

# PARKS & RECREATION

## HAPPY NEW 2019 YEAR

NEW YEAR BREAKFAST  
OPEN HOUSE  
CELEBREATING CHILDREN  
WINTER HIKES  
SKATING & SLEDDING  
50 PLUS FITNESS  
ART CLASS  
BASKETBALL FOR ADULTS  
BASKETBALL - KINDERGARTEN  
BODY BLAST  
BOOTCAMP  
BRIDGE CLUB  
CARDIO FUSION  
CHILDREN'S DANCE  
FLOOR HOCKEY  
GENTLE YOGA  
K9 NOSE WORK  
LINE DANCING  
MEDITATION, MINDFULNESS  
PHOTOGRAPHY CLASS  
PICKLEBALL  
PILATES MAT CLASS  
PRESCHOOL OPEN GYM  
POUND™, Rockout, Workout  
SPORTS CLASS - KINDERGARTEN  
STRING LESSONS  
STICK & PUCK  
TEEN YOGA  
TGIF YOGA  
VOLLEYBALL FOR ADULTS  
YOGA FOR FITNESS  
ZUMBA ®



Like us on  
Facebook

## JAN | FEB | MAR BROCHURE

BOW REGISTRATION DAY  
OPEN REGISTRATION DAY

December 5  
December 7



Here at the Bow Parks and Recreation Department we take great pride in offering a well-rounded recreation program for all ages, toddlers through senior citizens. Our activities range from sports to crafts, fitness to dance, special events, trips and more. We enjoy seeing our regular customers and we enjoy welcoming new people to our programs. Stop by and visit us!

Cindy Rose, Director

Malinda Blakey, Office Manager

Anne-Marie Guertin, Program Coordinator

**PARKS & RECREATION**

Monday-Friday 8am-4pm

3 Bow Center Road (physical)

10 Grandview Road (mailing)

Bow, NH 03304

Website: [www.bownh.gov](http://www.bownh.gov)

Phone: 603-223-3920

Fax: 603-228-2230

# TO REGISTER FOR A BOW RECREATION PROGRAM

## REMEMBER THESE 3 EASY WAYS TO REGISTER!



### IN-PERSON / WALK-IN

Visit us at the Recreation Office located at the Bow Community Center to fill out your registration. Office hours are M-F, 8 am to 4 pm

### DROP BOX

An after hour drop box is provided. The box is located at the front entrance of the Community Center.

### MAIL TO:

Bow Parks & Recreation  
10 Grandview Road  
Bow, NH 03304

### **BOW REGISTRATION DAY**

- Registration is ONLY open to those in the Town of Bow
- Bow Residents enrolled in current Adult Fitness Program may register for the fitness program they are currently in, prior to the Bow Registration Day.
- Registration is on a first come, first serve basis.
- Registrations will NOT be taken prior to registration day\*
- Any registrations dropped in the secured drop box may not be processed until the end of the day and does not guarantee a spot in the program.
- Registration will stay open until a program is full.
- Once a program is full, participants will be wait listed.

### **OPEN REGISTRATION DAY**

- Registration is open to anyone residing in Bow or Non-Bow.
- Non residents are charged a higher fee because the Bow residents indirectly fund Bow Recreation through their real estate taxes..

### **INCLEMENT WEATHER / CANCELLATIONS**

- Programs may be cancelled due to inclement weather.
- A decision regarding a cancellation will be made prior to the start of a program.
- Cancellations are sent via EMAIL

### **PHOTO POLICY**

- We may take photographs and/or video for marketing purposes only.
- If you/child do NOT wish to be photographed please note this on your registration form.

### **REFUND / CANCELLATION POLICY**

- Refunds are issued only if a registered participant cancels at least one week prior to the start date; less a \$10 admin fee or the participant enrolled in the program has a note from a physician stating they are not able to participate in the program because of a medical condition.
- If Bow Recreation cancels a program, a full refund will be given.

### **CHECK POLICY**

- Returned checks will be charged a \$25 fee.

### **REMINDERS**



- Please notify office staff of ANY changes with CONTACT / MEDICAL info.
- Be sure to include your E-MAIL when registering. Communications will be sent via e-mail.

# TABLE OF CONTENTS

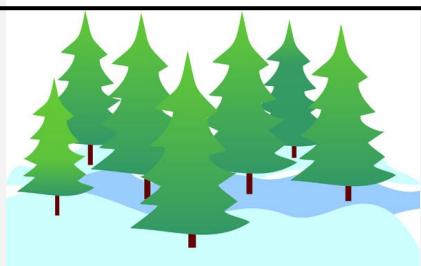
<b>PROGRAMS:</b>	<b>PAGE</b>	<b>BOW CLUBS/ORGANIZATIONS:</b>	<b>PAGE</b>
50 Plus Fitness .....	9	<u>Bow Athletic Club</u>	<a href="http://www.bowathleticclub.com">www.bowathleticclub.com</a>
Art Class Gr 1-4 & Gr 5-8.....	5	Baseball   Basketball   Field Hockey   Lacrosse	
Basketball for Adults .....	12	Soccer   Softball   Wrestling	
Basketball for Kindergarten .....	7	<u>Bow Community Men's Club</u>	<a href="http://www.bowmensclub.org">www.bowmensclub.org</a>
Body Blast .....	9	<u>Bow Garden Club</u>	<a href="http://www.bowgardenclub.org">www.bowgardenclub.org</a>
Bootcamp .....	9	<u>Bow Heritage Commission</u>	<a href="http://www.bownh.gov">www.bownh.gov</a>
Bridge Club .....	12	<u>Bow Open Spaces</u>	<a href="http://www.bowopenspaces.com">www.bowopenspaces.com</a>
Cardio Fusion .....	9	<u>Bow Pioneer Snowmobile Club</u>	<a href="http://www.bowpioneers.org">www.bowpioneers.org</a>
Children's Dance .....	6	<u>Bow PTO</u>	<a href="http://www.bowpto.digitalpto.com">www.bowpto.digitalpto.com</a>
Floor Hockey .....	7	<u>Bow Recycling &amp; Solid Waste</u>	<a href="http://www.bownh.gov">www.bownh.gov</a>
Gentle Yoga .....	9	<u>Bow Soccer Club</u>	<a href="http://www.bowsoccerclub.com">www.bowsoccerclub.com</a>
K9 Nose Work .....	8	<u>Bow Youth Football</u>	<a href="http://www.bowyouthfootball.org">www.bowyouthfootball.org</a>
Line Dancing .....	9	<u>Boy Scout Troop 75</u>	<a href="http://www.bowscouts.org">www.bowscouts.org</a>
Meditation, Mindfulness, Movement .....	9	<u>Cub Scout Pack 75</u>	<a href="http://www.pack75bow.org">www.pack75bow.org</a>
Photography Class .....	8	<u>Rotary Club of Bow</u>	<a href="http://www.bowrotary.org">www.bowrotary.org</a>
Pickleball .....	4	<u>Bow Young at Heart Club</u>	<a href="http://www.bownh.gov">www.bownh.gov</a>
Pilates Mat Class .....	9	<u>Club Meetings</u>	12
POUND™ Rockout, Workout .....	9		
Preschool Open Gym .....	7		
Sports Class for Kindergarten .....	7		
Stick & Puck Gr 5-8 .....	4		
String Lessons Gr 1-4.....	5		
Teen Yoga .....	4		
TGIF Yoga .....	9		
Volleyball for Adults .....	12		
Yoga Fitness .....	9		
Zumba® .....	9		

**REGISTER**  
Early!



*Did you know? We have  
RECREATIONAL TRAIL MAPS  
HIKING | SNOWSHOE | SNOWMOBILE*

Questions call the Recreation Office  
M-F 8am to 4pm 603.223.3920



## BOW PARKS & RECREATION

Located at the Bow Community Center, 3 Bow Center Road

Phone: (603) 223-3920 Website: [www.bownh.gov](http://www.bownh.gov)

Are you a Pickleball player?



We are looking for interested adults to help us get Pickleball here at Bow Recreation. We will start with an organizational meeting, set dates and times and order equipment.

~ Let's play Pickleball!

**NEW**

### STICK & PUCK Gr 5-8



At the Town Pond

Instructed by Joe Rider

**TUESDAYS** January 8, 15, 22, 29

Make up days if needed, February 5, 12, 19

TIME: 3:45—5:15 pm

COST: \$65 Bow Resident / \$70 Non Resident

Join Mr. Rider with a FUN after-school activity this winter! Gear up and begin with warm ups that will emphasize skating skills, stick handling and shooting. Then it will open up to play hockey.

Skates, Stick, Helmet and Gloves are not provided and must be worn to play.



**NEW**

### TEEN YOGA



At the Bow Community Center

Instructed by Alethea Kehas

**WEDNESDAYS** January 9, 16, 23, 30, Feb 6, 13

Make up day if needed, February 20

TIME: 5:30-6:30 pm

COST: \$41 Bow Resident / \$46 Non Resident

Start your New Year off right!

During our time together we'll focus on using yoga to balance the mind and body. Yoga postures will be integrated with energy balancing techniques, breathing exercises and mind-body awareness. By the end of the session, participants will have a variety of techniques that they can incorporate into their daily lives to find a greater sense of balance and alleviate stress.

Come try a class for **FREE** on Wed., January 2!

Wear comfortable clothing and bring a yoga mat.



## BOW PARKS & RECREATION

Located at the Bow Community Center, 3 Bow Center Road  
Phone: (603) 223-3920 Website: [www.bownh.gov](http://www.bownh.gov)



We will be learning hands-on techniques and exploring various media. Projects could include watercolor techniques, oil pastels, printing, and 3D art with clay; while introducing children to famous artist's techniques and works.

**LOCATION:** Bow Community Center  
*Bus Transportation is available from BES or BMS to the Community Center.*

**DAY:** TUESDAY

1. Jan 8, 15, 22, 29, Feb 5, 12  
Make up day if needed Feb 19
2. Mar 5, 19, 26, Apr 2, 9, 16  
Make up day if needed Apr 30

**GRADE: 1 to 4**      **TIME:** 2:30-3:30 PM

**COST** per session:

\$70 Bow Res | \$75 Non Res along with

**SUPPLY FEE:** \$5 payable to Elsa Chern

**GRADE: 5 to 8**      **TIME:** 3:30-4:30 PM **NEW**

**COST** per session:

\$70 Bow Res | \$75 Non Res along with

**SUPPLY FEE:** \$5 payable to Elsa Chern

**INSTRUCTOR:** Elsa Chern

## MUSIC MATTERS



### STRING LESSONS

It's never too early to get a taste of music! This half-hour of VIOLIN, VIOLA, and/or CELLO lesson is designed to fit students in Grades 1-4 and give them the abilities and opportunity to gain a better appreciation and knowledge of string instruments.

*NO prior musical knowledge is necessary!*

**LOCATION:** Bow Elementary School

**DAY:** TUESDAY

1. Jan 8, 15, 22, 29, Feb 5, 12  
Make up day if needed Feb 19
2. Mar 5, 19, 26, Apr 2, 9, 16  
Make up day if needed April 30

**TIME:** 3:45 PM or 4:20 PM

*TBD based on enrollment*

**COST** per session:

Group Lesson \$125 Bow Res / \$130 Non Res OR

Private Lessons \$155 Bow Res / \$160 Non Res

**INSTRUCTOR:** Muriel Orcutt

*Instrument Inquiries contact*

*Muriel at 603-225-8067*

## BOW PARKS & RECREATION

Located at the Bow Community Center, 3 Bow Center Road

Phone: (603) 223-3920 Website: [www.bownh.gov](http://www.bownh.gov)



### Children's Dance

#### Welcome **NEW INSTRUCTORS**

Carolyn Coskren & Meghan Demers  
of Dance Inspirations



#### **AGES 3–5** BALLET & TAP

**DAY:** FRIDAY

**TIME** 10:00-10:45 AM

1. Jan 4, 11, 18, 25, Feb 1, 8, 15, 22,  
Mar 8, 15, 22

Make up day if needed Mar 29

**COST:** \$93 Bow Res / \$98 Non Res along  
with a \$50 Costume Deposit

This class is a fun and lively class that enhances coordination, musicality, and creativity. Children will learn the basic concepts of dance, hone weight transfers and balance, and cultivate their improvisation and cooperation skills within a group. Children will learn through games, routines, and repetitive movement.

These classes help instill the proper etiquette, love, and appreciation for the art of dance.

#### **GRADES K – 1** BALLET & TAP

**DAY:** WEDNESDAY

**TIME** 2:30-3:30 PM

1. Jan 2, 9, 16, 23, 30, Feb 6, 13, 20,  
Mar 6, 13, 20

Make up day if needed Mar 27

**COST:** \$104 Bow Res / \$109 Non Res along  
with a \$50 Costume Deposit

This class is an extension of our 3-5 year old program. Children will continue to learn more ballet and tap vocabulary while implementing more advanced and complex dance combinations. These classes continue to emphasize a fun and relaxed atmosphere.

\* Bus Transportation available from BES to the Community Center

#### **GRADES 2 - 4** TAP & JAZZ

**DAY:** WEDNESDAY

**TIME** 3:30-4:30 PM

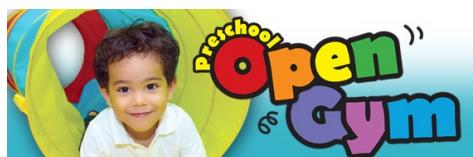
1. Jan 2, 9, 16, 23, 30, Feb 6, 13, 20,  
Mar 6, 13, 20

Make up day if needed Mar 27

**COST:** \$104 Bow Res / \$109 Non Res along  
with a \$50 Costume Deposit

This class gives the student the opportunity to explore a tap/jazz combination class for 1 hour weekly. Students will work on technique with a focus on basic positions and vocabulary of jazz and tap. This class will help the students improve their flexibility, sense of rhythm and coordination, while encouraging self-esteem and working in a group.





### **3 to 5 YEARS**

Come have fun in the gym! Each week we will have fun gym activities planned to keep kids moving during this winter season.

**LOCATION:** Bow Community Center

**THURSDAY**, 1:15-2:00 PM

**SESSION 1:** January 10, 17, 24, 31, Feb 7

**SESSION 2:** Mar 7, 14, 21, 28, Apr 4

**COST:** \$55 Bow Res / \$60 Non Res per session

**SATURDAY**, 9:00-9:45 am

**SESSION 1:** January 12, 26, Feb 2, 9, 16

**SESSION 2:** Mar 9, 16, 30, Apr 6, 13

**COST:** \$55 Bow Res / \$60 Non Res per session



### **GRADES 1 TO 4**

No matter what your skill level, come join our floor hockey program. We will work on stick handling skills, shooting, passing, and play mini games. Older groups play games.

**LOCATION:** Bow Community Center

**THURSDAY**, 2:30-3:30 PM

\*Bus transportation available

**SESSION 1:** January 10, 17, 24, 31, Feb 7

**SESSION 2:** Mar 7, 14, 21, 28, Apr 4

**COST:** \$60 Bow Res / \$65 Bow Res per session

**SATURDAY**, 10:00-11:00 AM

**DATES:** January 12, 26, Feb 2, 9, 16

**SESSION 1:** Mar 9, 16, 30, Apr 6, 13

**COST:** \$60 Bow Res / \$65 Non Res per session

### **KINDERGARTEN**



**LOCATION:** Bow Elementary School

**WEDNESDAY**, 2:15-3:15 PM

**DATES:** January 9, 16, 23, 30, Feb 6

Make up day if needed Feb 13

**COST:** \$60 Bow Res / \$65 Non Res



### **KINDERGARTEN**

#### **Sports Class**



This class is an extension of our 3-5 year old Open Gym. Each week we will have FUN sport activities planned to keep kids moving during this winter season.

**LOCATION:** Bow Elementary School

**WEDNESDAY**, 2:15-3:15 PM

**DATES:** March 6, 13, 20, 27, April 3

Make up day if needed Apr 10

**COST:** \$60 Bow Res / \$65 Non Res

### **ALL YOUTH SPORTS PARTICIPANTS**

Are required to wear a Bow Rec Sports T-Shirt, COST: \$10

### **NEW YOUTH SPORTS**

#### **INSTRUCTORS:**

Alicia Mondello &  
Sarah Mann



## BOW PARKS & RECREATION

Located at the Bow Community Center, 3 Bow Center Road  
Phone: (603) 223-3920 Website: [www.bownh.gov](http://www.bownh.gov)



### LOCATION: Community Center

K9 Nose Work for dogs learning how to search for a specific odor or odors and find the source.

All breeds and dogs welcome

- ♦ Relaxed environment

*It's a great sport to burn off energy in an active dog, bring up confidence in a shy dog, keep an older dog sharp, and, most importantly, deepen the relationship between dog and owner.*

**DAY/TIME:** MONDAY, 8:00-9:00 PM

**DATE:** On-going beginning 01/07/19

**COST:** \$10 Bow Res / \$12 Non Res

**Happy 15th Anniversary!**

**INSTRUCTOR:** Emily St. Hilaire



### PHOTOGRAPHY CLASSES

#### LEVEL I - SNAP HAPPY



How to get your DSLR off auto and on to better pictures...

In this two-day class session you will learn the *What, How, and Why* behind your camera settings, as well as tips and tricks for making better pictures.

**DAY/DATE:** TUESDAY, January 8 & 15

**DAY/DATE:** TUESDAY, March 5 & 12

**TIME:** 7:00-8:30 PM

At the Town Municipal Building

\$55 Bow Resident | \$60 Non Resident

#### LEVEL II - BEYOND THE BASICS

Know how to use your camera but want to take your photos to the next level? If you understand how to operate your camera in manual mode then lets go *Beyond The Basics* in this next level class. Learn with hands-on guided training of composition techniques, selective focus, varied lighting, and white balance.

**DAY/DATE:** TUESDAY, February 5 & 12

**DAY/DATE:** TUESDAY, April 2 & 9

**TIME:** 7:00-8:30 PM

At the Town Municipal Building

\$55 Bow Resident / \$60 Non Resident



# Bow Recreation Fitness

## Jan / Feb / Mar 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BODY BLAST</b> 8:30-9:30 am Jan 7, 14, 28 Feb 4, 11, 18 <u>COST:</u> \$41 /\$46	<b>BOOTCAMP</b> 6:00-7:00 am Jan 8, 15, 22, 29 Feb 5, 12, 19 Mar 5, 12, 19, 26 Make up if needed <u>COST:</u> \$181 / \$186 for Tue & Thu	<b>CARDIO FUSION</b> 8:30-9:30 am Jan 2, 9, 16, 23, 30 Feb 6, 13 Make up if needed Feb 20 <u>COST:</u> \$47 / \$52	<b>BOOTCAMP</b> 6:00-7:00 am Jan 3, 10, 17, 24, 31 Feb 7, 14, 21, Mar 7, 14, 21 Make up if needed Mar 28 <u>COST:</u> \$181 / \$186 for Tue & Thu	<b>TGIF YOGA</b> 8:30-9:30 am Jan 4, 11, 18, 25 Feb 1, 8, 15, 22 Mar 8, 15, 22 Make up If needed Mar 29 <u>COST:</u> \$71 / \$76
<b>LINE DANCING</b> 9:35-10:55 am Jan 7, 14, 28 Feb 4, 11, 18 <u>COST:</u> \$41 /\$46	<b>ZUMBA ®</b> 5:45-6:45 pm <i>Will be announced when available</i>	<b>50 PLUS Fitness</b> 9:45-10:40 am Jan 2, 9, 16, 23, 30 Feb 6, 13 Make up if needed Feb 20 <u>COST:</u> \$33 / \$35	<b>PILATES MAT CLASS</b> 8:30-9:30 am Jan 10, 17, 24, 31 Feb 7, 14, 21 Mar 7, 14, 21 M/U if needed Mar 28 <u>COST:</u> \$65 / \$70	<b>MEDITATION</b> 10:30-11:30 am Jan 3, 10, 17, 24, 31 Feb 7, 14, 21 Mar 14, 21 Make up if needed Mar 28 <u>COST:</u> \$65 / \$70
<b>50 PLUS Strength &amp; Balance</b> 11:00-11:35 am Jan 7, 14, 28 Feb 4, 11, 18 <u>COST:</u> \$29 /\$31				<b>POUND™</b> <i>Rockout, Workout</i> 5:45-6:45 pm <i>Will be announced when available</i>
<b>GENTLE YOGA</b> 12:00-1:00 pm Jan 7, 14, 21, 28 Feb 4, 11, 18 Mar 4, 11, 18 Make up if needed Mar 25 <u>COST:</u> \$65 / \$70				<b>YOGA FITNESS</b> 7:00-8:00 pm Jan 3, 17, 24, 31 Feb 7, 21, Mar 7, 21 Make up if needed Mar 28 <u>COST:</u> \$53 / \$58
<b>YOGA FITNESS</b> 5:45-6:45 pm Jan 7, 14, 21, 28 Feb 4, 11, 18 Mar 4, 11, 18 Make up if needed Mar 25 <u>COST:</u> \$65 / \$70	<b>For a complete description of these programs see page 10 and 11</b>			

# Bow Recreation Fitness

Continued from page 9 &11

- \* FITNESS CLASSES are CO-ED for Adults
- \* Classes held at the Bow Community Center
- \* Come hydrated, drink water during class and extra water after class!
- \* The warmup is a critical part of class. Please make every effort to arrive to class on time so your body is properly prepared.
- \* Remember to work at your own pace and listen to your body!
- \* **Please Change Your Shoes!** We are trying to keep the floor space clear from debris and

- slippery when wet. Wear street shoes to class, enter by the front door and change into your workout shoes.
- \* **Weather Cancellations**, we will no longer be following the school schedule for weather cancellations. If Bow Recreation decides to cancel a program due to weather, we will send emails to class participants and post the cancellation on our Facebook page.

*~Happy New Year from all of us at Bow Rec!*

## 50 PLUS STRENGTH & BALANCE

Join our Over 50 Brains & Balance specialist, Michele Vecchione on MONDAYS along with friends to discover that fitness is a lot of fun! This 35-minute class will focus on strength training and balance for older adults. Modifications are provided with options against a wall, using a chair, or lying on the floor. Bring a water bottle; and, if you wish to do exercises lying on the floor (optional), bring a mat and a small hand towel or kitchen towel.

*~ INSTRUCTOR: Michele Vecchione, Happy 30th Anniversary!*

## 50 PLUS FITNESS

On Wednesdays this program offers strength training, cardio, balance training, and more. The emphasis is on the needs of the exercising older adult, but anyone is welcome. Modifications are provided with options against a wall, using a chair, or lying on the floor. Bring a water bottle; and, if you wish to do exercises lying on the floor (optional), bring a mat and a small hand towel or kitchen towel. Chairs are available for resting and/or balancing.

*~ INSTRUCTOR: Michele Vecchione, Happy 30th Anniversary!*

## BODY BLAST

Build your bones, strengthen and stretch your muscles in this 60-minute strength training program. Whether you are a beginner or more advanced, this class is right for you as modifications are provided for various abilities. Instruction in self-myofascial release with a roller will be demonstrated for those who arrive early. You won't want to miss it! Bring a mat, small hand towel or kitchen towel, and a water bottle. Anyone 50 and older or those with a health risk will need a doctor's note to participate.

*~ INSTRUCTOR: Michele Vecchione, Happy 30th Anniversary!*

## BOOTCAMP

In this two-day a week FUN co-ed group exercise class we will combine strength training and cardio work in a variety of ways including drills, circuits, games, and interval training. Participants leave having completed a full-body workout each class.

*~ Welcome NEW INSTRUCTOR: Tara Green*

# Bow Recreation Fitness

Continued from page 9 & 10

## **CARDIO FUSION**

This program for advanced beginner/intermediate participants alternates between step and low-impact aerobics and includes strength and balance training at each class. Have fun, get strong, and build cardio endurance. Bring a mat, water, and a small hand towel or kitchen towel. Anyone 50 and older or those with a health risk will need a doctor's note to participate.

## **GENTLE YOGA**

Our GENTLE YOGA class offers stretching and strengthening and relaxing opportunities with chair support for full-body engagement, head & neck to ankles & toes. Whether you're new to yoga, expanding your physical therapy practice, and/or looking for new ways to explore your body, this yoga class will offer practice for building flexible strength, using the chair for seated poses and for balancing poses. All are welcome.

~ **INSTRUCTOR:** Kristina Lucas, RYT

## **LINE DANCING**

Never line danced? Just a beginner? This class is perfect for you. Join us and you'll be doing sailors, twinkles, shuffle and rocks and more before you know it. It's a fun way to add movement into your routine. NO experience necessary.

~ **INSTRUCTOR:** Michele Vecchione, *Happy 30th Anniversary!*

## **MEDITATION, MINDFULNESS, NATURAL MOVEMENT** “A pause for presence”

Lucia comes to you with great enthusiasm and knowledge in the areas of body, mind, and spirit. She will guide you in mindful gentle movement with a step by step instruction for seated and walking meditation, for a full relaxing body scan! Feel better, reduce stress, and enjoy life a little more.

~ **INSTRUCTOR:** Lucia Cote, RYT

## **PILATES MAT CLASS**

This NEW PILATES program increases core strength, facilitates better breathing, uniformly develops muscles, builds physical and mental stamina, increases flexibility and improves posture. In this class you will learn the classical Pilates mat repertoire assisted props such as balls, rollers, and hand weights. Come join us Thursday mornings and leave feeling revitalized and full of energy for the day!

~ *Welcome* **NEW INSTRUCTOR:** Natalie Hunter

## **T.G.I.F. YOGA**

All levels welcome! Poses include strengthening, balancing, and stretching with options for varying abilities, as well as relaxation for stress reduction.

~ **INSTRUCTOR:** Becca Cleary

## **YOGA FITNESS**

Come **S-T-R-E-T-C-H** with us! Our yoga practice meets you where you are, and we'll explore beginning to more experienced modifications from Kripalu Hatha Yoga, including Yin and Restorative Asanas, as well as Qi Gong healing for boosting immunity. We will stretch, strengthen & balance with a focus on mindful breathing and pranayama practice for stress reduction, relaxation, and equanimity.

~ **INSTRUCTOR:** Kristina Lucas, RYT



## Duplicate Bridge Club

**TUESDAYS @ 9:50 AM – 1:50 PM**

Open game \$9 per player

This is an ACBL-certified ( $\infty$ /1500/500)

Open game played at the Community Center.

Bring lunch | Coffee, Tea and snacks supplied



## Bow Young At Heart Club

ALL Seniors 55 years and over are welcome!  
Dues are \$15 per year. Meetings held at the  
Bow Community Center, 3 Bow Center Rd, Bow  
unless otherwise noted.

### 2019 MEETING DATES:

**JANUARY 9**

**FEBRUARY 13**

**MARCH 13**

**MARCH 27**

**MEETING TIME: 11:30 AM**

QUESTIONS: Call Club Member,  
Ray Johnson at 603-228-8149



## ADULT BASKETBALL

### **Adult Ages 35 and Older Co-Ed AM**

**WEDNESDAY | FRIDAY**

**TIME: 6:00-7:00 AM**

- On-going throughout the school year
- Held at Bow High School, 55 Falcon Way
- Inquiries contact Rob Jobel at [r\\_jobel@hotmail.com](mailto:r_jobel@hotmail.com)

### **Adult Co-Ed PM**

**MONDAY | THURSDAY**

**TIME: 7:30-9:30 PM**

- On-going throughout the school year
- Held at Bow Elementary School,  
22 Bow Center Road
- Inquiries contact Erik Pike at [erikpike@comcast.net](mailto:erikpike@comcast.net)

Bow Residents have priority over non-Residents  
NO junior or senior high school players



## Adult Volleyball

**WEDNESDAY**

**TIME: 8:00-10:00 PM**

Competitive adult co-ed volleyball. This is an inter-mediate-level pickup game, with teams formed based on who shows up. Come once or every week. Previous volleyball experience highly recommended.

- On-going throughout the school year
- Held at Bow Elementary School,  
22 Bow Center Rd, Bow

Inquiries call Pete Mitchell @ 603-228-5227 or  
[email volleyball@mitchellnh.com](mailto:volleyball@mitchellnh.com)

# Happy New Year

## Bow Community Men's Club New Year's Day Breakfast Buffet

Held at the Bow Community Center,

3 Bow Center Rd

8:30 AM to 12:00 PM

**ADULTS \$12**

**CHILDREN (12 and under) \$5**



Eggs, Bacon, Sausage, Hash, Beans,  
Pancakes (Plain & Blueberry), French Toast,  
Fruit Salad, Toast, and Assorted Juices,  
Milk, Coffee, Tea, and Hot Chocolate

All proceeds raised by the event are returned to the community



# OPEN HOUSE

TUESDAY  
January 15, 2019  
6:00-7:30 pm

## CELEBRATING CHILDREN PRESCHOOL

3-5 Year Olds 4-Day Program  
Mon., Wed. & Thurs.

9am-12pm

Plus Tues.- Sport Day 45 min. session  
at FieldHouse Sports

10 Grandview Rd.  
Bow, NH 03304  
(603) 228-2214

[cgreenwoodyoung@bownh.gov](mailto:cgreenwoodyoung@bownh.gov)

**Registration opens  
Tues, January 15 for the 2019-2020 School Year...  
Limited openings available for this current school year!**

"Come join in the fun!"



\*Celebrating Children is licensed with the State of NH Bureau  
of ChildCare Licensing and a Bow Parks & Recreation Program



*Guided*

## FULL MOON WINTER HIKES

***Never stop exploring your community! Hike with us ...***

Guided by: Bob Dawkins of Bow Open Spaces [www.bowopenspaces.com](http://www.bowopenspaces.com)

- **SATURDAY, January 19, 2019**

We will be headed to Piper Mountain Trail, Belknap Range, Gilford NH  
Leaving the Carriage Road entrance at 5:30 pm  
1.3 Mi. | 1000 ft. | approximately 1 hr. 10 min | Moderate

- **SATURDAY, February 16, 2019**

We will be heading to Mt Kearsarge, Wilmont NH  
Leaving the Winslow & Rollins State Park entrance road at 4:30 pm  
2.8 miles | 2937 ft. elevation | approximately 2-3 hours | Moderate

- **SUNDAY, March 10, 2019**

Come explore Nottingcook Forest right here in Bow, NH.  
Meet at the Nottingcook South Bow trailhead for a DAY hike and enjoy LUNCH on Great Hill. More detail to follow.

Some winter snowshoe and hiking experience required. Must have adequate gear, food and water. We will have you speak directly with Bob prior to the hike to be sure these requirements are met.

RSVP with Bow Recreation at 603.223.3920





## SKATING & SLEDDING SEASON

Photo by: Harry Hadaway

***SKATING*** at the Town Pond & ***SLEDDING*** at the Bandstand

OPEN to the public, weather permitted

Please read and obey ALL signs

We will post if the pond is Open/Closed for Skating

Call the Recreation Office at 603-223-3920  
M-F 8am-4pm.

