

BOW CENTRE

Social Club Connection

Our Mission

The mission of the Bow Centre Social Club is to give its members a friendly, welcoming place to have fun, enjoy social activities, and gain awareness of our community and its services. Membership is open to all residents of Bow Centre Place.

Upcoming Events

CHECK OUT THE BULLETIN BOARDS.

on the mainfloor

There are a lot of other activities going on in our area.

* Craft with Mary

Tuesday, Sept 8 & 22

Starting at 1:00 pm

All are welcome.

A picture of craft is with the Signup sheet on the bulletin board.

* Smiley

Monday, Sept 21

All Day

Bring your towel.

Signup sheet is on the bulletin board

* Rhythm & Movement

Starts Friday, Sept. 11

at 10 - 11am

in the dining room.

Important Info...

BOW CENTRE SOCIAL CLUB (BCSC)

Has a logo now. So when you see this symbol, you will know that it is a Social Club Event.



Did you also know that because YOU LIVE HERE, you are automatically a Social Club Member.

Mark your calendar for our Social Club Meeting on Tuesday, September 1 at 6:00 p.m.

This is **your** Social Club, and we'd love to see you there! We'll also be holding nominations for a new Executive Board. If you know someone who would make an excellent Executive Board member—including yourself—we encourage you to submit a nomination.

After the Social Club meeting on September 1st, another short information sheet will be prepared introducing the new Executive board.

MANDATORY MEETING FOR ALL TENANTS



All tenants are required to attend a Mandatory Tenant Meeting on Monday, September 14 at 10:00 a.m.

The Calgary Fire Department will be presenting **important fire safety information that affects everyone in our building.** Your attendance is expected. Refreshments will be served.

Attendance is requested by the Board of Directors

DID YOU KNOW...

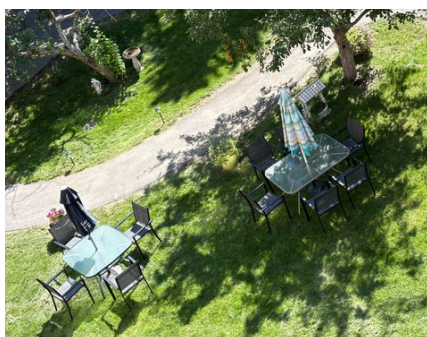
Here are some things that you may not know.

Bow Centre Courtyard



Did you know that this beautiful tree has apples? Did you also know that there are tables and chairs set up for anyone to use?

While you are walking around, checking this out, pick an apple or 2.



COFFEE / TEA BREAK

We meet every Monday morning at 10 am for a time to get out of your apartment for sometime to chat, have a hot (or cold) drink and some treats.

About 15 - 20 people meet each week. There is always room for more.



MARK YOUR CALENDARS

Rhythm & Movement Exercise with Tina

FRIDAY MORNINGS from 10 to 11am - Dining Room



You are warmly invited to join our gentle, friendly Exercise Class! It is a fun, low-impact way to build strength, improve balance, and enjoy good company. No experience needed.

**The first session is FRIDAY, SEPTEMBER 11 until October 30
8 classes at \$6/class = \$48.00 - Payment is payable at first class.**



Flu & COVID Vaccine Clinic - Wed., Oct. 21 - starting at 9am

Saturday, October 17th



Guess who's coming...

ELVIS will be back to entertain us at our October evening with the BCHS Board & Friends!

Thursday, December 17th



Christmas Evening with the BCHS Board & Friends and with 3 Piece Suit.

