



Community Bulletin

September 12th, 2022

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](#).

School District Items

1. [Please Note](#) – SSMA Music Drive Thank You **(New)**
2. [Please Note](#) – Shrewsbury Robotics Organizational Meeting, September 12th
3. [Please Note](#) – Employment Opportunity - Destination Imagination Coordinator
4. [Please Note](#) – Paraprofessional Support Staff Needed
5. [Please Note](#) – Cafeteria Help Needed

Community Items

1. [Please Note](#) – Feedback Requested - Town Strategic Plan **(New)**
2. [Please Note](#) – Apply to the Town of Shrewsbury's New Diversity, Equity, Inclusion, and Belonging Committee **(New)**
3. [Save the Date](#) – Internet Safety for Parents Live Virtual Event, September 20th **(New)**
4. [Save the Date](#) – Shrewsbury Historical Society Presentation, September 28th **(New)**
5. [Save the Date](#) – Pack 158 Event, September 15th **(New)**
6. [Please Note](#) – Shrewsbury Parks & Recreation Fall Program Offerings **(New)**
7. [Please Note](#) – Shrewsbury Public Library Events **(New)**
8. [Please Note](#) – Shrewsbury Public Library Events for Tweens & Teens
9. [Please Note](#) – Spirit of Shrewsbury Event Details & Volunteers Needed
10. [Please Note](#) – “Shrewsbury Got Talent,” September 24th
11. [Please Note](#) – Shrewsbury Senior Center “Think Ahead” Event, September 22nd
12. [Please Note](#) – Cub Scouts Pack 114 Open House, September 19th
13. [Please Note](#) – Shrewsbury Youth and Family Services Group Programs
14. [Save the Date](#) – “Bad Guys” Movie Night in the Park, September 17th
15. [Save the Date](#) – Reliant Foundation 5K Road Race, October 1st

Youth Athletics and Activities

1. [Please Note](#) – Shrewsbury Basketball Association Winter Travel Team Tryouts **(New)**
2. [Please Note](#) – Take Charge Hoops Mini Fall Basketball Clinic
3. [Please Note](#) – Shrewsbury Travel Basketball Registration

School District Items

1. [Please Note](#) – SSMA Music Drive Thank You **(New)**

Thank you to the entire Shrewsbury community for supporting the SSMA with this year's Music Drive. If you missed us (or we missed you) and would like to purchase tickets to this year's Shrewsbury High School music concert season or simply make a donation, please visit mySSMA.com.

And our special gratitude to the students, parent drivers, volunteers, and SHS directors whose hard work made this year's event such a success!

2. [Please Note](#) – Shrewsbury Robotics Organizational Meeting, September 12th

It's that time of year again! The Shrewsbury Robotics team is inviting anyone interested in participating during the 2022-2023 season to join us on Monday, September 12th from 7:00 to 8:30 p.m. in the Bent Presentation Room at Shrewsbury High School for an informational meeting. The team is open to all Shrewsbury High School students; no experience required. Parents/guardians are welcome and encouraged to attend the meeting as well. For more information, feel free to contact the team at info@shrewsburyrobotics.org. Hope to see you all there!

3. [Please Note](#) – Employment Opportunity - Destination Imagination Coordinator

Shrewsbury Public Schools is currently accepting applications for a coordinator for the Destination Imagination program. The coordinator will be responsible for overseeing the entire program including teams, team managers, volunteers, meetings, challenges, and competitions. Stipend payment is \$2,903.

Applications will be accepted until the position is filled. We are unable to start the Destination Imagination program unless the position is filled. The previous coordinator is available to provide training. Please see the [SchoolSpring listing](#) on [our website](#) for more information and to apply.

4. Please Note – Paraprofessional Support Staff Needed

If you or someone you know is interested in making a positive difference in the life of a child, please consider joining us as a paraprofessional in our schools. We are in need of:

child-specific aides who work to support individual students with special learning needs; *applied behavior analysis technicians* who typically work to support individual students on the autism spectrum; and *special education instructional assistants*. Experience working with children is a plus but not required, and we will provide training. There are positions open at all grade spans, both full-time with benefits and part-time, and the hours are great for parents with children in school. **For more information and to apply, please go to**

<https://schools.shrewsburyma.gov/hr/currentopenings>. If you have questions, please email Lindsey Stasiowski, Human Resources Manager, at lstasiowski@shrewsbury.k12.ma.us or call her at (508) 841-8483. Thank you!

5. Please Note – Cafeteria Help Needed

Shrewsbury Public Schools' food services department is looking for full-time, part-time, and substitutes to work in the school cafeterias. Duties include preparing 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, 64 Holden Street, Shrewsbury MA 01545 or email it to hdoyle@shrewsbury.k12.ma.us. If you have any questions, please call Heidi Doyle, Monday-Wednesday at (508) 841-8855.

Community Items

1. Please Note – Feedback Requested - Town Strategic Plan (New)

The Town has entered into its next phase of the Strategic Planning process! After the first round of community feedback, the Board of Selectmen have drafted Strategic Outcome Areas and are looking for feedback from the community on each area. More details on the Strategic Outcome areas can be found on the [Strategic Planning webpage](#). Participate today by visiting GetInvolvedShrewsbury.com. Households can expect to receive a paper survey to fill out and return to the Town in the coming days. Reach out to the Office of the Town Manager with any questions at (508) 841-8508.

2. Please Note – Apply to the Town of Shrewsbury's New Diversity, Equity, Inclusion, and Belonging Committee (New)

The Committee shall be comprised of an intentionally diverse group of seven (7) members appointed by the Board of Selectmen and one (1) member of the Committee shall be a high school-aged Shrewsbury resident junior or senior student serving a one-year term set to expire June 30, 2023. View the [vacancy notice](#) for more information. Interested applicants must be residents of the Town and are asked to submit a letter of interest and qualifications to the Office of the Board of Selectmen, 100 Maple Avenue or by email to selectmen@shrewsburyma.gov no later than September 20th at 4:30 p.m. Please contact the Office of the Town Manager at (508) 841-8508 with any questions.

3. Save the Date – Internet Safety for Parents Live Virtual Event, September 20th (New)

Please join us for a live virtual presentation for parents on internet safety, brought to you by The United States Attorney's Office, Worcester County District Attorney's Office, Homeland Security Investigations, and Lunenburg Police Department. "Keeping Kids Safe and Secure Online: A Project Safe Childhood Presentation" will start at 6:30 p.m. on Tuesday, September 20th. The presentation will include information on social media, cyberbullying, gaming, and protecting against online predation, among other topics. Please [click here](#) to register and [click here](#) for more information. The password for the event is PSC1. If you have any questions or difficulty registering, please contact Karen Legace at karen.legace@usdoj.gov.

4. Save the Date – Shrewsbury Historical Society Presentation, September 28th (New)

Shrewsbury Historical Society presents "Reading Historic Paintings" by Tom Kelleher on Wednesday, September 28th. This will be an in-person presentation at the Shrewsbury Historical Society (17 Church Road). Wearing a mask is a personal preference. The program will be available afterwards on Shrewsbury Media Connection. If you have any questions, please email shrewsburyhistory@townisp.com.

Art from the past was produced for many reasons. This entertaining and informative PowerPoint discussion is interactive and invites audience participation. It offers tips on teasing out more information from early paintings than what is readily apparent. Participants will also be able to view the unveiling of the latest painting to become part of the Society's collection!

Tom Kelleher is currently Historian and Curator of Mechanical Arts at Old Sturbridge Village in Sturbridge, Massachusetts. He regularly teaches and demonstrates at museums and historical societies around the country. Tom holds a Master's in history from the University of Connecticut, and writes often for a variety of magazines and journals, including Early American Life.

5. Save the Date – Pack 158 Event, September 15th (New)

Come explore the fun and adventures of Cub Scouts on Thursday, September 15th from 6:00 to 8:00 p.m. at St. Mary's Church (Main & Summer Street). Pack 158 invites all boys in kindergarten through 5th grade to come see what Cub Scouting is all about. New Scouts who register that night will receive a Zebco fishing rod and reel.

6. Please Note – Shrewsbury Parks & Recreation Fall Program Offerings (New)

Fall Online Registration - Currently accepting registration for fall programs listed below. Additional programs will be added throughout September/October. Pre-registration is required for all of the Parks & Recreation programs. Space is limited.

Skills & Drill Basketball Clinic - Tuesdays starting October 4th at Sherwood Middle School.

Dodgeball - Mondays starting October 17th at Sherwood Middle School.

Youth Basketball League - Accepting registration starting September 27th for leagues by grade: boys 3rd & 4th, girls 3rd & 4th, boys 5th & 6th, girls 5th & 6th, boys 7th & 8th, girls 7th-9th, and boy's 9th-12th. Games are played at Oak and Sherwood Middle Schools on Saturdays with one weeknight assigned for a team practice. Cost is \$150.

Adult Co-Ed Volleyball - Intermediate on Mondays or Wednesdays, Advanced on Tuesdays or Thursdays. Program starts the week of September 19th. Visit our website for fees, times, dates, and schedules.

Men's Basketball - Mondays & Wednesdays starting September 26th at Oak Middle School Gym.

Preschool/Tots Activities - Now accepting registration for Bitty Basketball, All Sports, Baseball, and Lil Dragons Karate.

Adult Yoga - Thursdays starting on September 29th.

Visit our website! shrewsburyma.myrec.com Create a new account if you have not done so within the past year.

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

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 our Spanish Conversation Club every Tuesday in September at the Shrewsbury Public Library at 6:00 p.m. in the Learning Lab on the second floor.

50+ Job Seekers Virtual Networking Group

The Massachusetts Library Collaborative's 50+ Job Seekers Group meets on the 1st and 3rd Wednesdays of the month, from 9:30 a.m. to 11:30 a.m. on Zoom. If you are unemployed and actively looking, underemployed, seeking a new career direction, or re-entering the job market after a gap, this networking group program is perfect for you! Remember, 85% of jobs are found through networking! Each meeting features a new topic and includes activities such as presentations, hands-on workshops, guest speakers, access to hiring managers, small group breakout rooms to network, and 1-on-1 coaching guidance. Participating on a regular basis will give job seekers the many tools and strategies needed for a successful job search. Find the list of topics and registration [here](#).

Medicare Educational Workshop

Would you like to see a simple explanation of Medicare? Are you new to Medicare, getting ready for open enrollment, or have some burning questions? Please join the Shrewsbury Public Library with Russ Swallow, a Certified Senior Advisor™ and WCRN 830 AM Radio show host of "The Medicare Advisor," for this workshop on Monday, September 12th at 7:00 p.m. Russ will cover all the "moving parts" of Medicare with simple explanations. He will also be available after the presentation should you have questions. Attendees will receive the "Medicare Cheat Sheet" which is a snapshot of all the basics you'll need to understand. This event will take place in person at the library; please [register to attend](#).

Community Conversation: The Immigrant Experience

Join the Shrewsbury Public Library on Wednesday, September 14th at 6:30 p.m. for this interactive panel discussion with members of the Shrewsbury community who have all immigrated from other countries. Ashish Cowlagi, Ragoo Raghunathan, Kosmas Karadimitriou, and the library's own Shi Wen Chen will discuss their experiences leaving their countries of origin and settling in the United States, as well as their reasons for making the Town of Shrewsbury their permanent homes. The panelists will compare their experiences amongst themselves, but questions from attendees will be welcomed. As part of the library's "Radical Empathy and Community Conversations" series of programs, this panel discussion will highlight the shared bonds of the Shrewsbury community as well as the wonderful uniqueness of all of its members. This event will take place in person at the library; please [register to attend](#).

SPL Foundation Distinguished Lecture Series: Dr. Sanjiv Chopra

This talk by Dr. Sanjiv Chopra, speaker, thought leader, and author of a number of bestsellers, on Thursday, September 15th at 7:00 p.m. is part of the Distinguished Lecture Series sponsored by the SPL Foundation. In this talk, Dr. Sanjiv Chopra will reflect on the four major tenets of

happiness. What are the lessons we have learned from ancient and modern day philosophers? What can we glean from the longest study on what makes a good life? A study that is ongoing after almost four decades! What are the "Two Most Important Days" in one's life journey? What is the key to sustained and lasting happiness? This will be a hybrid event that will take place at the library, offered on Zoom, and live streamed by the Shrewsbury Media Connection on Facebook and recorded. [Registration](#) is required for in-person attendance and Zoom.

12 Lifestyle Factors That Affect Our Well-Being More Than Food

Join the Shrewsbury Public Library with Lifestyle Reset Coach Lori Kendall-Taylor on Thursday, September 22nd at 7:00 p.m. for this health workshop. People are taught to change their diets and eat lots of organic fruits and vegetables; however, what people put into their mouths is not their only source of nourishment. If someone has already changed their diet and still feels unhealthy or lacks passion and energy, they may be lacking in one or more of twelve factors that support a healthy and fulfilling life. In this workshop, participants will discover the factors that affect their well-being and truly nourish them as well as create an action plan for a happier and healthier life. This event will take place in person at the library; please [register](#) to attend.

Mekong River Journey

Join the Shrewsbury Public Library on Saturday, September 24th at 2:00 p.m. for this program with world traveler Bob DeCoteau. Bob will share his experiences from his trip up the Mekong River from Ho Chi Minh City (formerly Saigon), Vietnam to Siem Reap, Angkor Wat, Cambodia, during which he traveled by small boat to get a better view of life along the riverbank. Participants will experience the growth of the modern city of Saigon and trace the history of this fast-growing metropolis, then cross over into Cambodia and see life on one of the largest lakes in Southeast Asia, known as the Tonle Sap. While in Cambodia, attendees will spend time at the largest religious temple monument in the world, Angkor Wat. Sponsored by the Friends of the Shrewsbury Public Library. This event will take place in person at the library; please [register](#) to attend.

8. Please Note – Shrewsbury Public Library Events for Tweens & Teens

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

- Mondays, September 12th and 26th - Read the Rainbow Book Group - 7:00 p.m. in the Teen Room. Grades 9-12. [Registration required.](#)
- Friday, September 16th - Friday Afternoon Videogames - 3:00 p.m. in Meeting Room B. Grades 5-12. No registration necessary.
- Monday, September 19th - Teen Advisory Launch Party - 8:00 p.m. in the Teen Room. Grades 5-12. [Registration required.](#)
- Friday, September 23rd - Signing Basics - 3:30 p.m. in Meeting Room A. Ages 7-adult. No registration necessary.

- Friday, September 30th - Friday Crafternoon - 3:00 p.m. in Meeting Room B. Grades 5-12. No registration necessary.

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

9. Please Note – Spirit of Shrewsbury Event Details & Volunteers Needed (New)

The Spirit of Shrewsbury Fall Festival will take place on Saturday, September 24th at Oak Middle School. There will be many different activities for everyone - craft shows, exhibitions, costume competitions, activities for kids, Shrewsbury Got Talent competition, food vendors, and more. A parade will be held on Sunday, September 25th. Please [click here](#) for more details.

Details of events on September 24th:

- The children's parade will take place at 12:30 p.m. at the expo.
- This year's costume competition theme is the 70's era and Mardi Gras. Get your outfit together and show it off! Prizes will be given to different age groups. Space six feet apart and march with a parent or guardian around the front lawn.
- We will have our very first dog show at SOS! This informal dog show is sponsored by Dog Topia and starts at 1:00 p.m.
- The Shrewsbury Historical Society will present three performances from 10:00 a.m. to 12:00 p.m. Stop in anytime!

Spirit of Shrewsbury is looking for volunteers to help with this year's celebration. We will need approximately 50 volunteers on Saturday, September 24th from 7:00 to 10:00 a.m. and 2:00 to 3:30 p.m. We will also need volunteers on Sunday, September 25th to help with the parade route from 12:00 to 2:00 p.m. (approximately 20 volunteers needed) and the senior tea from 2:30 to 3:30 p.m. (approximately 6 volunteers needed). Those who volunteer on September 24th will receive a free t-shirt, pizza, and a volunteer certificate. If you are interested in volunteering, please [click here](#) to sign up or email Shyla Ram at shyla.ram09@gmail.com. Thank you for your help!

10. Please Note – “Shrewsbury Got Talent,” September 24th

Please come and take part in the Shrewsbury Got Talent competition. Children and adults can showcase their talents, including singing, dancing, acting, juggling, magic, martial arts, playing instruments, standup comedy, doing impressions, and anything else! Solo performances only. Prizes will be awarded to the top three in each age group category. This event is organized jointly by India Society of Worcester and the Spirit of Shrewsbury Fall Festival and will take place on Saturday, September 24th at 10:00 a.m. at Oak Middle School. The last date for registration is September 18th. Please [click here](#) to register.

11. Please Note – Shrewsbury Senior Center “Think Ahead” Event, September 22nd

Everyone ages 50-150 are invited to Shrewsbury Senior Center’s “Think Ahead” event on Thursday, September 22nd from 6:00 to 9:00 p.m. This event is a great opportunity for people ages 50-60 in particular to learn about the resources available to them as they enter this next chapter of their lives. Topics include SHINE (Medicare) counseling, financial planning, job training, healthy living, community assistance, and empowerment. We will have speakers from AARP, SHINE, and Elder Services of Worcester. Please [click here](#) for the event page.

12. Please Note – Cub Scouts Pack 114 Open House, September 19th

Calling all future Cub Scouts! Pack 114 will be hosting a very fun open house at the First Congregational Church on September 19th from 6:30 to 7:30 p.m. for boys and girls in grades K-5 interested in Cub Scouts! There will be fun events planned for the kids, while adults can meet with some of the Pack leadership, ask questions, and get more information. No registration, no pressure, just an information night about who we are as a family Pack.

Families who would like to sign up with the Pack can join us on September 26th any time between 6:00 and 8:00 p.m. at the First Congregational Church for Pack 114's Registration Night. Parents interested in learning more are encouraged to contact Pack 114 Chairperson Sue Scott and Cubmaster John Conlin at cubmaster114.fcc@gmail.com and to visit the Pack on [Facebook](#).

13. Please Note – Shrewsbury Youth and Family Services Group Programs

Parent Support Group

Enrollment is now open for a new session of our 6-week support group for parents of children who are struggling with depression, anxiety, or other mental health challenges. Parents are often focused almost entirely on the needs of their children, sometimes to the point that they ignore their own needs and feelings. This group is a chance to address your needs. We will cover topics including the importance of parental self-care and parental social support, parental feelings of guilt, grief, and shame, as well as accessing and navigating the treatment system. This group will be co-led by a licensed clinical therapist and Masters level intern and will be free of charge. The six week session begins on September 23rd and all sessions will be held virtually from 12:00 to 12:45 p.m. For questions and registration, please email ARobinson@syfs-ma.org. Please note that we will not be able to accept new group members after the second session.

Art Therapy

Enrollment is now open for our NEW 6-week Art Therapy group for 5th and 6th graders! The intention of this group is to create a safe place for children to experience and creatively express their emotions, as well as cultivate opportunities for self-expression, mindfulness, acceptance and self-compassion. The art therapy exercises will include a variety of techniques ranging from collaging and textiles to drawing, painting, sculpting and writing. Kids will walk away with some really cool artwork, but the focus will be on the process not the product. They will learn to let go of critical thoughts and judgements that could impede the creative process. Navigating the challenges of adolescence today is hard and this group will be a place where kids can increase coping and social skills through creative expression. No artistic expertise necessary! The group will be led by a local Visual Arts Educator/Certified Therapeutic Art Life Coach and a Masters level intern and will be free of charge. The six week session begins on September 19th and all sessions will be held from 4:00 to 5:00 p.m. For questions and registration, please email ARobinson@syfs-ma.org. Please note that we will not be able to accept new group members after the second session.

14. Save the Date – “Bad Guys” Movie Night in the Park, September 17th

Come to the Dean Park Bandstand on Saturday, September 17th for a viewing of "Bad Guys" - a great new kids movie for the entire family! Fresh popcorn will be made on site. The movie begins at 7:30 p.m. Bring a blanket or a lawn chair and enjoy the movie with family and friends! This event is sponsored by SELCO and Shrewsbury Parks & Recreation.

15. Save the Date – Reliant Foundation 5K Road Race, October 1st

On Saturday, October 1st, Reliant Foundation will hold the annual Reliant Foundation 5K Road Race at Shore Park in Worcester. The event attracts hundreds of runners, walkers, and spectators to raise funds in support of the Foundation's Community Grants Program.

The road race begins at 10:00 a.m., with race day registration opening at 8:30 a.m. The event features free, family-friendly entertainment and great raffles.

Registration remains open through September 29th. There is no cost for spectators to attend. To register or for more information, visit the [Reliant Foundation website](#) or view the [event flier](#).

Youth Athletics and Activities

1. Please Note – Shrewsbury Basketball Association Winter Travel Team Tryouts (New)

Fair play and good sportsmanship are the SBA trademarks and our goal is to prepare boys & girls grades 4th through 8th for high school play by teaching each player the fundamental and technical skills of TEAM basketball in a highly competitive environment. For those that have played organized basketball, you will find Travel Ball a rewarding experience as they build upon their existing skill sets and truly take their games to the next level. The program is open to ALL Shrewsbury residents who possess a general understanding of the game and are interested in competitive, structured basketball against other towns' select teams.

Tryouts will take place on October 1st and October 2nd from 2:00 to 8:00 p.m. Please [click here](#) to register, and [click here](#) for the full details of the winter travel team.

2. Please Note – Take Charge Hoops Mini Fall Basketball Clinic

The Shrewsbury High School boys varsity basketball coaches Adrian Machado and Gerry Nowosacki will be sponsoring two Saturday morning basketball clinics for boys and girls in grades 3-12. The focus will be on individual skills to be incorporated within the game/scrimmage process. The daily routine will consist of warm up techniques and conditioning, drill stations for skill development, and group instruction and demonstrations for individual and team strategies.

Where: Shrewsbury High School Field House

When: Saturdays September 24th and October 1st

Time: Daily sessions will run from sign-in at 8:30 a.m. and program from 9:00 a.m. to 12:00 p.m.

Cost: \$75.00 (\$10.00 discount for siblings)

Please [click here](#) for the complete flier and application. If you have any questions, please contact Gerry Nowosacki at (508) 842-6014 or gym21rat@aol.com.

3. Please Note – Shrewsbury Travel Basketball Registration

Registration for travel basketball teams through the Shrewsbury Basketball Association will open in early September. Teams will be available for girls and boys in grades 4th through 8th. Mandatory tryouts for new and returning players are set for Saturday, October 1st and Sunday, October 2nd.
