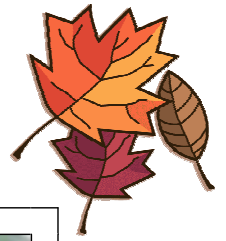


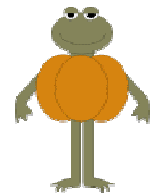
# BOW PARKS & RECREATION



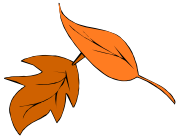
## 2011 PROGRAMS

Registration Begins  
Friday, September 2nd!

- |                                  |       |                                |       |                                  |       |
|----------------------------------|-------|--------------------------------|-------|----------------------------------|-------|
| • <b>How to Register</b>         | Pg. 2 | • Gingerbread Workshop         | Pg. 3 | • Volleyball for Adults          | Pg. 8 |
| • 50-Plus Fitness                | Pg. 7 | • Lobster Feast                | Pg. 6 | • Yoga Fitness                   | Pg. 7 |
| • Archery                        | Pg. 5 | • Halloween Decorating Contest | Pg. 3 | • Young at Heart Club            | Pg. 8 |
| • Babysitting Course             | Pg. 4 | • Halloween Party & Magic Show | Pg. 6 | • Young at Heart Club Craft Fair | Pg. 8 |
| • Basketball, Co-Ed, grades 5-12 | Pg. 5 | • Hazardous Waste Day          | Pg. 6 | • Your Life In Balance           | Pg. 4 |
| • Basketball, Adults, Co-ed, PM  | Pg. 8 | • Mad Kinder—Science           | Pg. 6 | • Zumba® Fitness                 | Pg. 7 |
| • Basketball Men's , AM          | Pg. 8 | • Magic for Beginners          | Pg. 3 | • Zumba® & Core Strength         | Pg. 7 |
| • Basketball, Pre-K/Kinderball   | Pg. 5 | • Mixed Cardio & Strength      | Pg. 7 | • Zumba® Gold                    | Pg. 7 |
| • Bridge Club                    | Pg. 8 | • Patriot Place Bus Trip       | Pg. 3 |                                  |       |
| • Celebrating Children           | Pg. 6 | • Pay It Forward Fitness       | Pg. 7 |                                  |       |
| • Couch to 5K®                   | Pg. 3 | • R.A.D. Systems               | Pg. 4 |                                  |       |
| • Dance Classes for Children     | Pg. 6 | • Safe On My Own Course        | Pg. 3 |                                  |       |
| • Dog Obedience                  | Pg. 4 | • Soccer for Pre-K/Kinder      | Pg. 5 |                                  |       |
| • Floor Hockey                   | Pg. 5 | • Sports Day                   | Pg. 6 |                                  |       |



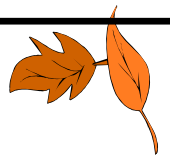
Located at the Bow Community Building  
Phone: (603) 228-2222 website: [www.bowrecnh.com](http://www.bowrecnh.com)



# Bow Parks & Recreation

Located at the Bow Community Building

Phone: (603) 228-2222 website: [www.bowrecrenh.com](http://www.bowrecrenh.com)



## Bow Parks & Recreation Staff:

Cindy Rose ~ Director

Malinda Blakey ~ Office Assistant

Sean Weldon ~ Grounds Director

Anne-Marie Guertin ~ Program Coordinator

## How to Register For A Program:

Step 1: Simply complete waiver form. Save yourself some time check with our office to see if you have a current waiver on file.

Step 2: Make payment.

Option A: Make checks payable to the: "Town of Bow" or

Option B cash is accepted.

Step 3: Come by our office located at the Community Building.

Office hours are: Monday through Friday, 8:00 am—4:00 pm.

Drop off Waiver and Payment.

Sign participant in program book in the gym. If the office is closed, place it in our drop box outside the front door or mail Registration Form and Payment to...

Bow Parks & Recreation, 10 Grandview Rd, Bow, NH 03304

*Waiver forms may be obtained at the Parks & Recreation Office or online at [www.bowrecrenh.com](http://www.bowrecrenh.com).*

*Please call (603) 228-2222 with any questions.*

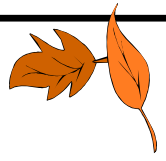
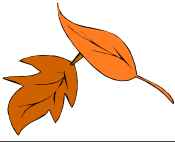
## Registration Information:

1. Individuals enrolling are required to pay the registration fee at the time of enrollment.
2. Please complete waiver form.
3. Class sizes are limited. All registrations are on a first-come, first serve basis.
4. Receipts are given electronically if you have created an account on our website [www.bowrecrenh.com](http://www.bowrecrenh.com) with a valid email address.
5. Program Instructors need to order supplies and plan classes ahead of time. Therefore, a refund will be given only if a cancellation is made at least **TWO WEEKS** before the start of the program or if a wait-listed person can fill your open spot. ALL refunds will be less a \$10.00 administrative fee. We will waive the fee if you are willing to take your refund in the form of an account credit, good for any Bow Recreation Program.
6. In the event of low enrollment in a particular class, programs may be canceled with a full refund.
7. Refunds from trips will only be given if we can fill your spot (less a \$10.00 administrative fee).
8. Returned checks will be charged a \$25.00 fee.
9. **Please register up until ONE week before the start date of each program. After this date, registrations will be accepted as room allows.**

## How to Use Our Website ~ [www.bowrecrenh.com](http://www.bowrecrenh.com)

1. Go to [www.bowrecrenh.com](http://www.bowrecrenh.com).
2. "Browse Activities" to see all of our current programs.
3. "Create a Household Account". Please take a moment to click on this link and fill out the information needed for your family. **Your email address is very important.** It will give us information to contact you, to send emails of upcoming activities, events and notices, and it will automatically send you a receipt for any activities you register for. **Please remember this is not Online registration.** You will be registered for a program once the waiver and payment is received in the office.

*Please call (603) 228-2222 with any questions.*



**BOW'S COUCH-TO-5K®**  
**RUNNING PROGRAM**  
*from Coolrunning®*

Tuesdays, Sept 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15  
 9:15 am—10:00 am  
 Cost: \$10

Join the Recreation Department in getting off the couch and onto the roads, running 3.1 miles in just 9 weeks. All it takes is 20-30 minutes, three times a week! Meet us at Bow High School Track on Tuesday mornings from 9:15 am to 10:00 am to get your weekly workout schedule. At the end of the 9th week you could reward yourself by entering the 3rd Annual Bow Police 5K Turkey Trot on Thanksgiving Morning November 24th.

For more information on the Couch-To-5K® program go to [www.coolrunning.com](http://www.coolrunning.com).

**Magic For Beginners**

*Early Release*

At the Bow Rescue Building



Wednesday, November 9  
 1:30-4:30 pm  
 Grades 4 –8  
 (bus transportation may be available for Grades 5 –8!)  
 Cost: \$45 (\$50 non-Bow) all supplies included

Professional magician BJ Hickman will present a magic workshop for beginners. This is a hands-on magical learning experience. Participants will learn easy to master fun magic tricks using cards, rope, coins, and more. Bring a snack/drink.

**Gingerbread House Workshop**

At the Bow Community Building  
 Cost: \$27 (\$30 non-Bow)



Saturday, November 12 **or** Saturday, December 3  
 Ages 5 to 9 (with a parent).....12:15 to 2:15 pm  
 Ages 9 to 12..... 2:30 to 4:30 pm  
 Ages 13 and up.....10:00 to Noon



**FAMILY DAY TRIP TO**  
**PATRIOT PLACE**

*No School*

Thursday, November 10

Cost: \$5 per person (\$7 non-Bow residents)

Bus will depart from the Community Building at 8:30 am and return at 5:30 pm.

What better time to join us on a bus trip to Patriot Place than during football season! Patriot Place located next to Gillette Stadium in Foxborough offers 16 restaurants to match your every craving. Toby Keith's restaurant "I Love This Bar and Grill" is now open! Christmas will be coming so you can get started or even finish your shopping at several of your favorite retailers like New England's only Bass Pro Shops, Life is good, Christmas Tree Shop, and the Patriots Pro Shop. Patriot Place also offers one-of-a-kind entertainment options for the whole family.



Check out their website at [www.patriotsplace.com](http://www.patriotsplace.com)

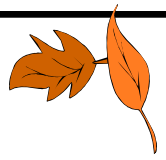
**HALLOWEEN HOME**  
**DECORATION CONTEST**



Are you one of those Bow Residents who love to decorate your home or yard for Halloween? Why not call 228-2222 and enter your home into our Halloween Decoration Contest. Judging will take place on Monday, October 24. Our Rec. judges will drive by your home sometime between 5pm—6pm to check it out.

Awards for:

- Best Scarecrow
- Best Overall decorated home



# Bow Parks & Recreation

Located at the Bow Community Building

Phone: (603) 228-2222 website: www.bowrecnh.com

## YOUR LIFE IN BALANCE



Feeling a little overwhelmed and out of balance? Are you ready to take some time for yourself and begin a path to greater wellness in all areas of your

life? Fall is a great time for new beginnings! Join Lisa Challenger, holistic health coach, for Part 1 of this 2 part series. We'll cover such areas as healthy eating and cooking, sugar cravings, healthy relationships, exercise, self-care and more! The goal of the series is to inspire you to begin taking small steps toward achieving your goals for wellness and balance. These small changes, made session after session will help you build a momentum that propels you on a path to living your best life!

The series will include 6 group classes as well as 2 individual one to one health coaching sessions with Lisa outside of class. Lisa will be contacting each student prior to class to schedule the one to one. Held At Bow Community Building.

Session I group classes will be 6:30 to 8:00 pm  
October 13, 27, Nov 10, 18 Dec. 8, and 22  
Cost: \$60 (\$65 non-Bow residents)

## R.A.D. SYSTEMS®

At the Bow Middle School  
Instructed by Officer Diana Scott  
of the Bow Police Department

### Thursday

October 6, 13, 20, 27  
6:00—9:00 pm  
Age: 13 years of age or older  
Cost: \$10 (\$15 non-Bow)

R.A.D. SYSTEMS® will help the female in your family or household feel more confident in difficult and potentially risky situations. This class is for every mother, daughter, sister, aunt, grandmother and best friend. Fitness levels are irrelevant in this class and we encourage all to attend. The intent is to focus on awareness, risk reduction, risk avoidance and of course some basic self defense moves. Mothers and daughters are encouraged to attend, and bring a friend. Great for High School girls getting ready to leave home in the near future for college.

Questions? Call Officer Scott at 228-0511 ext 230 or 603-724-0287

Be Safe



## American Red Cross Programs

### Babysitting Course

At the Bow Rescue Building

Friday, October 7th  
9:00 am—3:30 pm  
Ages 11 to 15  
Cost: \$87 (\$92 non-Bow)

No School



This class will teach knowledge and skills used to safely & responsibly give care for children & infants. Participants will develop leadership skills, learn how to develop a babysitting business, keep themselves & others safe and held children behave. Please bring lunch, snack, and drink.

### Safe On My Own Course

At the Baker Free Library

Tuesday, October 18th  
2:00—4:00 pm  
Ages 8 to 11  
Cost: \$24 (\$29 non-Bow)

Early Release



This class will teach knowledge and skills to help children stay at home alone and what to do in emergency situations. This training will help with personal safety, sibling care, family communications, internet safety & basic emergency care. Please bring a snack and drink.

## Dog Obedience Classes

at the Community Building

### Mondays,

September 19, 26, October 3, 17, 24, 31

### Dog Obedience

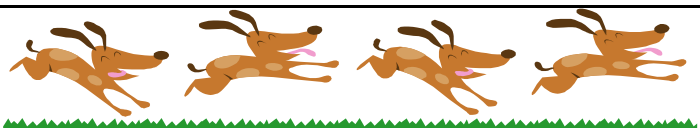
7:00 to 8:00 pm  
Cost: \$110 (\$115 non-Bow)

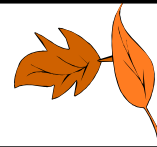
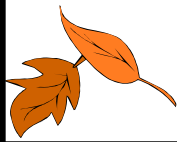
### Drop-In Rally-O

8:00 to 9:00 pm  
Cost: \$10 (\$12 non-Bow) each class

A copy of rabies certificate is required at the first class. Bring a six foot, non-retractable cotton, leather, or nylon leash (no chain leads) with training collar, and supplies to clean up after your dog for both inside and outside. Children may train the dog if a parent is present and the child is old enough and capable of handling the dog.

Questions? Call Emily at 529-2458





## Recreational Sports



### Soccer for Pre-K/Kinder At Sargent's Park

#### Wednesdays

Sept 7, 14, 21, 28, Oct. 5  
 12:15 to 12:45 p.m.: Age 3\* - \$35 (\$40 non-Bow)  
 1:00 to 1:45 p.m.: Ages 4-6 - \$40 (\$45 non-Bow)  
 \*Must be 3 by Sept. 30.

#### Thursdays

Sept. 8, 15, 22, 29 Oct. 6  
 9:00 to 9:30 a.m.: Age 3\* - \$35 (\$40 non-Bow)  
 9:45 to 10:30 a.m.: Ages 4-6 - \$40 (\$45 non-Bow)  
 12:30 to 1:15 p.m.: Ages 4-6 - \$40 (\$45 non-Bow)  
 \*Must be 3 by Sept. 30.

**SUNDAY CLASSES  
ARE FULL**

Sessions will include skill instructions and mini-games. Cancellations may occur due to severe weather. Bring a water bottle, wear shin guards, and sneakers. Questions? Call Coach Graham 223-6670 or email Coach Beaudette at bowlaura07@hotmail.com.

Coaches require participants to wear a Rec T-Shirt for the soccer & floor hockey programs. They are available at the Rec. office for \$8.00 each.



### Floor Hockey for Boys & Girls At the Community Building

*After school bus transportation is available!*

#### Thursdays

Oct. 27, Nov 3, 17 Dec 1, 8, 15		
3 Years	9:00-9:30	\$30 (non-Bow \$35)
4-6 Yrs	9:45-10:30	\$40 (non-Bow \$45)
3 Years	12:45-1:15	\$30 (non-Bow \$35)
4-6 Yrs	1:30-2:15	\$40 (non-Bow \$45)
Gr 1-4	2:30-3:30	\$40 (non-Bow \$45)
Gr 4-7	3:45-4:45	\$40 (non-Bow \$45)

**Please, No Black Sole Sneakers**

#### Fridays

Oct 28, Nov 4, 11, 18 Dec 9, 16		
Gr 1-4	2:30-3:30	\$40 (non-Bow \$45)

It's pretty tough to find a game that is more fun than floor hockey, in large part because it's a fast-paced, exciting sport that can be played by individuals of all ages and skill sets.

Please bring a water bottle. Sneakers should be worn. Goggles will be provided and required for play. Mouth and shin guards are strongly recommended.

Questions? Call Coach Graham 223-6670 or email Coach Beaudette at bowlaura07@hotmail.com.

### Archery At the Gazebo-(Community Building if raining)

#### Sundays

Session 1-Sept 11, 18, 25, Oct 2  
 Session 2-Oct 16, 23, 30, Nov 6  
 Ages 7 to Adult  
 Cost: \$50 (\$55 non-Bow)  
 Additional Family members less \$5.00



#### Beginner/Family will be held 4-5 pm

Intro to Olympic Archery—This class is for children & adults who are new to archery and competition. Form & safety will be emphasized. Participants will enjoy fun games, learn about scoring and have fun with balloons. No experience required.

#### Intermediate/Family will be held 5-6 pm

Intermediate Olympic Archery—A challenging class for children and adults who have completed the intro. to archery. Students will work at their own level of excellence with an emphasis on learning the mental aspect of the art of shooting an arrow. Youth and adults will be encouraged to compete in local competitions. Participants will enjoy fun games and have fun with balloons. Form and safety will be emphasized.

Equipment is provided or bring your own for approval by the instructor.

### Pre-K/Kinder-Basketball

Wednesday  
Sept. 21—Oct. 12  
4:15 PM - 5 PM

**OR**

Friday  
Sept. 23-Oct. 14  
4:15 PM — 5 PM



At the Bow Community Building  
For ages 4 to 5  
Cost \$20 (\$25 non-Bow)  
T-Shirts available for \$8.00



Learn the beginning skills of basketball with Coach Mark Stewart. Wear sneakers. All equipment provided. Bring water bottle

### Basketball Skills Co-Ed Grades 5-12

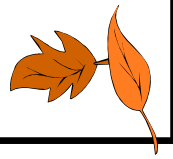
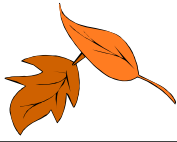
At Bow Memorial School

Sundays  
Sept 18 through Nov 13  
6:00 to 8:00 pm

Bring your own appropriately-sized basketball.

This program will be geared towards developing & improving skills & drills. Organized by Mark Stewart and conducted by others. Open to all abilities.

Dates & times subject to change.



## Children Programs

### **CELEBRATING CHILDREN PRESCHOOL**



**Playing...Learning...Growing**

Celebrating Children is a unique 3-5 year old Preschool Program held on Monday, Wednesday, and Thursday from 9:00 am to Noon offering a hands-on approach to developing the whole child. Included in our preschool program is our very popular 45 minute Sports Day at Field House Sports. We currently have limited openings for the 2011-2012 school year!

Questions or to register please contact  
 Celebrating Children at 228-2214  
 or email: [celebchildren@bow-nh.gov](mailto:celebchildren@bow-nh.gov)

### **Sports Day**

At Fieldhouse Sports



Tuesdays: October 4 to May 15

(Following the Bow School calendar)

On Field: 9:30 to 10:15 (shared snack to follow)

Ages: 3-5 Years

Cost: \$260 (\$270 non-Bow)

Our very popular Sports Day program is a perfect opportunity to expose your preschooler to a variety of different sports where very basic skills are taught, and lots of fun is always guaranteed! Bring a water bottle, wear sneakers, and come dressed to run.

Instructor: Laura Beaudette & Bill Hyslop

Questions? Email Laura at: [bowlaura07@hotmail.com](mailto:bowlaura07@hotmail.com) or [celebchildren@bow-nh.gov](mailto:celebchildren@bow-nh.gov)

### **Mad Kinder-Science...**

At Celebrating Children Preschool Room located at the Bow Municipal Bldg.

Ages 5 & 6 (Kindergarten)

Session 1:

Fridays

Oct. 14, 21, 28, Nov. 4, 18, Dec. 2

9:00-11:00 am or 12-2 pm

Cost: \$60 (\$65 non-Bow)



Come join Miss Julie & Miss Marybeth for some fun-filled adventures! Our "Mad Kinder-Science" program is hands-on activities where Kindergarteners explore their world through Science! Children will learn to predict *What? When? Where? & How?* Each session will focus on a different theme.

"If your Child is curious, this is the program for them!"

Instructors: Julie Guerrette & Marybeth Vozzella

### **Dance Classes for Children**

At the Community Building

Mondays

Sept. 19, 26, Oct. 3, 17, 24, 31

Nov. 7, 14, 21, 28 Dec. 5, 12, 19

12:15 - 12:45 pm Ages 3-4 Tap/Ballet

12:45-1:15 pm Ages 4-6 Tap/Ballet

Cost: \$91 (\$96 non-Bow)

2:30 - 3:30 pm Ages 6-9 Tap/Jazz

3:30-4:30 pm Ages 9-12 Inter/Adv Tap/Jazz

4:30-5:30 pm Ages 7-10 Beg/Inter Tap/Jazz

Cost: \$104 (\$109 non-Bow)



Our dance program will introduce children to tap, jazz, and ballet in a fun and positive environment. No experience necessary. Additional sessions will follow in winter & spring, and students have the option of participating in our Annual Spring Dance Recital held at Bow High School.

Questions? Call our instructor Karen Krause at 224-0499.

# Fall Fitness with Michele & Becca

*At the Bow Community Building*

**Welcome  
Becca!**

Bow Recreation is excited to have Becca Cleary join Michele teaching the programs below which meet requirements for health insurance fitness program reimbursements. Becca is highly qualified and experienced with ACE, Yoga, Zumba® and other certifications. Classes are for everyone

*If you miss a class, you can make it up at any other am or pm class taught by Michele or Becca that is appropriate for you.*

## Morning Programs




<b>Mondays</b> 8:30 to 9:30	 <b>Mixed Cardio &amp; Strength</b>	\$30 (\$35) (\$4.25/class)	September 12, 19, 26 October 3, 17, 24, 31	Join Becca for these heart-pumping aerobics classes which include muscle conditioning. For anyone—modifications will be offered.
<b>Tuesdays</b> 9:00 to 9:50	 <b>ZUMBA<sup>®</sup> gold</b>	\$24 (\$29) (\$4/class)	September 20, 27 October 4, 11, 18, 25	This Latin-inspired dance-exercise class with Michele is for <i>everyone</i> —beginners, older adults, or those wanting a fun, easy to follow workout.
<b>Wednesdays</b> 8:30 to 9:30	 <b>ZUMBA<sup>®</sup> &amp; CORE STRENGTH</b>	\$34 (\$39) (\$4.25/class)	September 7, 14, 21, 28 October 5, 12, 19, 26	Latin-inspired dance-exercise with Michele - no experience needed. Core strengthening after Zumba® is optional, but we hope you'll stay for it.
<b>Fridays</b> 8:30 to 9:30	 <b>Yoga Fitness</b>	\$48 (\$53) (\$6/class)	September 9, 16, 23, 30 October 7, 14, 21, 28	For <i>everyone</i> with Becca & Michele. Bring a yoga mat, towel & a strap (like a tie).

## 50-Plus Fitness Morning Program




<b>Mondays</b> 9:45 to 10:40	Aerobics, Strength & Balance Training	<b>September 7 to October 31</b> <i>(No class October 10th.)</i>  3 days/wk.: \$75 (\$77) (\$3.35/class) 2 days/wk.: \$58 (\$60) (\$3.60/class) 1 day/wk.: \$32 (\$34) (\$4/class)  <i>(Also, see above for Zumba Gold®.)</i>	These classes are especially designed for older adults, but anyone is welcome. Participants are given options to make the workouts appropriate for them. Chairs are always available for resting or balancing. Everyone over 50 needs a doctor's note.
<b>Wednesdays</b> 9:45 to 10:40	Aerobics, Strength & Balance Training		
<b>Fridays</b> 9:45 to 10:40	Strength Training & Yoga for Balance, Flexibility, and Inner Peace		

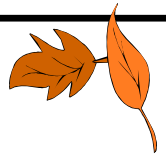
## Evening Programs

<b>Mondays</b> 5:45 to 6:45	 <b>Yoga Fitness</b>	\$42 (\$47) (\$6/class)	September 12, 19, 26 October 3, 17, 24, 31	For <i>everyone</i> at any level. Bring a yoga mat and a towel.
<b>Wednesdays</b> 5:30 to 6:00	 <b>Strength Training</b>	<b>FREE!</b> With food donations for the needy.	September 7, 14, 21, 28 October 5, 12, 19, 26	Get stronger and build your bones while helping out the needy. Bring a couple of canned goods to first class.
<b>Wednesdays</b> 6:00 to 6:45	 <b>ZUMBA<sup>®</sup> fitness</b>	\$34 (\$39) (\$4.25/class)	September 7, 14, 21, 28 October 5, 12, 19, 26	Latin-inspired dance-exercise with Michele. No dance experience needed.

Anyone with a health risk, pregnant, or 50 years or better will need a doctor's note to participate. For more information, call Bow Recreation at 228-2222 or Michele at 774-6160 or go to [www.bowrecrenh.com](http://www.bowrecrenh.com). You must pre-register. Sign up today!

## Fall Zumba® with Tracey

<b>Tuesdays</b> 5:45 to 6:45	 <b>ZUMBA<sup>®</sup> fitness</b>	\$48 (\$53) (\$6/class)	Sept 6, 13, 20, 27 Oct 4, 11, 18, 25	Latin-inspired dance-exercise. No dance experience needed.
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## Organizations & Clubs



### **Morning Duplicate Bridge Club**

On-going throughout the year. \$6 per game. Tuesdays, 11:00 am to 2:30 pm at the Bow Community Building. No need to pre-register, but knowledge of contract bridge is necessary. A partner will be provided if needed. Coffee is served; bring your lunch. Questions? Call Joan Cook at 225-6976.



### **Bow Young at Heart Club**

The Young at Heart Club meets the second and fourth Wednesdays of each month (except for November, December, January and February with one monthly meeting on the second Wednesday of those months) at the Bow Community Building from 11:30 am to 3:00 pm. The Club, open to all Bow Seniors, provides a variety of activities for its members, including trips to plays, restaurants, and attractions; guest speakers and more. At meetings, members bring their own bag lunch. Coffee and iced tea are provided by the Club, and desserts are provided by scheduled members. Potluck luncheons are scheduled for the last Wednesday in April and the second Wednesday in November, and a Christmas party is held in December. For more information call Kendra Ricard at 228-1662.



### **Basketball for Over-35, Morning Co-Ed**

On-going throughout the school year. Held each Wednesday and Friday from 6:00 am to 7:00 am at Bow High School. No High School or Junior High School Students. Suggested age is 35 and up. Bow residents have priority over non-residents. FREE, but you must fill out a waiver

### **Basketball for Men, Evenings**

On-going throughout the school year. Held each Monday and Wednesday. From 7:30 to 9:30 pm at Bow Memorial School. No High School or Junior High School Students. Men's Basketball will not meet during school holidays, vacations, or when the gym is closed. Bow residents have priority over non-residents. FREE, but you must fill out a waiver to participate and have a doctor's note if you have a serious health risk. Questions? Call Andy Bresson at 228-3586.



### **Volleyball for Adults**

On-going throughout the school year on Wednesdays, 8:00 pm to 11:00 pm at Bow Elementary School for Adults only. FREE, but you must fill out a waiver to participate and have a doctor's note if you have a serious health risk. Questions? Call Pete Mitchell at 228-5227

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## Upcoming Events

- September 24 ~ Men's Club Lobster Feast ~ 4:30pm-7:00pm at the Community Bldg
- October 1 ~ Hazardous Waste Day ~ 9:00am-1:00pm at the Community Bldg
- October 15 ~ Young at Heart Club Craft Fair ~ 8:00am-12:00pm at the Community Bldg
- October 22 ~ Ski and Skate Sale ~ 9:00am-12:00pm at the Community Bldg
- October 28 ~ Halloween Party and Magic Show ~ 4:00pm-9:00pm at Bow High School

