



Wahpeton Breckenridge

CHAMBER OF COMMERCE

Chamber Board of Directors

Mary Wolfram - President
Twin Town Villa

Jodi Henrickson - Vice President
Edward Jones

Gail Grant - Treasurer
CHI St. Francis Health

Amy Ziegler
Wahpeton Drug & Gift

Chris Kappes - Director
Circle of Nations

Angela Cruff - Director
Blue Cross Blue Shield

Edd Goerger - Director
Heartland Insurance

Jim Cornelius - Director
Benedictine Living Community

Stephanie Samuelson - Director
First Community Credit Union

Tana Erbes - Director
NDSCS

Staff

Lisa Kunkel - Executive Director
Tabitha Dodge - Executive Assistant

Holiday Keep It Local Promotions

On Saturday, November 27th, shoppers hit the streets of the Twin Towns to support our local small businesses and for a chance to win \$1,000 in Chamber Bucks. Area shoppers simply needed to spend a minimum of \$10 at any locally owned small business in the Twin Towns, write their name and phone on the back of their receipts and bring them to the Chamber office. This promotion was for purchases made on Small Business Saturday only. On Monday, we separated the receipts in to two categories, Wahpeton receipts and Breckenridge receipts. Heidi Genereux won \$500 from the Wahpeton receipts and Terry Nelk won \$500 from the Breckenridge receipts. Over \$16,500 worth of receipts were turned in to the Chamber office for the drawing. That is far more than double the amount of approximately \$7,000 turned in last year.

Our current promotion is selling Keep The Cheer Here numbered buttons. Buy a numbered button at any of the participating businesses for \$10 (\$5 of each purchase will go to the Backpack Program) and get your number entered in to a drawing for Chamber Bucks to be given away throughout the month of December. Get your button number entered extra times by shopping at participating businesses. For every \$20 you spend a local participating business your number will be entered an additional time in to the drawing box. It's easy, just drop your receipts with your button number written on the back at the Chamber office (inside during business hours or anytime in our outside dropbox)! Buy a button for yourself, friends, family, or employees and have a chance to win up \$1,500 in Chamber Bucks.

Keep the cheer here this holiday season. Shop local, eat local, and enjoy local. Support the small businesses that make our community unique and don't forget to turn in those receipts for your chance to win Chamber Bucks to help make your holiday season extra merry.

Welcome To Our New Chamber Members

Join us in welcoming Nodak Insurance - Chad Perdue Agency!

Nodak Insurance Company, recognized as one of the top 50 property/casualty companies in the nation by The Ward Group, is a North Dakota-based company that has been proudly serving the state's residents for over 75 years. We're not just your agents. We're your friends and neighbors. More importantly, we're agents with answers.

Our mission is to meet the lifetime financial needs of our clients by providing competitive products and outstanding service. We accomplish this through our vision of being the consumer's choice for their insurance needs. Our values are to remain customer-driven and quality-focused as we strive for excellence, always with honesty and integrity.

Chad can be reached at

(701)-642-9251

cperdue@nodakins.com

nodakins.com/chadperdue

Welcome Chad and Nodak Insurance Company!



 **Nodak**
Insurance Company

Chad Perdue Agency



Dakota Coffee Co.



Congratulations Mitch & Victoria Ronan on their Grand Reopening of Dakota Coffee Co! They recently purchased the store and are excited to bring back local favorites. You can find them on fb @dakotacoffeeco or give them a call at (701) 591-2022.

Dakota Coffee Co. is located at 1001 2nd Ave N, Wahpeton



JOIN OUR TEAM

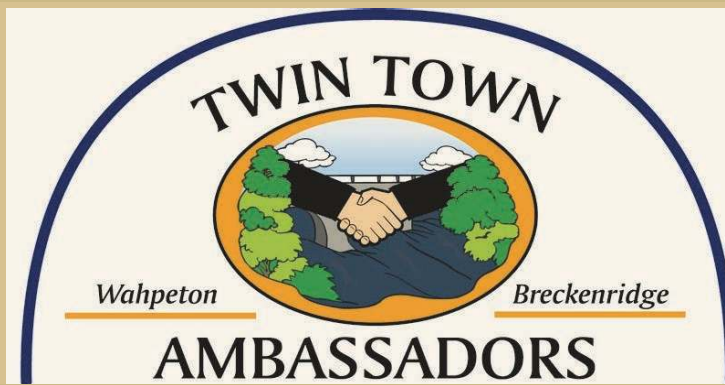
We are currently looking to add more ambassadors to our group. The Twin Town Ambassadors meet the 2nd Tuesday of each month at 8:30 am at the chamber office. Being an ambassador is a great way to learn more about what is happening in the businesses in our community.

If you would like to join this fun, energetic group and help us celebrate the milestones of our business community, please feel free to contact us and we'd be happy to give you more information.



Twin Town Ambassadors

John Nyquist - President
Edward Jones
Amanda Crouse - VP
Bremer Bank
Carla Broadland - Secretary
City of Wahpeton
Diana Hermes
Daily News
Wendy Kahler
Red River Human Services
Brittany Myhra
Chahinkapa Zoo
Mary Wolfgram
Twin Town Villa
Sunny Eckert
Baymont
Kory Kaste
First Community Credit Union
Raychel Bertelsen
WCCO Belting, Inc
Brittany Finnie
Nielsen Electric TV & Appliance Center
Mitch Ronan
Bell Bank
Jenna Lovgren
Red River Communications
Annie Sauvageau
CAPLP
Lindsay Auwarter
Leach Home
Mandy Steinberger
Breckenridge Family Comm. Center
Tony VanDyke
Thrivent Financial



Meet our new Twin Town Ambassadors!



Annie Sauvageau: Employed with Lakes & Prairie's Community Action Partnership, Annie hopes to make the community more familiar with CAPLP and its resources, as well as learn more about area businesses.

Lindsay Auwarter: Lindsay joins us from The Leach Home. She enjoys being involved in the community, supporting local businesses, and finding ways to improve, enhance and share with others all the Twin Towns has to offer.



Mandy Steinberger: Mandy oversees the Breckenridge Family Community Center. As an Ambassador, she hopes to get more involved in helping local businesses and celebrating their successes.

Tony VanDyke: A Thrivent Financial Professional, Tony is new to the area and hoping to get more involved in the Twin Towns.



Advertise on the Chamber Digital Sign!

**YOU'VE DRIVEN BY OUR AWESOME
DIGITAL SIGN ON 11TH AND WANT
TO ADVERTISE ON IT?**

Now you can!

Available to Chamber Members only



**Wahpeton
Breckenridge**

CHAMBER OF COMMERCE

\$175.00 - 2 weeks

\$300.00 - 4 weeks

Use your design or we will help you make one.

We will continue to run Member logos throughout the year as
a perk of being a member.

(701) 642-8744

Please call, email or stop by the Chamber to
start advertising your business!



Wahpeton
Breckenridge

CHAMBER OF COMMERCE

ANNUAL AWARDS

SPARK PLUG AWARD

THIS AWARD GOES TO A MEMBER BUSINESS (USUALLY A NEW BUSINESS) OR A PERSON WHO HAS SHOWN AN EXTRA "SPARK OF ENTHUSIASM" FOR OUR COMMUNITY OR CHAMBER IN THE PAST YEAR THROUGH ACTIVITIES, PROACTIVE BUSINESS PRACTICES, OR FORMING POSITIVE RELATIONSHIPS THAT BENEFIT THE COMMUNITY AND THE CHAMBER.

BUSINESS OF THE YEAR

NOMINEE SHOULD INCLUDE THOSE BUSINESSES WHO HAVE DEMONSTRATED OUTSTANDING LEADERSHIP, BUSINESS ACUMEN, AND PROFESSIONALISM WITHIN OUR COMMUNITY. CRITERIA INCLUDE: 1. DEMONSTRATED SUCCESS IN AREAS INCLUDING EMPLOYMENT, SALES AND INNOVATION 2. DEDICATION TO QUALITY, CUSTOMER SERVICE, AND COMMITMENT TO EMPLOYEES 3. EVIDENCE OF CONTRIBUTION TO THE COMMUNITY AND COMMUNITY-ORIENTED PROJECTS 4. ADDITIONAL INFORMATION SUCH AS HURDLES OVERCOME, INNOVATIVE MANAGEMENT TECHNIQUES, PREVIOUS AWARDS WON, ETC.

NON-PROFIT OF THE YEAR

NOMINEES OF THIS COMMUNITY SERVICE AWARD SHOULD HAVE DISPLAYED INSPIRING VISION, FOSTERED COLLABORATION, AND EMBODIED COMMUNITY SERVICE AS DEMONSTRATED THROUGHOUT THEIR GOOD WORK WITHIN OUR COMMUNITY. CRITERIA INCLUDES 1. EVIDENCE OF CONTRIBUTION TO THE COMMUNITY THROUGH COMMUNITY-ORIENTED PROJECTS 2. PROVIDING PROFESSIONAL EXPERTISE OR PERSONAL TALENTS TO THE COMMUNITY 3. ENGAGING IN CIVIC AND/OR COMMUNITY ACTIVITIES THAT PROMOTE THE COMMUNITY, OUR RESIDENTS, BUSINESSES, AND EDUCATIONAL FACILITIES (INCLUDES SUPPORT OF THE WB AREA CHAMBER OF COMMERCE).

CHAMBER SERVICE AWARD

THIS AWARD IS PRESENTED TO A CHAMBER MEMBER WHO HAS PROACTIVELY DEMONSTRATED EXTRAORDINARY ENTHUSIASM FOR OUR ORGANIZATION THROUGH VOLUNTEERISM, AND PARTICIPATION IN CHAMBER ACTIVITIES AND/OR COMMITTEES. THIS NOMINEE SHALL ALSO HAVE ACTED AS A NOTABLE POSITIVE "AMBASSADOR" FOR OUR CHAMBER THROUGH INTERACTIONS WITH THE PUBLIC AND OTHER MEMBERS.

LIFETIME ACHIEVEMENT BUSINESS AWARD

THE PURPOSE OF THIS AWARD IS TO GIVE RECOGNITION TO A MEMBER BUSINESS OR PERSON WHO HAS BEEN A DEDICATED AND POSITIVE FORCE IN THE WAHPETON BRECKENRIDGE BUSINESS COMMUNITY FOR SEVERAL DECADES.

MARK WERRE COMMUNITY SERVICE AWARD

EACH YEAR, THE WB CHAMBER SELECTS A PERSON, PERSONS, GROUP OR ORGANIZATION WHO HAS DISPLAYED CONSPICUOUS SERVICE AND DEDICATION TO THE COMMUNITY.

ANYONE IS ENCOURAGED TO SUBMIT NOMINATIONS BY DECEMBER 13TH. PLEASE CONTACT THE CHAMBER IF YOU NEED A NOMINATION FORM. AWARDS WILL BE VOTED ON BY THE BOARD AND PRESENTED AT THE ANNUAL MEETING.
THANK YOU!



**Wahpeton
Breckenridge**

CHAMBER OF COMMERCE



www.wbchamber.net

events - calendar

Calendar of Events

For a complete list of community events please see our events calendar on our website at www.wbchamber.net. Also "like" the Wahpeton Breckenridge Facebook page for the most complete list of updates and announcements.

CONTACT US

Wahpeton Breckenridge Area Chamber of Commerce
1505 11th Street N
Wahpeton, ND 58075

Phone - 701-642-8744
Fax - 701-642-8734

Lisa Kunkel - Executive Director
lisa@wbchamber.net
Tabitha Dodge - Executive Assistant
tabitha@wbchamber.net

WWW.WBCHAMBER.NET



Twin Town Business Partners Presents
Holiday Shopping: Keep the Cheer Here Buttons!

- Purchase a numbered button at a participating business for \$10 – *half goes to the local Back Pack Program!*
- Button Purchase = 1 drawing entry.
- Use your button for specials at participating businesses throughout December.
- Every \$20 spent at a participating business = 1 drawing entry (*bring receipts with name & phone number to the Chamber Office or outside dropbox*).
- Chamber Bucks Drawings are held on week days Dec. 1– Dec. 23 (\$25–\$200 daily!)
- Winning button numbers are posted at participating businesses.
- Bring your winning button to the Chamber Office to claim your cash prize.
- Receipts dated 11/29–12/22 are eligible for prize drawings.
- Questions? Contact the Chamber (701) 642-8744

OPEN HOUSE *Retirement* CELEBRATION

for President John Richman, Ph.D.

Friday, December 3

3-5 p.m.

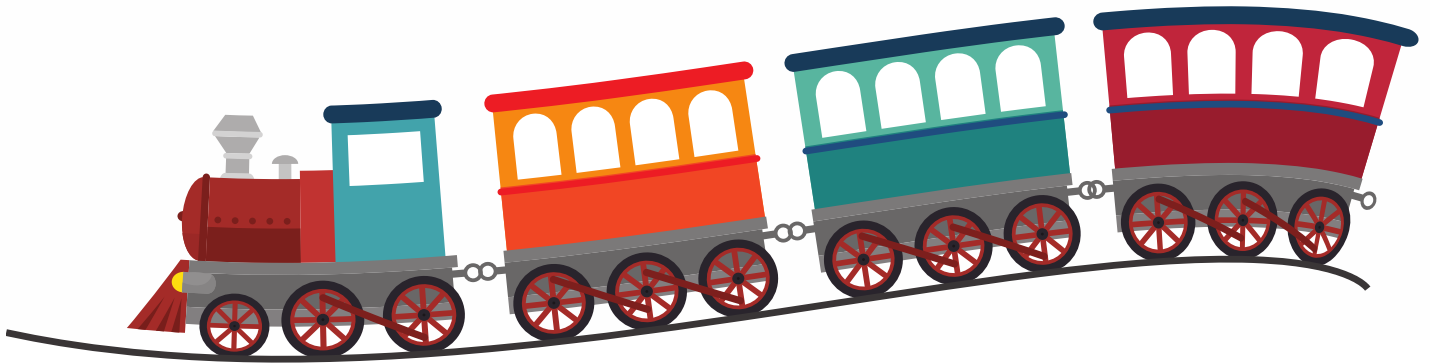
Program at 4 p.m.

Harry Stern and Ella Stern Cultural
Center, NDSCS-Wahpeton

No RSVP needed.

All are welcome!





The Richland County Historical Society & Red River Model Train Club
would like to invite you to the Museum



Open House, Trains, Treats and More!

When: Saturday December 4, 2021 1:00—4:00 PM

Where: Richland County Historical Society Museum

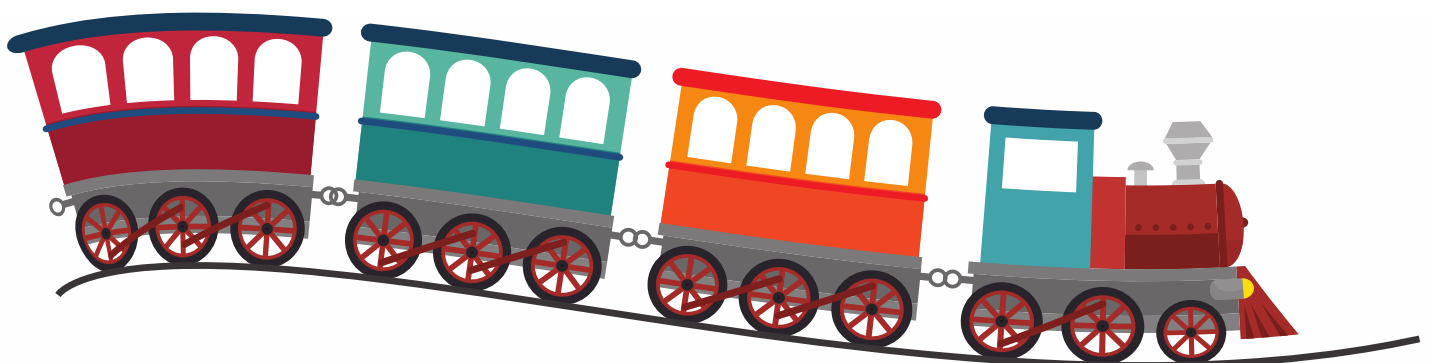
11 7th Ave N Wahpeton, ND

While visiting us on Dec 4th, you can also enjoy some Christmas treats while you:

- View a slide show of pictures of the past and present
- Watch a visiting operating Model Train layout
- See the largest collection of Rosemeade Pottery
- There will be collection of Scaled WWII German Armor by local Master Modeler.
- And you can explore the entire museum of exhibits that we have on display.



This holiday Open House event is FREE and open to the public.





CHI Health at Home Tree of Lights

OPEN HOUSE

Heritage Square

Sunday, December 5th, 3:30-5:00pm

*Honor A
Loved One Today*

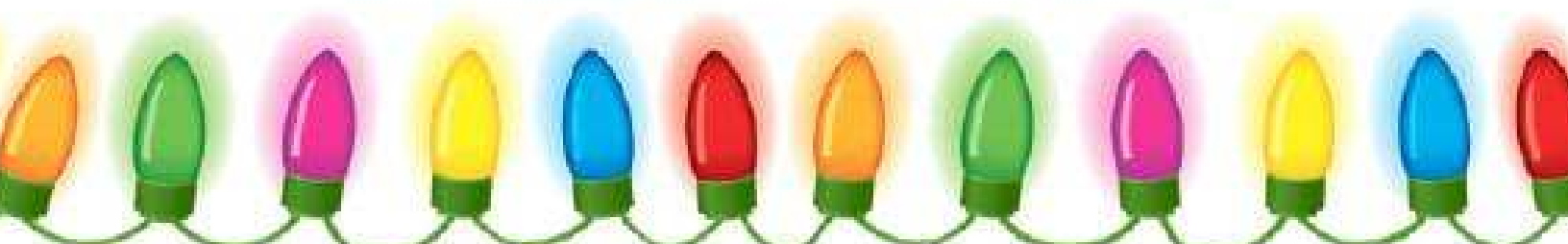


The lights are available now and can be purchased.

The Tree of Lights creates a beautiful, remembrance for special people in our lives. This year the Annual Tree of Lights will be displayed in the Heritage Square, Wahpeton, for all of the community to view, pause, and remember. Each light on the tree will be lit in honor of, or in memory of a person or group. It will be a beautiful remembrance or a tribute to someone special in your life. Tree of Lights Memorials are used to help continue efforts to provide hospice care to all clients in need.

You may purchase a light by calling
(218) 643-2275 or mail to Tree of Lights -
CHI Health at Home, 1110 Hwy 75 North,
Suite A, Breckenridge, MN 56520

Cider, Coffee and Cookies will be provided!



Christmas Concerts

MON DEC 6, 7PM - BHS BAND & CHOIR CONCERT

TUES DEC 7, 7:30PM - NDSCS HOLIDAY CONCERT

THURS DEC 9, 7PM - ST. JOHN'S SCHOOL PROGRAM, NDSCS

SAT DEC 11, 7PM - COMMUNITY CHOIR AND ORCHESTRA

CHRISTMAS CANTATA, NDSCS

SUN DEC 12, 2PM - COMMUNITY CHOIR AND ORCHESTRA

CHRISTMAS CANTATA, NDSCS

MON DEC 13, 7PM - BES WINTER MUSIC PROGRAM

MON DEC 13, 7PM - WHS BAND CONCERT

TUES DEC 14, 7:30PM - MEDORA CHRISTMAS, NDSCS

THURS DEC 16, 6PM - WMS CHOIR CONCERT

MON DEC 20, 5 & 7PM - WHS CHOIR CONCERT @ ST. JOHNS

MON DEC 22, 7PM - BMS BAND & CHOIR CONCERT



Please join Red River Communications
for our


Christmas OPEN HOUSE

Tuesday, December 7, 2021
10 a.m. to 2 p.m.

522 Dakota Ave. Ste., Wahpeton, ND

Enjoy Christmas treats, refreshments,
sign up for service and learn about our
fiber build for 2022!

Red River
COMMUNICATIONS



The NDSCS
Performing Arts Department presents

holiday **CONCERT**

TUESDAY, DECEMBER 7 • 7:30 p.m.

Bremer Bank Theatre in the Harry Stern and Ella Stern Cultural Center



FREE & OPEN TO THE PUBLIC – FREEWILL DONATIONS ACCEPTED

Current NDSCS COVID-19 protocols will apply.

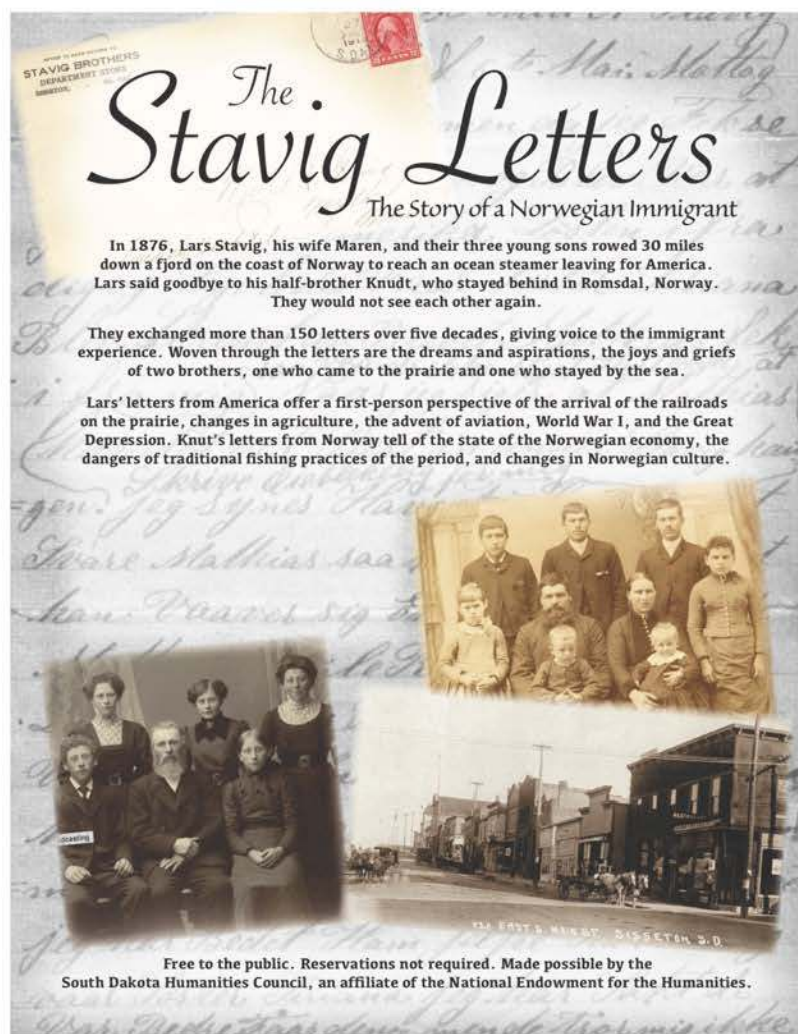


SONS of NORWAY

Henrik Ibsen Lodge

"The Stavig Letters"

Readers Theater Performance



A dramatic performance of "The Stavig Letters: The Story of a Norwegian Immigrant," will be performed at:

**7:00 pm, Thursday,
December 9, 2021**

**United Methodist
Church**

**910 Main St.,
Breckenridge,
Minnesota**

Jane and John Rasmussen and Curtis Dahl, all of Sisseton, SD, perform "The Stavig Letters" readers theater. Jane is the great granddaughter of Lars Stavig.

"The Stavig Letters" community cultural program is locally sponsored by the Henrik Ibsen Sons of Norway Lodge 4-565 of Wahpeton, ND / Breckenridge, MN. Open and free to the public. Welcome to all! In case of inclement weather on Dec. 9 - it will be rescheduled to Monday, Dec. 13 at 7:00 pm.

Funded in part by Humanities North Dakota, a nonprofit, independent state partner of the National Endowment for the Humanities. Any views, findings, conclusions, or recommendations expressed in the program do not necessarily reflect those of Humanities North Dakota or the National Endowment for the Humanities.



Downtown Wahpeton Breckenridge

Cookie Crawl

Saturday, December 11

Stop by The Golden Rule starting at 9:30 am and pick up your cookie tin for a \$10 donation to the food pantry.

Only 96 tins will be sold.

Then visit participating businesses, collect Christmas cookies to fill your tin, and enjoy sales and deals.

2021

Cookie Crawl

Breckenridge Family
Community/Teen Center

Date: Saturday, Dec. 11th

Time: 1:00-6:00pm

Pick up your tins for \$10 at the Golden Rule starting at 9:30am. Then, stop by while we're open for your cookie. Proceeds from the sale of the tins will go to the Richland Wilkin Food Pantry! While you're visiting us, get some free cocoa & sign up to win a 12 Days of Cocoa Grinchmas Holiday Cocoa Collection. Winner will be drawn Monday, Dec. 13th. How SWEET is that?



Red Door Art Gallery Presents



NOVEMBER 16 - JANUARY 1



www.reddoorgallerywahpeton.com

O Come, All Ye Faithful

*Featuring the World Premiere of "Look To Christ,"
an Original Composition by Paul Cravens*

COMMUNITY CHOIR & ORCHESTRA
CHRISTMAS CANTATA

Kent Loken & Jana Berndt, Co-Directors

Saturday DECEMBER 11 || 7pm

Sunday DECEMBER 12 || 2pm

NDSCS Cultural Center // Bremer Bank Theatre
FREE WILL OFFERING

A MAGICAL

Medora CHRISTMAS

*Featuring past and present
Stars of Medora*

Tuesday, December 14th

*7:30pm at the NDSCS
Stern Center Bremer Bank Theatre*

Tickets available at Medora.com

**A Magical Medora Christmas
tour hits the road again this
year sharing the sounds of the
season across four states with
31 shows in 24 communities this
holiday season.**

**See full schedule
at Medora.com**





Salvation Army Bell Ringers

The Salvation Army needs your help more than ever this year! This holiday season, The Salvation Army expects to see a greater need for our services – more than any in recent history. COVID-19 has not only created a bigger need for us to fill, it has also decreased the number of traditional red kettles you're used to seeing on street corners and at store entrances each Christmas season. Money raised in the County will stay in the County. Below are signup links for Wahpeton Econo, Wahpeton Walmart and Breckenridge Econo. With COVID-19, we are asking that ringers are limited to 1 or 2 from the same household. Masks are required, and hand sanitizer and wipes will be provided. We ask that you do your best to social distance, but we know that this may be difficult.

Bell ringers are needed at three locations in the Wahpeton-Breckenridge area: Wahpeton Econofoods, Breckenridge Econofoods, and Wahpeton Walmart. We have a new system this year with scheduling, as we are using SignUpGenius.com. There are 3 different links to sign up:

- Wahpeton Walmart: <https://www.signupgenius.com/go/9040D4AA8A823AIF58-salvation5>
- Wahpeton Econofoods: <https://www.signupgenius.com/go/9040D4AA8A823AIF58-salvation3>
- Breckenridge Econofoods: <https://www.signupgenius.com/go/9040D4AA8A823AIF58-salvation4>

All you need to do is go to the link you would like to sign up with, pick the time slot(s) you would like, then go to the bottom of the page and click signup and submit, then put in your name, email address and telephone number. That's it! You will get a reminder email 2 days before your scheduled time slot to ring the bell. If you signed up for the wrong time or need to cancel, please give us a call at 701-642-7807 and we will take you off the schedule.

If you would prefer someone do the actual scheduling on-line, the people to contact are as follows:

- Wahpeton Walmart: Brett Lambrecht- 701-899-6452
- Wahpeton Econofoods: Jean Freden- 701-640-1641
- Breckenridge Econofoods: Shirley Fox-Trydahl- 701-403-9549

Time slots are in hour increments. We have it open to ring the bell from 9:00 a.m. to 8:00 p.m. The hours of 11am –1 pm and 4pm -7pm are prime time ringing hours at these locations. This would be a great opportunity for individuals to get involved in the community and help this wonderful program.

The Salvation Army is a vital presence in our communities during emergencies, but also helps individuals with emergency assistance throughout the year. The Salvation Army receives requests from many families and we need your help, more than ever, to give that support to local families.

We greatly appreciate any help that is volunteered. If you have any questions, please feel free to contact one of the above-mentioned people. Thank you for your time and consideration!



P L TOURNAMENTS

**FRIDAYS IN DECEMBER
AT THE BRECK TEEN
CENTER**



**DATES: 3RD, 10TH, 17TH,
TIME: 3:15-5:30 PM
FOR YOUTH AGES 10 & UP
WINNER GETS A FREE
COMBO PLATE**



Game Table **CHALLENGE**

TUESDAYS IN DECEMBER: 7TH, 14TH, & 21ST

**PING PONG, POOL, AIR HOCKEY,
FUSBALL, & CORNHOLE**

AGES 10 & UP WELCOME!

**3:15-5:30
P.M.**

Breckenridge Teen Center

No Entry Fee

**Winners Get A Baked Treat From Econo Foods!
Players that lose get a small treat for participating!**

**For more information check out our Facebook Page at:
<https://www.facebook.com/breckenridgefcc>**

YEAR FOUR!

Holiday Lane



at Chahinkapa

23
NOV

through

31
DEC

LAURA HUGHES DR. | CHAHINKAPA PARK

Always free!



Winter Gatherings

MUSIC AT CITY BREW HALL

Come hang out with us on Thursday evenings, (7-10PM). Friday 12/17 we're joined by Rachael Janiro! Make sure to check out our other winter gathering nights + mark your calendars for upcoming events!



CITY

BREW

HALL



Dec.
22nd



Christmas Party

Movie Day

At The Breckenridge Family Community/Teen Center!

*Door Prizes

*Free Popcorn

*Free Treats

*Cocoa/Cider

*Games

*Kids Coloring Contest

*Movies Start at 2:15

*Pizza is \$2.75/slice or
\$6.00 for 2 slices & a
soda or water.

*We order at 2:30 &
deliver by 3:30

1:15-
5:30

*Coloring Contest Winners Announced Dec. 23rd by 5:00pm

521 6th St. N. Breckenridge, MN. 56520

FOR MORE INFO CALL (701) 640-6829 / facebook.com/breckenridgefcc



IT'S A BRITISH 2022

New Year's

EVE CELEBRATION

TIME: 1 PM TO 6 PM FRIDAY, DEC. 31ST

COUNTDOWN TO MIDNIGHT LONDON TIME (6PM)
DOOR PRIZES/FREE TREATS/GAMES/PHOTO BOOTH

521 6TH ST. N. BRECKENRIDGE, MN.

[FACEBOOK.COM/BRECKENRIDGEFCC](https://www.facebook.com/breckenridgefcc)

The NDSCS Allied Dental Department is in need of more patients for the month of November. If interested, contact them at 701-671-2333



ALLIED DENTAL EDUCATION

Prices

| | |
|--------------------------------|---------|
| NDSCS Student/Faculty Cleaning | \$25.00 |
| Adult Cleaning | \$45.00 |
| Child Cleaning (11 and under) | \$35.00 |
| FMX (Full series of X-rays) | \$40.00 |
| Panoramic X-ray | \$40.00 |

Appointment times Fall 2021 Semester

Monday- 9am and 1pm

Tuesday– 1pm

Wednesday– 1pm

*Appointment times may differ for 2022 Spring Semester



6th Street North and Beede Avenue, Breckenridge
(218)643-1282 or City Hall (218)643-1431



**OPEN Monday thru Friday
from 3:15-5:30pm**

*Activities include: pool, cards, board games, air hockey, Foosball & much more! *Tables & booths available for doing homework! Anyone under age 10 must be accompanied by an adult.

EVERYONE WELCOME!

Food, Snacks & Beverages for sale during open hours!



Like Us On Facebook
(Family Community Center– Breckenridge)
for monthly activities!



Please, won't you
take me to the
Breckenridge Dog
Park?



Located on Beede Avenue near the Veterans Memorial Park



A BIG thank you goes out to Dr. Vartan and Dr. Lucy Malkasian, along with the Richland-Wilkin Community Foundation – a component of the North Dakota Community Foundation, and the many individual donors for all of y our generous contributions that made this park possible!!! We couldn't have done it without you!

What is MOMs of Wahpeton?

MOMs stands for Moms On a Mission. Whether you're a soon-to-be mom, a first-time mom, or a seventh-time mom, you are welcome here. Whether you're a teen mom, stepmom, seasoned mom, or any type of mom, you're welcome here.

At MOMs, women come together to be encouraged and supported by other moms who are in the same season of life. In an open, caring, and accepting atmosphere, MOMs exists to meet the needs of every mom who shares the desire to be the best mom they can be. MOMs is a place to meet, share, grow, and embrace the journey of motherhood in a faith-centered community.


A typical meeting includes brunch, a speaker, and a craft. Childcare is provided.



WHAT. MOMs meetings for all
local & surrounding area moms

WHEN. 2nd & 4th Tuesdays • 9-11am
(Sept.-May)

WHERE. Faith Church • 1589 11th St. N
Wahpeton, ND



Join our Facebook group:
MOMs of Wahpeton



NDSCS Fall Exercise starts Sept 14!!

Tue & Thur at 8:30 AM; Wed at 5:30 pm
If you want to add or try something different/new

This is your opportunity!

(1/2 hr in the water compares to 1 hr on land)

(Easier on joints)

Includes cardio, strengthening, stretching, flexibility... etc)

See you at the Pool!!