



# WELCOME TO

# Bow Island

Your local attraction and retention committee is:

**BOW ISLAND & AREA HEALTHCARE RECRUITMENT COMMITTEE**

**CONTACT: MAYOR GORDON REYNOLDS: 403-548-0880 OR [MAYOR@BOWISLAND.COM](mailto:MAYOR@BOWISLAND.COM)**

## RECREATION & ACTIVITIES

- Blues at the Bow
  - live music in Bow Island
- Bow Island Centennial Park
  - camping, playground, soccer, volleyball, splash park
- Bow Island Children's Festival
  - 3rd Sunday in June
- Bow Island Golf Club
- Bow Island Swimming Pool
- Foremost Golf Club
- Foremost Pool & Splash Park
- Foremost Rodeo
- Forty Mile Park (23 km south on Hwy 879)
  - camping, swimming, boating, & fishing
- Hockey & skating programs at both Bow Island & Foremost Arenas
- Market in the Park - Bow Island
- Wayside Campground - Foremost
- Writing-on-Stone World Heritage Site (90 km south on Hwy 879)

## RESTAURANTS & GROCERY STORES

- Back 40 Foods - Foremost
- Char's Bar - Bow Island
- Foremost House Restaurant
- Foremost Pub and Grill
- Island Inn - Bow Island
- Island Market Groceries - Bow Island
- Jimmy's Drive-In - Bow Island
- La Hacienda - Bow Island
- Len's Foods - Bow Island
- Main Street Café and Lounge - Foremost
- Peter's Family Restaurant - Bow Island
- Rolling Pin Bakery & Café - Bow Island
- Subway - Bow Island
- Tim Hortons - Bow Island



**Hidden Gem!** Etzikom Windmill Museum: Located 69 km southeast of Bow Island, this museum celebrates the innovative way the region has utilized wind for over 100 years, from the early settlers to the renewable energy windfarms of today.



This information is provided courtesy of the Rural Health Professions Action Plan.  
For more information visit [rhpap.ca](http://rhpap.ca).



**Did You Know?** Bow Island is the birthplace of the Alberta commercial natural gas industry. This region has the most annual hours of sunshine in Canada!

## HEALTHCARE SERVICES

### Hospitals & Clinics

- Bow Island Health Centre  
- 10 acute care beds, 20 long-term care beds, emergency and out-patient care, lab & X-ray. Physiotherapy on site. Recreational and Occupational therapy.
- Alfred Egan Home for Persons with Developmental Disabilities - 30 beds attached to the Health Centre
- Bow Island Medical Clinic sub-office in Foremost

### Pharmacies

- Bow Island Apple Drugs

### Private/Blended Practice

- Back to Health  
Chiropractor in Foremost
- Bow Island Chiropractor
- Bow Island Dental Centre
- Bow Island Physiotherapy
- Home Care - Bow Island
- Nail Glitz & Beyond Nail & Foot Care

### Public Health Facilities

- Public Health Office

### Retirement and Long-Term Care Facilities

- Foremost Fairway Manor  
- Independent Living
- Pleasant View Lodge  
- Bow Island Assisted Living
- Pleasant View Manor  
- Bow Island Independent Living



We are supported by **Emergency Medical Services**



We are connected to the **Palliser Primary Care Network**

## PLACES OF WORSHIP

- Bow Island EMC
- Bow Island Evangelical Free Church
- Church of God in Christ, Mennonite
- Foremost Evangelical Free Church
- Foremost Lutheran Church
- Foremost United Church
- Grace Christian Fellowship - Bow Island
- Islamic Association of Medicine Hat
- LDS Church - Bow Island
- Our Lady of Perpetual Help - Foremost Catholic Church
- St. Andrew's United - Bow Island
- St. Michael's Catholic - Bow Island
- Zion Lutheran Church - Bow Island

## VOLUNTEER, SERVICES CLUBS, & RESOURCES

- Bow Island Elks Club
- Bow Island Lions Club
- Bow Island Women's Institute
- Golden Age Club - Bow Island
- Knights of Columbus & CWL
- Royal Canadian Legion - Bow Island & Foremost

## SCHOOLS & RESOURCES FOR PARENTS

- Bow Island Elementary K-3
- Burdett School
- Cherry Coulee Christian Academy
- Foremost School
- Parent Link (FCSS)
- Senator Gershaw 4-12
- St. Michael's Catholic K-12

## FINANCIAL INSTITUTIONS

- ATB - Bow Island & Foremost
- RBC - Foremost
- Servus Credit Union - Bow Island

## ADDITIONAL SERVICES & RESOURCES

- 40-Mile County Commentator newspaper
- Bow Island Chamber of Commerce
- Foremost Chamber of Commerce
- Foremost Municipal Library
- Forty Mile Regional FCSS
- Susan Andersen Library - Bow Island

Learn more about Bow Island at [bowisland.com](http://bowisland.com) or at Pinto MacBean on Facebook!



**Hidden Gem!** Red Rock Coulee: Located 60 km southeast of Bow Island, this unique formation features some of the largest multi-coloured exposed bedrock and red sandstone boulders in the world. It was created in the ancient seabed and has been carved by water and wind over time.