSDAY AND FRUGAL FRIDAY

Thrifty Thursday was such a hit that we have added Frugal Friday! **Every Thursday AND Friday from 10 to 12 noon at Pompo** we will offer for sale a selection of seasonal new, like-new, and gently used clothing. You can't beat the prices! All proceeds directly benefit Stows senior residents.

2024 GIFT SHOP SALE

Start your holiday shopping early! The Gift Shop will be open on **Saturday, 11/2/24.**

2024 SECOND CHANCE HOLIDAY DECORATION SALE

Holiday decoration donations accepted all year long! Save the date: **2024 Sale is 12/7/24.**

DONATIONS REQUESTED

GIFT SHOP DONATIONS (Donations can be brought to the COA)

- 100% cotton thread (gray, white, and black)
- Pink and blue buttons (1/2" and 3/4" sizes)

ON-LINE DONATIONS NOW ACCEPTED VIA PAY PAL

<https://stowfriendsofthecoa.org/donate/>



The SFCOA is pleased to announce we can now accept on-line donations! Please consider making a tax-deductible donation. Note: Donors should indicate what the donation is for in the "Donation Reason" section. Donors may choose to cover the pay-pal transaction fees (\$0.49 plus 1.99%).

THE GIFT SHOP

Open Mon. – Fri. 8 am – 3:30 pm
 Located at Pompo Community Center
 509 Great Road

The gift shop offers many hand-crafted items made by Stow residents who want to support our “Stow” seniors. The Gift Shop also offers a variety of other items including “Stow” things. Check us out for all your gift-giving needs. Shop locally and support our town’s seniors at the same time!

DONATIONS RECEIVED**In Memory of Jim Sauta:**

Marty Sheehan, Charlie Cornell

In Memory of Eila Makey: Nancy Murphy

General: America Online, Raytheon Tech Custodial Trust/Ralph Schaubhut

General/Van: Nancy Bernard

General/Tax Help Appreciation:
 Janice and Sanford Levey

**THANK YOU ALL FOR YOUR
 CONTINUED SUPPORT!**

SFCOA MEETINGS

The Stow Friends of the COA (SFCOA) invites you to attend our monthly meetings held at the Pompo Community Center from 10 to 11:30 on the first Tuesday of every month. Meet current executive board members and share your ideas. We need your energy to support the COA! Interested but cannot attend? Email StowFriendsCOA@gmail.com

SFCOA CONTACT INFO

Stow Friends of the Council on Aging
 PO Box 97 Stow MA 01775
stowfriendsofthecoa.org

We are a 501 (c) (3) all volunteer public charity.

Website: <https://stowfriendsofthecoa.com>

Email: StowFriendsCOA@gmail.com

SFCOA BOARD OFFICERS

Angelo Sallese, Interim President

president@stowfriendsofthecoa.org

Angelo Sallese, Vice President

vicepresident@stowfriendsofthecoa.org

Robert Gardner, Treasurer

treasurer@stowfriendsofthecoa.org

Robin Ulichney, Clerk

clerk@stowfriendsofthecoa.org

SFCOA BOARD MEMBERS

Marcia Mishley • Sheila Smith

STOW FRIENDS OF THE COUNCIL ON AGING

Would you like to support the Stow Council on Aging? Now is your chance.

NAME: _____ DATE: _____

ADDRESS: _____

☐

\$10

☐

\$20

☐

\$25

Other Amount: _____

☐

General

☐

In Memory Of _____

☐

Other

**PLEASE MAKE CHECKS PAYABLE TO: SFCOA
 MAIL TO: P.O. BOX 97, STOW, MA 01775
 THANK YOU FOR YOUR SUPPORT**