



Community Bulletin

October 23rd, 2023

Dear Shrewsbury Families,

Please note the following announcements and information related to various events or activities that may be of interest to you and your children. Announcements from non-school sources are passed on as a courtesy if they meet the requirements of the [School Committee policy](#).

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Youth Athletics and Activities

1. [Please Note](#) – Shrewsbury Youth Lacrosse Spring Registration Now Open
2. [Please Note](#) – Shrewsbury Youth Lacrosse “Learn to Lax” Clinic, November 5th

School District Items

1. [Please Note](#) – Lunch and Learn Program for SHS Students (New)

Shrewsbury High School students, please join Lunch and Learn sessions - NEW this year!

Shrewsbury High School students now have the opportunity to interact with and learn from alumni and community partners during lunches on Fridays throughout the school year. Groups of up to eight students are invited to meet with invited guests during each of the four, 20-minute lunch periods. These events are specifically structured to create a casual and interactive environment where students gain insights into various career paths and connect with professionals from different fields, while having opportunities to ask questions and interact.

This week, on October 27th, the Lunch and Learn guest speaker is Carlos Garcia, an SHS Alum from the class of 2015, a Shrewsbury Selectboard member and an employee in the Massachusetts Attorney General’s office. He will speak with students about his journey within public service, and why it’s important to find your voice when it comes to decision making at the workplace and in government. Registration is required and students can register [here](#).

The schedule of speakers and student registration can be found [here](#). Guest speakers will be added frequently, so check this link weekly. Questions? Contact kkeohane@shrewsbury.k12.ma.us.

2. [Please Note](#) – Thank You to Community Partner Papa’s Hardware (New)

Thank you to Fred Betti, owner of Papa's Hardware, Shrewsbury, for donating several pumpkins to Sherwood Middle School for a team building and fall appreciation activity. Papa's Hardware continuously donates to our schools and we are very appreciative of the generosity!

3. [Please Note](#) – Help Wanted for Lunch and Learn Program

Parents, Caretakers, Alumni, and Community Partners Wanted: Please consider joining the all new SHS Lunch and Learn sessions on Fridays during lunch times at SHS, as our students are

seeking to gain knowledge about career, workforce, and/or college. Guests of all ages are encouraged to share their life skills and experiences with students in grades 9-12!

Groups of up to eight students meet with guest facilitators during each of the four, 20-minute lunch periods on Fridays. The sessions are specifically structured to create a casual and interactive environment where students gain insights into various career paths and connect with professionals from different fields, while having opportunities to ask questions and interact.

Lunch and Learn conversations will focus on a wide range of careers from STEM fields to arts, business, manufacturing, and more. The diverse offerings allow students to explore a variety of interests and passions. We are confident that students will enjoy and learn from these opportunities, while increasing their understanding of a myriad of careers, while supporting students, as they seek to make informed decisions about their future. The sessions provide a unique opportunity for students to network with professionals who can offer guidance and mentorship. Please contact Jane Lizotte at jlizotte@shrewsbury.k12.ma.us or Kathleen Keohane at kkeohane@shrewsbury.k12.ma.us if you have any questions regarding these opportunities.

4. Please Note – Seeking Drivers for MOVE Program

SHS is seeking drivers for students in our [MOVE](#) (Mobile On-Site Vocational Education) program. We have a van for the students, job coaches, and driver, but need volunteers who are willing to drive this group from Shrewsbury High School to the AC Marriott in Worcester on the dates and times listed below. Students and job coaches only need a ride to the AC Marriott, as they have transportation back to SHS following their work hours.

Volunteer Driver needs for MOVE 8 a.m. and 9:00 a.m.:

10/26-8:55am
10/27-7:55am
11/6-8:55am
11/7-7:55am
11/17-8:55am
11/20-7:55am
12/1-8:55am
12/4 -7:55am
12/12-8:55am
12/13-7:55am
12/21-8:55am
12/22-7:55am

Please contact Jane Lizotte (jlizotte@shrewsbury.k12.ma.us) or Kathleen Keohane (kkeohane@shrewsbury.k12.ma.us) if you are interested in learning more.

5. Please Note – Full-time and Part-time Cooks Wanted

The Shrewsbury Food Service is looking for full and part-time cooks to work in the school cafeterias. Days and hours are flexible. Duties include: Prepping food, setting up serving lines, serving students and breakdown and clean-up. Lunch and refreshments are provided.

Please [click here](#) to obtain an employment application. Please forward this application to the Food Service Department C/O Shrewsbury High School, 65 Cypress Ave, Shrewsbury MA 01545 or email to bnichols@shrewsbury.k12.ma.us. If you have any questions, please call Beth Nichols at (508) 841-8819.

6. Please Note – Jobs for Students

Do you have a high school student looking for an after-school job? New jobs have been added! We have many local businesses looking for student employees, listed on our [Jobs for Students](#) site, including jobs for students 15+. Every job listing contains a brief job description, instructions for how to apply for the job, and the contact person. It is the student's responsibility to connect with the employer and to apply for the job personally. This list is updated frequently, with the newest jobs listed first. Please note that if your student is under 18, they must [apply for a work permit](#). Instructions for how to apply for a permit are also on the [Jobs for Students](#) page. Questions? Please email kkeohane@shrewsbury.k12.ma.us. Thank you for supporting our students!

Do you have a business who is looking to hire this fall? Shrewsbury youth are eager to work! Please complete [this form](#) to provide information about available positions in your company or business. Information will be posted to our highly popular and frequently visited [Jobs for Students](#) site, and you will receive an invitation to attend the SHS Job Fair in November (details TBD).

7. Save the Date – Shrewsbury Robotics Apple Pie and Winter Market, November 18th

We are looking for vendors for the ever popular annual event of the Shrewsbury Robotics Apple Pie and Winter Market! Please [apply](#) to be a vendor! Be sure to stop by the Oak Middle School Gym on November 18th from 2:00 - 5:30 p.m. to grab a delicious pie and do some shopping! Click [here](#) for the flier.

8. Save the Date – Shrewsbury Robotics Team Open House, November 5th

The Shrewsbury Colonials FIRST Robotics Team 467 will be holding their Annual Open House at Shrewsbury High School on Sunday, November 5th from 1:00 to 3:00 p.m. Come check out our robot and workshop, see what we do, and try your hand at some fun STEM activities. Free Lego pieces and free popcorn! All ages welcome.

Community Items

1. Please Note – Shrewsbury Way Resident Academy (New)

The [Shrewsbury Way Academy](#) is a local government education course unique to the Town of Shrewsbury!

There will be 7 classes held that will provide attendees the chance to learn more about their town government and the different services we provide every day. The Academy will be held each Wednesday at 6:30 p.m. from November 1st to December 20th. Each class is approximately an hour to an hour and a half with a break in the middle. There will be additional activities related to the class for participants to experience, like tours of town facilities and other interactive activities.

Attendees must attend 5 of the 7 classes to graduate from the Shrewsbury Way Academy. There is no cost associated with participating in this course. The [interest form](#) should be completed no later than October 27th by 12:00 p.m. If you have any questions about the Shrewsbury Way Academy, please reach out to the Office of the Town Manager at manager@shrewsburyma.gov or (508) 841-8508.

2. Save the Date – Girl Scout Registration Night, November 2nd (New)

Please join us for Girl Scout registration night on Thursday, November 2nd from 6:00 to 7:30 p.m. at St. Mary's Parish Hall (20 Summer Street). This event is for girls in grades K-12 who are not currently in Girl Scouts to come and see what it's about. Click [here](#) for the flier. If you need additional information, please contact Patty or John at shrewsburygirlscouts@gmail.com.

3. Please Note – Shrewsbury Public Library Events (New)

50+ Job Seekers Virtual Networking Group

Come meet new job seekers to expand your network, news, and views with the Massachusetts Library Collaborative's 50+ Job Seekers Group! If you are over 50 and unemployed and actively

looking, underemployed, seeking a new career direction, or re-entering the job market after a gap, this group is perfect for you.

The group meets on Zoom from 9:30 to 11:30 a.m. on first and third Wednesday mornings, with repeat sessions on the same topics offered in the evenings from 6:00 to 8:00 p.m. on second and fourth Wednesday evenings. Registration is required for each session (register [here](#) for morning sessions; register [here](#) for evening sessions). This group is sponsored by more than 60 Massachusetts public libraries. Find the full list of topics and registration [here](#). This group is sponsored by more than 60 Massachusetts public libraries.

SPL Spanish Conversation Club

Are you looking for a casual space in which you can practice your Spanish and learn more about the multiple cultures of those who speak that language? Join the Spanish Conversation Club most Tuesdays at the Shrewsbury Public Library (6:00 p.m. in the Learning Lab on the second floor). No registration required. Visit our [events calendar](#) to check dates.

¿Buscas un espacio informal en el que puedas practicar tu Español y aprender más de las múltiples culturas que hablan este idioma? Únete a nuestro club de conversación la mayoría de los martes en la biblioteca pública de Shrewsbury a las 6:00 p.m. en el laboratorio del segundo piso. No es necesario registrarse. Visita nuestro [calendario de eventos](#) para verificar citas.

SPL Spanish Culture Club

The Spanish Culture Club provides an open and casual learning environment outside of the classroom to promote learning and practicing the language as well as to celebrate the cultures of Spanish-speaking countries around the world. This club is not only about learning Spanish, but learning about Hispanic culture: cuisine, idioms, movies, food, and more. The group will meet every other Wednesday at 6:00 p.m. at the Shrewsbury Public Library; no registration required.

Tech Tuesday: Digital Privacy and Security

Join the Shrewsbury Public Library at 6:00 p.m. in the Learning Lab for Tech Tuesdays! This program is intended for proficient computer users aged 13+ who are familiar with navigating the internet. Laptops will be provided. Space is limited, so [registration](#) is required.

Spooky programs at the library!

Make sure to check out all the Shrewsbury Public Library's spooky happenings throughout October (find details and registration on our [event calendar](#)). Events include:

New England UFOs with Travel Channel's Ronny LeBlanc; [October 23rd at 7:00 p.m.](#)

Movie Matinee: Ghostbusters Afterlife; [October 28th at 2:00 p.m.](#)

The Radikals - Investigators and Archivists of the Unknown; [October 30th at 7:00 p.m.](#)

7 Scientific Reasons to Meditate NOW

Join the Shrewsbury Public Library on Thursday, October 26th at 7:00 p.m. with Manish Sagar, PhD and Assistant Professor in Psychiatry & Behavioral Sciences at Stanford University, for a virtual presentation of neuroscientific data on how regular meditation practices improve physical, mental, and emotional health. He will also discuss how happiness and harmony can be gained by focusing one's attention during meditation.

Dr. Sagar directs the Brain Dynamics Lab at Stanford University, which is dedicated to developing computational methods for neuroimaging data to better understand individual differences in brain functioning. He received his doctorate from the University of Texas at Austin and completed his postdoctoral training at Stanford. As part of his doctoral work, he developed computational methods to understand how brain activity changes with intensive meditation training.

This program will take place virtually on Zoom; please [register](#) to attend.

Gladius Concert

Join the Shrewsbury Public Library on Saturday, November 4th at 12:00 p.m. to experience virtuoso Flamenco guitar performer, Gladius, during this electrifying concert!

Raised in Atlanta, Georgia, pupiled by Andrés Segovia's protégé, and driven to obsession by Eddie Van Halen — Gladius is an award-winning composer and "accomplished classical/flamenco style guitarist" who soulfully "shreds on the electric" (Phil Keaggy), sharing the bill with Grammy winners and mesmerizing audiences nationwide with his electrifying live act since 2016. Winner of the 1st ever Gwinnett Superstar (2022).

Sounds Like: Carlos Santana Meets Eddie Van Halen in a Mexican Standoff
For fans of: Rodrigo y Gabriela, Jesse Cook

Sponsored by the Friends of the Shrewsbury Public Library. This program will take place in person at the library; please [register](#) to attend.

Zumba at the library

Join the Shrewsbury Public Library for Zumba®, an interval-style dance fitness party that combines low-intensity and high-intensity moves. Burn lots of calories while moving to the rhythm with Latin-inspired dance moves. The best part of it all is that it doesn't even feel like exercise! Dance fitness classes aren't just great for cardiovascular health, but also tone muscles and improve balance and flexibility. Zumba instructor Johanny Pineyro will lead this engaging class beginning at 6:00 p.m. No registration required; dates include Wednesdays, October 25th and November 1st & 29th.

4. Please Note – Shrewsbury Public Library Events for Tweens & Teens (New)

We have some great events for tweens and teens happening in October at the Library!

Please remember that program attendees in grades 5-6 must be accompanied to the library by a parent/parent's representative who will remain in the building during the program and rejoin the attendee at the conclusion of the program.

- Thursdays, October 12th-26th - YMCA Youth in Government - 3:00 p.m. in Meeting Room A. Grades 9-12. [Registration](#) required. This comprehensive program is designed to empower teens with the knowledge, skills, and experiences necessary to understand and actively participate in the political process and governance at various levels. Through a series of engaging workshops, discussions, simulations, and practical activities, participants will gain a deep appreciation for civic engagement and develop a strong foundation for future leadership roles.
- Monday, October 23rd - Scary Stories in the Cemetery - 7:00 p.m. at Mountain View Cemetery. Grades 5-12. [Registration](#) required. Imagine - a quiet, misty night, dark shapes of bare trees, a lone figure in black beckoning you to follow her into the cemetery. Time for scary stories! We'll meet at the Artemas Ward gate (behind the First Congregational Church) and walk amongst the graves, then settle in for some chilling tales in the dark. We'll bring cider and cookies, you bring a blanket to sit on. Thank you to the Parks & Cemetery Commission for granting us special permission and donating supplies for this event!
- Thursday, October 26th - S.T.O.P. - 6:30-8:30 p.m. in Meeting Room A. Grades 5-12. [Registration](#) required. The Students Together Opposing Prejudice (S.T.O.P.) program is a comprehensive initiative designed to foster inclusivity and combat prejudice among middle school students. They are currently seeking enthusiastic middle school students to join our upcoming Fall 2023 cohort, as well as dedicated high school facilitators.
- Friday, September 27th - Friday Activity - 3:30 p.m. in Meeting Room B. Grades 5-12. No registration necessary. You made it through another week of school! Try a fun craft or activity that will change each month. No crafting experience (or talent) necessary, just try it out!

Check our [digital calendar](#) and [online calendar](#) for more details and registration!

5. Please Note – Shrewsbury Public Library Events for Children (New)

We have some great events for children happening in October at the Library!

- Tuesday, October 24th at 6AM - Wake Up With Wimpy - For kids in grades 3-7. It's time to Wake Up with Wimpy! Celebrate the release of the latest Diary of a Wimpy Kid book before everyone else! There will be themed games, activities, and breakfast snacks. Each attendee will also receive a copy of the new book No Brainer take home to keep.

This event consists of a series of identical 15-minute sessions from 6:00-7:30 am. Registration is required for this event starting Tuesday, October 10th at 9:00 am. To register, email Annie Lee King at aking@cwmars.org or call 508-841-8609 ext 5 - NOT BEFORE OCTOBER 10. Participants will be assigned to a session by the event coordinator. All participants must be registered and late arrivals will not be admitted to the event. Wake Up with Wimpy! is graciously sponsored by the Shrewsbury Federal Credit Union.

- Saturday, October 28th at 10:30AM - Trick-or-Treat Storywalk at Lake Street Park Join the Children's Librarians at Lake Street Park for Halloween fun! Come in costume, read the story along the path, and trick-or-treat for candy! While supplies last.
- Sunday, October 29th at 1:30PM - BuildWave Workshop Kids ages 5+ are welcome to register for this high energy creative building event that encourages play and collaboration. This 1-hour STEM workshop is sure to be a blast! Register [here](#).

Check our [online calendar](#) for more details and registration!

6. Please Note – Shrewsbury Parks & Recreation Programs (New)

Pre-registration is required for all of the Parks & Recreation programs. Space is limited. Visit our [website](#) for more information and registration and follow us on Facebook or Instagram for updates and photos!

Babysitting Courses

This class will help you learn what you need to know and what every parent wants in a responsible babysitter! Learn how to: interview for a babysitting job, choose safe and age-appropriate toys and games, perform basic first aid and CPR, learn diapering and feeding techniques, handle bedtime issues, learn tips for having a safe babysitting experience and more! Open to ages 12-15, \$55/course.

Class 1: Saturday, October 28, 10:00 am-2:30 pm at the Senior Center

Class 2: Monday and Wednesday, November 6 & 8, 4:00-6:30 pm, Oak MS Cafe

Paint Night

Friday, December 8, 6:30-8:00 pm at the Senior Center, \$35/person

An Instructor from Canvas N' Cup will lead us through creating a winter themed masterpiece on canvas. This activity is appropriate for ages 8 and up, families welcome! Children under age 14 must have a parent/caregiver present. Cost is per person and includes all materials.

Children's Etiquette Workshops

New England School of Protocol aims to give every individual a strong foundation in social graces, dining etiquette and interpersonal skills. Our goal is to empower them with confidence and propel them towards personal and professional success.

Upcoming workshop topics include: Social Skills, Prep for the Holidays, Restaurant Ready, and Teen Interview Prep. See our MyRec website for more information on dates, times, and cost of each workshop.

SAVE THE DATE!

Winter Program Registration will open on Wednesday, November 29 at 10:00 am. Winter Programs will be posted for viewing on MyRec and Facebook by Thursday, November 16.

Please [click here](#) for the Parks & Recreation website.

7. Please Note – Shrewsbury Historical Society Events

Shrewsbury Historical Society Upcoming Programs

- October 25, 2023 at 7:00 p.m. at Shrewsbury Police Department: “Stop, Thief! Shrewsbury Thief Detecting Society” by Linda Davis
 - Thief detecting societies were once common throughout New England, their purpose being the recovery of stolen property. This program will highlight the Shrewsbury Thief Detection Society with excerpts from its archival records. The program will be held in Shrewsbury’s new police station and will include an overview of current theft detection procedures by Lieutenant Jason Palmatier of the Shrewsbury Police Department.
- November 15, 2023: “Cranberries 101” by Cape Cod Cranberry Growers Association
- December 2, 2023: Yuletide Market 3:00-4:30, “All Aboard, Encore! Model Holiday Train Exhibit and Penny Candy Sale”
- December 13, 2023: “125th Anniversary Celebration of the Shrewsbury Historical Society “ by Erik Larson, President
- January 24, 2024: “Shrewsbury Charitable Society “by Tom Kelleher
- February 28, 2024: “Hebert Candies, Past to Present: Creation of the Candy Mansion “ by Paul Smith (at Hebert Candy Mansion)
- March 27, 2024: “Needle & Thread: The Art and Skill of Clothing an Early 19th-Century Family “ by Rebecca Beall
- April 24, 2024: “Spectacle and Substance: Tracking a Tale of Victorian America “ by April Jones Price
- May 22, 2024: Annual Meeting and “Having Fun: Wish You Were Here: Historical Society Game Night!” by Erik Larson, President

Mission Statement

The Shrewsbury Historical Society was organized on January 7, 1898, and incorporated on June 23, 1902. The purpose of the Society shall be to keep alive and increase interest in the history of the Town of Shrewsbury; to collect and preserve items of special value, traditions, and

curiosities; to encourage general public interest in its work; and to maintain such personal properties and real estate that may come under the control of the Society.

8. Save the Date – Turkey Trot for the Memory, November 23rd

Preparations are underway for the 12th running of the Turkey Trot for the Memory and we can't wait to see you! On Thanksgiving morning at 8:00 a.m., we will gather with friends and family on the Shrewsbury Town Common to show support for those who've been impacted by Alzheimer's disease and to raise funds to support patient care, caregiver support, and research. Please join us for the 2-mile or 5-mile race, fun run, or walk.

We are grateful to our presenting sponsor, Shrewsbury Federal Credit Union, and to the First Congregational Church for generously welcoming us back year after year despite the fact that we've grown exponentially! This event would not be possible without the Church, our sponsors, volunteers, and you!

Registration is live. Click [here](#) to learn more about this community event! If you are interested in volunteering, please click [here](#).

We have room for the names of a few additional [sponsors on our t-shirts](#) if you are interested in supporting the event in that way. Sponsorships begin at \$350.

Please contact Jane Lizotte at jlizotte2@gmail.com with any questions.

See you at the starting line on Thanksgiving morning!

9. Save the Date – Charles River Labs Open House for High School Students, November 9th

Do you have a high school student interested in Chemistry, Biology, Medicine, Math, or Animal Science? Charles River Labs would like to invite students to visit the Charles River Laboratories Shrewsbury location. Students will tour both the In-Vivo and In-Vitro labs as well as meet staff members: Scientist, Study Directors, Formulation Technicians, Veterinarians, Veterinary Technicians, In-Vivo and Animal Care Technicians. We will offer tours of the labs as well. Students will be given snacks, swag and will be able to meet a couple of retired beagles. These events are most beneficial for Junior and Senior students, however all are welcome. Come visit and get an idea of what it is like to work at a company like Charles River and all the jobs types a large company can offer. For more details, [see this flier](#).

(Charles River Laboratories-Shrewsbury is a Contract Research Organization (CRO). We work with companies to bring pharmaceuticals to market. We will help our clients anywhere in the

drug development pipeline from Discovery to FDA submission. On site we use in-vitro (bench) and in-vivo (animal) models to test new medications for effectiveness and safety.)

10. Save the Date – Scout Bottle and Can Drive, November 4th

On Saturday, November 4th, Scout Troops 114 and 7114 will host a bottle and can drive at Shrewsbury Town Hall from 9:00 a.m. to 12:00 p.m. Scouts will be happy to accept your redeemable bottles and cans. Proceeds from the drive support Scouting activities throughout the year.

11. Save the Date – Shrewsbury Multicultural Festival, November 4th

Immerse yourself in a rich array of cultures at the first-ever Shrewsbury Multicultural Festival! Embrace diversity through an enchanting blend of artistic expressions, melodic rhythms, global flavors, and time-honored customs. This festival's mission is to cultivate harmony, empathy, and intercultural respect, providing a stage for significant interactions that enhance the tapestry of our local community.

Join us on Saturday, November 4th from 12:00 to 4:00 p.m. at Oak Middle School for Shrewsbury's Multicultural Night! We are requesting community members to help host booths related to games and activities, food (licensed restaurants and businesses only), entertainment, performances, and much more! Please complete [this survey](#) no later than September 15th if you are interested in participating.

12. Save the Date – Shrewsbury Tricks & Treats Extravaganza, October 31st

Come and join us at the Shrewsbury Senior Center for our Tricks & Treats Extravaganza on Tuesday, October 31st from 5:00 to 6:00 p.m. All are welcome at this open house and light refreshments will be served along with ghoulie games. Come in costume! This event is for kids 0-12. We'll host a spooky egg hunt and give away candy apple kits and cauldron prizes.

13. Save the Date – Shred Day, October 28th

Shred Day will take place on October 28th from 9:00 a.m. to 12:00 p.m. at Shrewsbury Federal Credit Union, 489 Boston Turnpike.

In conjunction with the shred day, the Credit Union will hold a food drive for St. Anne's Human Services. Only non-perishable items will be collected. All donors will be entered in a drawing to

win 2 tickets to see Beetlejuice the musical at the Hanover Theater on Friday, January 5, 2024 at 8 PM.

14. [Save the Date](#) – Medication Take Back, October 28th

Bring in expired or unused medications for safe and proper disposal at the Shrewsbury Senior Center (98 Maple Avenue) on Saturday, October 28th from 10:00 a.m. to 2:00 p.m. This drive is sponsored by the Shrewsbury Police Department.

Youth Athletics and Activities

1. [Please Note](#) – Shrewsbury Youth Lacrosse Spring Registration Now Open

Registration is now open for the Spring 2024 travel season for all Shrewsbury Youth Lacrosse age groups (girls and boys in grades 1-8). Come out for this fun, fast-paced sport. All experience levels are welcome! The season will run from early April to mid-June, with indoor pre-season practices starting in mid-February. Regular games will be on Sundays with the season culminating in a fun 3-game jamboree. Click [here](#) to register! Email us with any questions at info@shrewsburylacrosse.com.

2. [Please Note](#) – Shrewsbury Youth Lacrosse “Learn to Lax” Clinic, November 5th

Come try out the sport of lacrosse at a FREE Learn to Lax clinic hosted by Shrewsbury Youth Lacrosse. This clinic is open to boys and girls in grades 1-8 who are interested in trying lacrosse. The clinic will be held Sunday, November 5 from 11:30-1pm at SAC Park - 384 Lake Street. We will have sticks available to use for the clinic. You can register for the clinic [here](#).
