



HIGHLIGHTS OF UPCOMING EVENTS

- ▶ Last chance to get help filing your state and federal tax returns! Free AARP Tax Prep and Filing, p. 3
- ▶ Stressed Out? Need to Relax? Try a 30-minute Reiki Treatment, Monday, April 1, p. 4
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- ▶ Discussions with Denise and Meet the Conservation Commission, Wednesday, April 3, p. 6
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- ▶ Genealogy – Census Records, Tuesday, April 23, p. 7
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- ▶ This Month’s Guest Columnist: Barbie Wolfendon, p. 8
- ▶ Have lunch with friends for only \$2. Minuteman Senior Services Meal Site. Tues. & Thurs., p. 11
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COA OFFICES CLOSED ON APRIL 15 FOR PATRIOT’S 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 now offering a shuttle service (MART) from several locations in Stow to Shaw's, Maynard Crossing and Highland Commons on select days. In addition, shuttle service will also be available to the South Acton Commuter Rail Station. These services are being made available through a grant from MART. Visit the town website for more details.

AARP FREE TAX ASSISTANCE - LAST CHANCE!

Book your appointment by April 3 to get help with filing your state and federal income tax returns. Jim Brown, our AARP volunteer provides services for **LOW INCOME** Stow taxpayers over 60. He can help with the Massachusetts "Circuit Breaker" filing as well. Call for an appointment. You will need to come to the COA to pick up a packet to fill out and bring with you. Documents you will need are:

- Copy of last year's federal/state tax returns and real estate tax
- W-2 forms you received showing income from working.
- SSA-1099 showing Social Security paid to you.
- All 1099 showing interest/dividends/pensions earned.
- All other income received.
- Receipts/cancelled checks for medical and dental expenses as well as charitable contributions.

2023-24 FUEL ASSISTANCE ENDS APRIL 30TH!

Time is running out to apply for fuel assistance. If you still wish to apply, please make an appointment with Kathleen Surdan, Outreach Coordinator, by April 16.

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.

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 Stow 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, 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.





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 to book your appointment. For immediate assistance, call Minuteman Senior Services, SHINE Department at 781-221-7029.

MONTHLY SHINE QUESTION

What is IRMAA and how does this impact my Medicare benefits as I plan for retirement? Income-Related Monthly Adjustment Amount (IRMAA), is a fee you pay on top of your Medicare Part B and Part D premiums if you make a yearly income above the annual thresholds. The higher Medicare Part B premium kicks in if you make more than \$103,000 or if you and your spouse collectively earn up to \$206,000. The IRMAA is calculated on a sliding scale with 5 income brackets topping out at \$500,000 and \$750,000 for individual and joint filing,

How to avoid an IRMAA You can avoid paying an IRMAA either by lowering your taxable income or by making an appeal to the Social Security Administration (SSA). Lowering your taxable income is the best way to try to avoid IRMAA in the future. You can also appeal an IRMAA decision directly with the SSA. For more information regarding IRMAA please make an appointment today with SHINE.

REIKI

Day & Time: Monday, April 1, 10-12 pm **Cost:** FREE **Sign up by:** 3/29

The first Monday of each month, Stow resident Ginny Layton-Leal, a Reiki practitioner and a licensed massage and craniosacral therapist since 2005, will introduce you to the benefits of Reiki by offering private sessions by appointment. Please call the COA at (978-897-1880) to book an appointment.

HEARING CLINIC – Wednesday, April 3, 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, April 3, 10 - Noon

All Stow adult residents are welcome to drop in and have personalized, free one-on-one attention from the public health nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals.

GRIEF & HEALING SUPPORT GROUP – Thurs., April 25, 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

We have 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 the COA at (978-897-1880) to make arrangements.

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. Non-Stow residents virtual if space.



GAMES

If you want to play at another time,
call to make arrangements.

- **Bridge** - Mondays, 1 pm
- **Poker Games** - 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/Pool (Billiards)** - during business hours

EXERCISE

- Qi Gong:** **In-Person & Via Zoom!** FREE. Instructor: Carolyn McDonald.
Mondays 8:50 am. **No class: 4/1**
- Senior Fitness:** **In-Person only!** CLASS FEE: \$3, Instructor: Terri Zaborowski.
Mon., Wed., Fri., 10 am.
- Stretch & Flex:** **In-Person only!** CLASS FEE: \$3, Instructor Terri Zaborowski.
Mon., Wed., Fri., 11:15 am.
- Yoga:** **In-Person & Via Zoom!** CLASS FEE: \$3, Instructor: Terry Kessel
Myers Coney. Fri. 9 am. **No class: 4/5 & 4/12**

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. April 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. Come! Collaborate!
Create! Support the COA by creating for the SFCOA.

RECURRING 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.

NEW - LINE DANCING

Day: Every Tuesday starting April 2 **Time:** 9 am

Cost: \$3 **Register by:** 4/1 **Limit:** 15

Line dancing is fun and great exercise! It is the perfect combination of physical activity, social interaction, and mental stimulation. Join our beginner-friendly class. Instructor Paul Hughes of Steps in Line will break down and demonstrate each dance so that you can move to some of the old favorites and newest line dances. Put a smile on your face while you improve memory skills, strengthen bones, develop better balance, and relieve stress. No need to have a partner, and no experience is necessary! Dance for fun, exercise, balance, coordination and to learn a new skill.

DISCUSSIONS WITH DENISE

Day & Time: Wednesday, April 3, 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).).

MEET THE CONSERVATION COMMISSION

Day & Time: Wednesday, April 3, 9:30 - 11 am
The Town of Stow has a strong conservation ethic and hundreds of acres of protected farms, meadows, and woodlands. The Commission has several areas of primary responsibility which are: Wetlands Permitting, Conservation Land Stewardship, Open Space Planning and Protection, Education and Outreach. This is a great opportunity to learn more and ask questions about what makes and keeps Stow's rural charm.

NRSD SUPERINTENDENT INFO

Day & Time: Wednesday, April 3, 11:30 am

Cost: Free **Register by:** 4/1 **Limit:** 24

Superintendent Kirk Downing and Director of Business and Operations Ross Mulkerin from the Nashoba Regional School District will present the FY'25 District budget and answer any questions.

NEW - MEXICAN TRAIN DOMINOES

Day: Every Thursday starting April 4 **Time:** 1 pm

Cost: Free **Register by:** 4/2 **Limit:** 16

The Mexican train domino game is a timeless classic that has entertained kids and adults for generations. The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains, emanating from a central hub or "station". No experience needed; Recreation Director



Laura Greenough will teach you.

ANIMAL ADVENTURES Intergenerational Program, COA

Day & Time: Friday, April 5, 1:30 pm

Cost: Free **Register by:** 4/4 **Limit:** 30

Come join the fun as the COA and Rec. Department co-hosts a unique traveling presentation featuring a variety of animals. Attendees will learn about each one and be able to handle them if desired. This is also an opportunity to spend time with school-aged kids who are sure to be inquisitive and engaged!

MEET & GREET "JAYNE"

Day & Time: Tuesday, April 9, 11 am

Come meet our **NEW** Outreach Worker, Jayne Nowokunski. Join Jayne for coffee and discussion and hear what she has to offer. Feel free to make suggestions to make things better for the COA. Let's give her a warm welcome!

POETRY WORKSHOP

Day & Time: Tuesday, April 9, 1-2:30 pm

Cost: Free **Register by:** 4/8 **Limit:** 8

This is the final session of this very well-received workshop led by Stow resident Emily Mlcak. In each class participants read some poetry together and then write and talk about that poetry. Some readings are traditional, some less so – and a range of writing prompts and techniques are used. New faces welcome! Please bring a journal or pad of paper and something to write with.

TRINKET DISH CLASS

Day & Time: Wednesday, April 10, 1-2:30 pm

Cost: \$5 **Register by:** 4/8 **Limit:** 8



Local artist Fran Elwell-Ventura will teach you how to make a custom 3-inch trinket dish using polymer clay and embellishments. All supplies and tools are provided, but feel free to bring your own for even greater personalization.

BREAKFAST TALK

Day & Time: Friday, April 12, 9 am

Cost: Free **Register by:** 4/10 **Limit:** 20

Deaconess Abundant Life Services will give a brief presentation about choosing a caregiving agency or individual with the goal of making a good match for you or a loved one should you need those services later in life. There will be a complimentary continental breakfast buffet served. Bring questions!

ARMCHAIR TRAVEL-MACHU PICCHU

Day & Time: Tuesday, April 16, 1 pm

Cost: Free **Register by:** 4/12 **Limit:** 20

Have you ever tasted roasted guinea pig? It's a staple of the diet in some areas of Peru. Travel with Stow resident Barbie Wolfenden from colonial Lima to Cusco and experience what it's like to stay well on rarified air, and then travel through the valley to what is believed to have been a secluded home of Incan priests and kings, Machu Picchu, the lost city of the Incas. This beautiful and mystical site is a 15th century enclave nestled in a ridge of the Andes almost 8,000 feet above sea level.

ASSABET RIVER WILDLIFE TALK

Wading Birds and Raptors on the Assabet

Day & Time: Wednesday, April 17, 1 pm

Cost: Free **Register by:** 4/15 **Limit:** 20

David Wells (Stow Resident) will repeat his slide show and nature talk about wading birds and raptors on the Assabet River in Stow.

LUNCH BUNCH: Fourth & Field, Stow

Day & Time: Friday, April 19, 11:15 am

Cost: \$2 plus meal **Register by:** 4/17 **Limit:** 14

Set on hundreds of acres of endless land, and an excitingly active airfield, Fourth & Field welcomes guests with its warm and welcoming atmosphere. Utilizing many of the local organic farm ingredients, this family-friendly establishment is home to authentic farm-to-plate comfort food.

GENEALOGY

Day & Time: Tuesday, April 23, 1 pm

Cost: Free **Register by:** 4/19 **Limit:** 20

Census records are very helpful in researching our ancestors, but they can also be misleading. Let's look at the pitfalls and try to interpret the records.

MINUTEMAN SALON, Lexington

Day & Time: Wednesday, April 24, 8:30 am

Cost: \$4 plus cash for services

Register by: 4/17 **Limit:** 8

April is considered Stress Awareness month by many. What better way to alleviate stress than by pampering yourself? Treat yourself to 50% off already low prices! Visit the Salon at Minuteman High School to choose from the following salon services: Manicures, \$10 \$5, Facials \$15 \$7.50, Haircuts \$14 \$7, Blow-dry \$14 \$7.

CONCERT: Matteo Faso, Pianist

Day & Time: Wednesday, April 24, 1 pm

Cost: Free **Register by:** 4/22 **Limit:** 30

Talented pianist Matteo Faso has been invited back to play for a command performance that's not to be missed! Come hear this young protégé play classical and other music and then enjoy sweet and savory refreshments afterward.

MOVIE MATINEE: THE HILL (2023)

Day & Time: Thursday, April 25, 1 pm

Cost: Free **Register by:** 4/23 **Limit:** 20

Genre: Drama **Rating:** PG **Length:** 2 hr. 6 mins.

This heartwarming film tells the inspiring true story of Rickey Hill (Colin Ford), the son of a traveling pastor (Dennis Quaid) who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues.

MAY EVENT-REGISTER EARLY



MUSICAL BASEBALL SHOW



Day & Time: Wednesday, May 1, 1 pm

Cost: Free **Register by:** 4/8 **Limit:** 40

Singer-songwriter Howie Newman will sing baseball songs, offer up baseball trivia, and tell stories about his days as a sportswriter on the Red Sox beat. The show will include a free raffle for a baseball CD and a display of Howie's personal baseball memorabilia. Thanks go to the Stow Cultural Council and the Stow Friends of the COA for co-sponsoring this fun event!.

LOOKING AHEAD



May: Laura's Tea, 5/15

June: Strawberry Social, 6/18

THIS MONTH'S GUEST COLUMNIST

BARBIE WOLFENDON



Asked to write about myself, I wondered what would be interesting about me to others. One thing came to mind and that is that I was a UN guide. Right after college I got on a bus from Midland Michigan with \$200 (much more in today's currency) and headed for the Big Apple. My mother said, "Now, Dear, you come home when your money runs out" and I said "Sure, Mom" with no intention of ever living again in that nice small town that sat in the central part of Michigan surrounded by vast fields of sugarcane and wheat.

They say that fools rush in where angels fear to tread, and this fool arrived in Manhattan with no job, no home, and no friends. I marvel at how quickly I found a room at the YWCA. No Google or iPhones in those days. Then I found a job as receptionist for the Interchurch Center on the upper west side. So, there I was, Little Miss Independent living with a roommate on W. 65th St. between Central Park and Broadway. I loved my grown-up and "glamorous" existence. It wasn't long before I got a harsh lesson. I extended Michigan friendliness to various people in the city, and found them remote and indifferent, especially the bus drivers who did not appreciate a sunny "Good Morning!" At the UN, however I was very happy playing cards between tours with women from India, France, and the Philippines. At one event I got my picture taken with the UN Secretary General, U Thant.

What followed was marriage, study at Brown (MA, successful PhD prelims) new baby, several jobs including Spanish teacher at Milton Academy, Founding Director of Studies at Tampa Preparatory School, and twenty years in management at Digital.

I moved from Acton to Stow 14 years ago so that makes me a newcomer. I'm also somewhat of an anomaly when it comes to driving since, having grown up in Michigan, I slow down when a traffic light turns yellow. If this sounds like criticism it isn't – I've lived in the East for over 50 years and love its colorful history and cultural treats. And I like how Stow people care about their town.

During my time living in Stow, I have served as an elected Trustee on the Randall Library Board for 12 years and worked for several seasons at town elections. I lost my husband, Martin, a few years ago but my memories are filled with 24 happy summers of sailing along the New England coast. Sailing is a true test of a marriage. I once wrote a fictional tongue-in-cheek story about a woman who thought seriously about killing her husband by allowing the boom to sweep him off the boat because she was tired of being bossed around on the boat. (In the story, she ends up rescuing him.)

I also published a history book, *The Holocaust, and the English School*, about my husband's extraordinary childhood as a refugee student in England during WWII.

I love opera, parties, jigsaw puzzles, dining out, and of course, my friends. I respect the many people I have met in Stow who offer enrichment through organized groups such as the Friends of the Library, the Great Decisions group, the book chat group and of course, the COA, a truly wonderful organization that offers vital and enriching services to seniors.

So back to those traffic lights...

If you would like to be featured on this page in the future, please contact one of the Outreach Team members at the COA by calling 978-897-1880. We'd love to learn more about you!

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:50 NO Qi Gong 9:30 Open Art 10:00 Reiki 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	2 9:00 Line Dancing 9:00 Quilting 10:00 SFCOA Board Meeting 12:00 Meal Site 1:00 Armchair Travel 1:00 Poker 1:30 Ping Pong	3 8:00 Technology Assistance 9:00 Projects for Purpose 9:30 Discussions with Denise 9:30 Hearing Clinic 9:30 Meet the Department Head 10:00 Senior Fitness 10:00 Well Adult Clinic 11:15 Stretch & Flex 11:30 NRSD Superintendent Info Session	4 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	5 8:50 NO Yoga 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong 1:30 Animal Adventures Intergenerational Program
8 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	9 9:00 Line Dancing 9:00 Quilting 11:00 Meet & Greet Jayne 12:00 Meal Site 1:00 Poetry Workshop 1:00 Poker 1:30 Ping Pong	10 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Trinket Dish Class	11 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	12 8:30 AARP Tax 8:50 NO Yoga 9:00 Breakfast Talk 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
15 Closed in observance of Patriots Day	16 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	17 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Cemetery 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Assabet River Wildlife Nature Talk	18 7:30 Senior Conference 8:00 BSO Open Rehearsal 10:00 SFCOA Creators Club 10:30 Scrabble 12:00 Meal Site 1:00 Mexican Train Dominoes 1:30 Ping Pong	19 9:00 Yoga 10:00 Senior Fitness 11:15 Lunch Bunch 11:15 Stretch & Flex 1:00 Mahjong
22 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	23 9:00 Line Dancing 9:00 Quilting 12:00 Meal Site 1:00 Genealogy 1:00 Poker 1:30 Ping Pong	24 8:00 Technology Assistance 8:30 Minuteman High School Salon 9:00 Projects for Purpose 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Concert and Social	25 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 2:00 Grief and Healing Group	26 9:00 Yoga 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
29 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	30 9:00 Line Dancing 9:00 Quilting 12:00 Meal Site 1:00 Poker 1:30 Ping Pong			

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, April 19.

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

The next Stow Food Pantry is on Saturday, April 6, Sunday, April 7, and Friday, April 19 from 9 am – 12 pm, by appointment only. *No referrals required. No financial questions asked.* 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, April 12th (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. Dinners will be nut free, with vegetarian, gluten-free, and dairy-free options available. Doors open at 5 pm and dinner is served at 5:30 pm.

RECIPE OF THE MONTH: Chutney Chicken Salad

Salad Ingredients:

4 cups diced, cooked white chicken meat
2 cans (1 lb. 3 oz.) crushed pineapple, drained
2 cups diagonally sliced celery
1 cup sliced green onions (or less if desired)
½ cup almonds (chopped or sliced) optional

Dressing:

1 cup mayonnaise
¼ cup chopped chutney
¾ teaspoon curry powder
2 teaspoons grated lime peel
¼ cup lime juice
½ teaspoon salt (optional)

Instructions:

In a large bowl combine all salad dressing ingredients. Add salad ingredients to dressing and mix well. Store in refrigerator until ready to serve. This is really good served in pita pockets. ***This freezes well too.*** Makes 8 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

April 2

Stuffed Shells, Cauliflower
Vienna Bread, Chilled Fruit

April 9 Opening Day

Hot Dog (beef/pork) on a Hot
Dog Roll, Baked Beans,
Coleslaw, Cinnamon Apples

April 16

Broccoli Egg Bake,
Roasted Potatoes, Fruit Loaf &
Yogurt, Juice (no milk)

April 23

Balsamic Chicken, Parmesan
Risotto, Sautéed Garlic Kale,
Whole Wheat Dinner Roll,
Chilled Fruit

April 30

Turkey & Rice with Chickpeas
& Bell Peppers, Green Beans,
Cornbread, Jello

Thursday Menu

April 4 Special

Chicken Cordon Blu
Sweet Potatoes
Caesar Salad
Berry Rhubarb Crisp

April 11

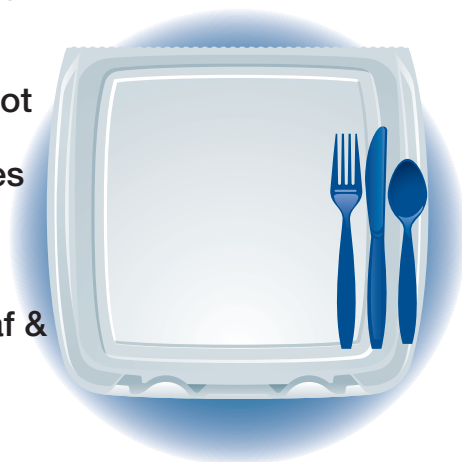
Egg Salad on a Roll
Quinoa, Garden Salad
Jello

April 18

Meatloaf with Gravy
Mashed Potatoes
Peas
Oat Bread
Fresh Fruit

April 25

BBQ Pulled Pork on a Hamburger
Bun, Sweet Potato Tots
Corn & Bell Pepper
Cake



CONSERVATION COMMISSION WALK – 4th Friday, April 26 at 1 pm

Join Jacquie Goring for a 2-mile easy walk that will explore some of the interesting wetlands and wildflowers at Stow Town Forest. Meet at the Bradley Lane parking lot. RSVP: conservation2@stow-ma.gov. No dogs.

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 COMMUNITY CENTER - 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. The focus is on safety and the goal is stress release. We'll achieve this through breath work, stretching, balance work and a mini meditation at the end. Please bring your own mat. Chairs are also available if you have trouble getting down on the floor. 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.

TOWN CLERK REMINDERS:

DOG LICENSES ARE DUE: Over 300 unlicensed dogs. \$10 per dog until April 15th. *After April 15th the cost is \$35 per dog. Contact us if you have any issues & we will work with you to help avoid late fees.*

LOCAL RABIES CLINICS: Stow is NOT hosting a rabies clinic this year. Stow residents may attend the Nashoba Associated Boards of Health sponsored clinics. For more information call NABH 978-772-3335 or go to: <https://www.nashoba.org/calendar>. *Most clinics only accept cash payments.*

2024 CENSUS/STREET LISTING: Over 900 census forms have not been returned. If yours is sitting in a pile of mail, please take a minute to review, make necessary changes, and return to the Town Clerk's office in the envelope provided. Mail or drop off at the Town Building.

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

BOARD OF HEALTH NEWS

TOWN NURSE - Tamara Bedard, RN from Nashoba Associated Boards of Health is available Monday through Friday 8:30-4:30 by phone at 978-772-3335 X340.

RANDALL LIBRARY PRESENTATION

The Call of Kilimanjaro, author, adventurer, and TV host Jeff Belanger takes you on a breathtaking multimedia journey on April 16, 6:30-7:30 pm at Pompositticut Community Center. Come explore Africa's highest peak. Register at <https://randall-library.assabetinteractive.com/calendar/jeff-belanger-the-call-of-kilimanjaro/>

CEMETERY & BURIAL CONCERNS?

Robb "GH" Gledhill is available to answer your cemetery and burial questions every third Wednesday of the month (April 17). Call the COA to book a private half-hour consultation. Appointments start at 10 am.

VETERANS' AGENT

Joe Jacobs is at Pompositticut Community Center every Tues. 9-11. Call him at 978-290-0278 or email veteransofficer@stow-ma.gov. You can also meet Joe in a group setting at the Veterans Social on the 3rd Tues. of every month at 10 am.

SOUNDS OF STOW CONCERT – Sunday, April 7th, 2 pm

Join the Sounds of Stow Chorus and Orchestra at Littleton High School as they celebrate their 45th season with the “Mighty Mozart” program featuring two of his monumental works: the C-minor Mass and the Piano Concerto No. 20 in D-minor. For tickets and more information, please visit www.soundsofstow.org or email info@soundsofstow.org.

STOW MINUTEMEN MARCH TO CONCORD - Monday, April 15, 4:15 am

Please join the Stow Minutemen on their annual march from Stow to Concord. Why do this? It's a lot of fun! You will be marching on parts of the route that the Stow Minutemen would have taken back in 1775. Meet at Stow Lower Village Shopping Center in Stow at 4:15 am. They depart PROMPTLY at 4:30 am. You may also join them anywhere along our route. Check www.stowminutemen.org for the schedule. The march to the Old North Bridge in Minuteman National Park is approximately 9.5 miles. They take three very short breaks and a longer breakfast stop during the march and arrive in Concord just before 9 am. Porta-potties are provided at the midway rest break at Cucurbit Farm in Concord. There are restrooms at Rideout Playground where we stop for breakfast and also at Minuteman National Park. Bring water, snacks, and food. Breakfast is served at the mid-way rest break but if there are lots of marchers there might not be enough food for everyone. The Minutemen will take a bus back to Stow from the Armory (Hunt's Gym on Stow St) and others may ride if space allows. Call by Friday April 12 to see if there is space on the bus for the return trip: 978-206-1775 or e-mail at info@stowminutemen.org. The bus leaves from Hunt's Gym around 11:45 am. Children MUST be accompanied and supervised by an adult.

43RD ANNUAL SENIOR CONFERENCE – SENATOR JAMIE ELDRIDGE

Thursday, April 18, 7:30 am – 2 pm, Assabet Valley Regional Technical High School

Come for a day of useful information, entertainment, and educational workshops from expert guest speakers on topics including aging well, solo aging, and resources for caregivers and family members. Free breakfast and lunch made by the culinary students of Assabet Valley. Call the COA if you want a ride.

ELECTRONICS RECYCLING - Saturday, April 20th, 8:30 am – 1 pm at Hale School

Friends of Troop 1 Stow will be hosting their **Electronics Recycling Fundraising event**. Please visit our website at <http://www.troop1stow.net> for pricing structure. We can also be contacted at 978-212-9175. Drive up service and payment is by Credit Card only. 100% of net proceeds go to supporting the Scouts of Troop 1.

SUSTAINABLE STOW – Maynard Fixit Clinic – Saturday, April 20th, 1 – 4 pm

Bring your broken small appliances, bicycles, clothing/textiles, electronics, toys, etc., for assessment, disassembly, and possible repair. We'll provide workspace, tools, and guidance by volunteer coaches to help you disassemble, troubleshoot, and maybe even FIX your item! Register at <https://bit.ly/itemcheckin>. If you would like to volunteer to help fix things at the event, please sign up: <https://forms.gel/hgDVceJdYSFY5GE7>.

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 978-897-8149 or to download the Order of Service, visit www.fpc-stow-acton.org/services

Multigenerational Game Night: Friday, April 19, 7-9 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.

Windborne at New Revival Coffeehouse: Saturday, April 27, 7 pm. The critically acclaimed a cappella quartet Windborne will perform songs drawn from centuries of world music, from labor and civil rights struggles as well as modern folk compositions. Tickets are \$20 in advance at tinyurl.com/WindborneMusic and \$25 at the door. Doors open at 7 pm. and the concert begins at 7:30 pm. Masks are optional. For questions, call 978-274-2593 or email coffeehouse@fpc-stow-acton.org.

May Newsletter - Deadline to submit: Monday, April 8th 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.



Talking Book Library

Do you, or does someone you know, have trouble reading traditional print because of a disability? Whether the print is too small and strains your eyes; or you have trouble holding a book or turning pages; or if you have a reading disability, like dyslexia, you are eligible for free library services from The Worcester Talking Book Library.

The Worcester Talking Book Library provides free services to Massachusetts residents of any age who are unable to read traditional print materials due to a visual or physical disability. Library services are available for Massachusetts residents who:

- Are blind or have a visual impairment that makes them unable to comfortably read books.
- Have a perceptual or reading disability.
- Have a physical condition that makes holding or reading a book difficult.

Free Audio Books, Large Print Books & DVDs delivered to your home

Providing mail-order service by telephone, as well as service on a walk-in basis, the Worcester Talking Book Library serves customers from 9 months to over 100 years old. There are many kinds of reading materials available in the Talking Book Library collection, including fiction and nonfiction, for both children and adults. Bestsellers, biographies, self-help, romances, mysteries, and magazines are just some of the materials that borrowers may select. In addition to books, patrons can also access described DVDs, magazines, NEWSLINE news service, and instructional music materials. The materials are mailed directly to your door and returned for free. Membership includes an easy-to-use audio player for books on cartridge with simple instructions. Patrons can also choose to download talking books onto their smartphone or tablet.

The Worcester Talking Book Library is located at the Worcester Public Library and is funded through an annual legislative appropriation administered by the Massachusetts Board of Library Commissioners. To apply for service, download an Application for Service from the TBL website, <https://talkingbook.mywpl.org/>, or request one by calling 1-800-762-0085.

If loss of vision or a physical or reading impairment is keeping you, or someone you know, from enjoying your favorite reading materials, please contact the Talking Book Library by calling (508) 799-1730 or (800) 762-0085, email talkbook@mywpl.org, or visit <https://talkingbook.mywpl.org/>. You can also call my office for more information at (617) 722-2600.

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.repkehogan.com and on social media at @RepKateHogan.

Upcoming Office Hours: April 19, 12 - 1 pm at the Pompositticut Community Center, Stow



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

HELP US HELP STOW SENIORS

The Stow Friends of the Council on Aging (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. In our great little town, we have seniors dealing with food insecurity, high housing costs and lack of transportation to essential services. 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 – GIFT SHOP PLANNING COORDINATOR

Do you have a creative eye? Enjoy shopping? Want to support Stow's senior residents? Then we have a volunteer opportunity for you! Reporting directly to a SFCOA Board officer, the Gift Shop Planning Coordinator oversees the Gift Shop products and inventory. The Coordinator would work with other volunteers to develop and display merchandise for the Gift Shop. A more detailed description of this position is available on our website.

THRIFTY THURSDAY

Every Thursday from 10 to 12 noon at Pompo we will offer for sale a selection of seasonal new, like-new, and gently used clothing. Thrifting...a sustainable way to recycle and save money! You can't beat the prices! All proceeds directly benefit Stows senior residents.

2024 SECOND CHANCE HOLIDAY DECORATION SALE

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

SEEKING DONATIONS FOR THE STOW GIFT SHOP

The Gift Shop is looking for the following donations. Donations can be brought to the COA

- 100% cotton thread (gray, white, and black)
- 100% cotton fabric (fat quarters / 1 or more yards; any colors or prints)
- Pink and blue buttons (½" and ¾" sizes)
- Laces or trims (any colors)
- Sugar and Cream cotton yarns (any colors)
- Vanna's Choice yarn for women's sweaters (3 or more skeins, your choice of color)

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: Ruth Delmonico, Nancy Bernard, Louis & Linda Orsatti, and Kathy O’Brien

In Memory of Edward Brown: Nancy Bernard, Louis & Linda Orsatti, Kathy O’Brien and Arbor Glen Condominium Association

In Memory of Elizabeth Brown:
 Friends at Meeting House of Stow

In Memory of Edmund Tarnuzzer: Kathy O’Brien

In Memory of Elaine Donaford: Ruth Delmonico

In Memory of Christine Connor: Nancy Bernard

General: Mary & Phil LaPalme, Lucy & Peter Previte, Josephine Landry, Donald & Donna Malatesta, Arthur Barlas, Betty & Thomas Sauta, Stephen Trefry and Robert Walrath

**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**