

The official newsletter of The Wahpeton Breckenridge Chamber of Commerce

Chamber Board of Directors

Edd Goerger - President

Heartland Insurance

Jim Cornelius - Vice President

Benedictine Living Community

Kory Kaste - Treasurer

SVEDA

Jodi Hendrickson - Past President

Edward Jones

Chris Kappes - Director

Circle of Nations

Zachariah Caldiero - Director

EconoFoods

Becky Dockter - Director

OSPTI

Joanna Etzler - Director

Valley Lake Boys Home

Tana Erbes - Director

NDSCS

Mary Wolfgram - Director

Twin Town Villa

Your Chamber Staff

Katie Rauber, Executive Director Jordan Evenson, Marketing Assistant

Giving Thanks To All

As the holiday season approaches, we pause to reflect

As the holiday season approaches, we pause to reflect on the many things we are grateful for, and at the top of our list is the incredible community we have here at the Wahpeton Breckenridge Area Chamber of Commerce

Thanksgiving is a time to express our gratitude, and we want to take this moment to thank each and every one of you for being a part of our Chamber family. Your support, dedication, and engagement have made our community stronger and more vibrant. Throughout the year, we've come together to support local businesses, build connections, and foster economic growth. This spirit of unity and collaboration is what makes our Chamber truly exceptional – and the Tik Tok videos help too.

Our small businesses are the backbone of our community. They bring uniqueness, character, and vitality to our town. Small Business Saturday is November 25th so start your Christmas shopping early and show appreciation to our local small businesses by keeping your dollars local.

May your Thanksgiving be filled with warmth, joy, and moments of gratitude. Wishing you and your families a wonderful holiday season.

With heartfelt thanks,





Katie Ranber



Amanda Crouse - Bremer Bank

Diana Hermes - Daily News

Wendy Kahler - Red River Human Services

Brittany Myhra - Chahinkapa Zoo

Mary Wolfgram - Twin Town Villa

Kory Kaste - SVEDA

Brittany Finnie - Nielsen Electric TV & Appliance Center

Mitch Ronan - Bell Bank

Angie Cleveland - CAPLP

Whitney Petersen - WHIT Aesthetics

Tyler Lovgren - OK Tire

Amber Bogenreif - Red River Valley & Western Railroad

Jenna Lovgren - Red River Communications

Mandy Steinberger - Breckenridge Family Comm. Center

Farah Grey - Econo Foods

Judy Comings - Healing Arts Chiropractic

Ashley Mohs - First Community Credit Union

Julie Rosenberg - Essentia Health

Chelshey Grandstrand - Richland Title

Rhonda Thiel - QSciences

Lisa Kunkel - Studio 22

Nichole Van Dyke - American Federal Bank

Allison Verdi - Baymont Inn by Windham

Annette Vanhovel - CHI St. Francis Health

Lindsey Louters - City Of Wahpeton

Kelly Larson - Vertin Munson and Joseph Vertin & Sons Funeral Homes



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.



WAHPETON BRECKENRIDGE

CHAMBER BUCKS

shop local. eat local. spend local. enjoy local

The Wahpeton Breckenridge Chamber of Commerce is happy to offer the Chamber Bucks Program to the Twin Town Communities. The Chamber Bucks Program is designed to keep dollars local. They are great as employee incentives/rewards, giveaways or gifts from friends and family. Anyone can buy Chamber Bucks. They can be purchased at the Wahpeton Breckenridge Chamber of Commerce office in \$5, \$10 and \$20 denominations and used for goods and services at participating businesses in the Twin Towns.

WHERE CAN I USE CHAMBER BUCKS?

Chamber Bucks can be used for products and services at participating chamber member businesses in Wahpeton and Breckenridge. Please scan the QR Code below to view all participating members.

HOW DO I USE CHAMBER BUCKS?

Customers will redeem Chamber Bucks at participating businesses toward a single purchase of equal or greater value. They are not redeemable for cash. After you accept a valid Chamber Buck at your place of business from a customer for goods and services, you may go ahead and cash the Chamber Bucks just as you would any check. This is an exciting change to our program.

WHERE CAN I BUY CHAMBER BUCKS?

Chamber Bucks can be purchased at the Wahpeton Breckenridge Chamber of Commerce office during regular business hours.

HOW DO I BECOME A PARTICIPATING BUSINESS?

To become a participating business, you need to be a member in good standing of the Wahpeton Breckenridge Chamber of Commerce. There is no charge for being a participating business. This program is offered as a benefit of your chamber membership.

SCAN THE CODE TO VIEW PARTICIPATING CHAMBER BUSINESSES

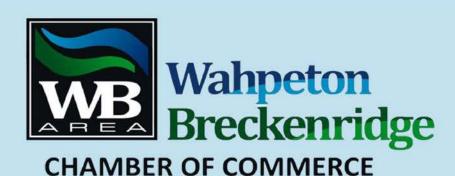


Advertise on the Chamber Digital Sign!

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

Now you can!

Available to Chamber Members only



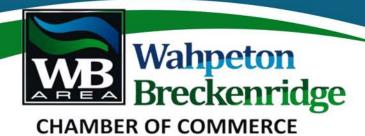
\$175.00 - 2 weeks \$300.00 - 4 weeks

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!



DIGITAL SIGN AD AGREEMENT

Advertise with us on our Digital Sign! Each slide runs for the duration of the contract for 7 seconds per 42-48 second rotation, 24 hours a day/7 days a week. This means your ad is seen at least once a minute with over 700 views 8am-8pm. That's a ton of exposure!!

Business/Organization Nam	e:		<u> 18 - 18 - 18 - 18 - 18 - 18 - 18 - 18 </u>		
Contact Person:					
Address:					
Telephone:					
Email:					
AGREEMENT DURATION (CIRCLE ONE):	TWO WEEKS: \$175	FOUR WEEKS: \$300			
START DATE:	ART DATE: END DATE:				
MESSAGE (8 - 10 WORDS):					
CAN YOU PROVIDE A HIGH RESOLUTION G	25 25	4 2			
SIGNED CONTRACT AND PAYMENT IS DUE FOR THE SLIDE ARE 750 X 360 PX OR GRI			YABLE TO WE	3 CHAMBER.	THE DIMENSION
Signature:			Dat	e:	
Printed Name:					

The Wahpeton Breckenridge Chamber of Commerce reserves the right to not publish any information, ads, content, etc. that does not follow our standards. We reserve the right to remove content alleged to be infringing, inappropriate, distasteful, misleading, incorrect, etc. without prior notice, at our sole discretion, and without liability to you. Staff time and resources are limited – we may not be able to accommodate all ad requests. These terms and conditions are applicable to you upon your accessing the website and/or contacting the chamber office. These terms and conditions, or any part of them, may be terminated by the chamber without notice at any time, for any reason. Please not that the following apportunities are only available to chamber members in good standing. I am connited to pay the entire amount for my selected duration of the ad, with no option available for early termination, and that there are no refunds.

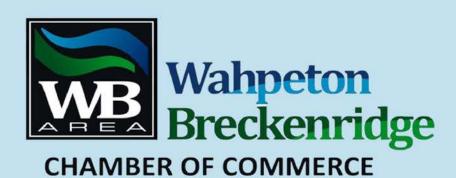
Advertise on our website!



NEED MORE VISIBILITY?

ADVERTISE YOUR BUSINESS HERE!
CALL 701-642-8744 TO RESERVE

Available to Chamber Members only

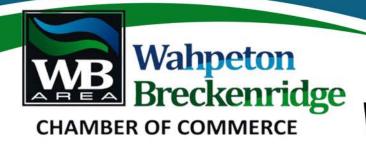


Landing Page: \$250/Month Relocation Page: \$200/Month Events Page: \$200/Month

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!



WEBSITE BANNER AD AGREEMENT

With thousands of monthly visitors, the Chamber's website is a great way to share your message with the areas leading professionals. Place your ad today on one of our most visited pages. It is very cost-effective and a fast way to market your products, services or events. Use this marketing method to drive traffic to your website and help build your search engine rankings.

Business/Organization	n Name:					
Contact Person:						
Address:						
Telephone:						
Email:						
WEBSITE PAGE (CIRCLE ONE):	LANDING PAGE: \$250/MO	RELOCATION PAGE: \$200/MO	SIGNATURE	EVENTS PA	GE: \$200/MO	
START DATE:	END DATE:					
CAN YOU PROVIDE A HIGH RESO)LUTION GRAPHIC OR LOGO TO	O BE DISPLAYED (CIRCLE ONE)?	YES	NO		
SIGNED CONTRACT AND PAYME For the Slide are 1170 x 15		HE AD RUNS. MAKE CHECKS PA	YABLE TO W	B CHAMBER	. THE DIMENSIONS	
Signature:			Da	te:		
Printed Name:						

The Wahpeton Breckenridge Chamber of Commerce reserves the right to not publish any information, ads, content, etc. that does not follow our standards. We reserve the right to remove content alleged to be infringing, inappropriate, distasteful, misleading, incorrect, etc. without prior notice, at our sole discretion, and without liability to you. Staff time and resources are limited – we may not be able to accommodate all ad requests. These terms and conditions are applicable to you upon your accessing the website and/or contacting the chamber office. These terms and conditions, or any part of them, may be terminated by the chamber without notice at any time, for any reason. Please not that the following apportunities are only available to chamber members in good standing. I am connited to pay the entire amount for my selected duration of the ad, with no option available for early termination, and that there are no refunds.

lecome New Members!



Three Rivers Decorating

Three Rivers Decorating is a family-owned and operated flooring and interior decorating store. Our goal is to provide you with the best possible customer service and help you create a beautiful and functional space for your family to enjoy.

3 Bean Coffee Company

At 3 Bean Coffee Co. we focus on two things: speed and quality. We want to give you the best product in a manner that fits into today's busy lifestyles.





York Manor Apartments

Nestled in the quiet community of Breckenridge, the York Apartments offer spacious 2 bedroom floor plans, plenty of off-street parking and storage, and well-kept grounds.

Ne're so happy you're here!

WELCOME LINDSEY LOUTERS!

Lindsay Louters recently relocated to Wahpeton from Valley City, ND, but she's originally from southern Minnesota. She's now the Public Works Administrative Assistant for the city. Lindsay's top priorities in life are her faith, family, volleyball, and animals, especially her beloved Dalmatian, Dottie. She has a strong affinity for farming and particularly enjoys the harvest season, where she even operates a semi for sugar beet harvests. Lindsay is eager to become an ambassador to engage with the community and build lasting connections.









The Wahpeton Breckenridge Chamber Ambassadors would like to thank Aurora & Brianne Allison for making it happen!





Here's one for the books! The Twin Town Ambassadors had the pleasure of awarding the youngest-ever 'First Dollar' to Aurora Allison for her amazing small business, 'Pupcakes by Roars'.

This budding entrepreneur is baking up a storm, selling delicious treats for our furry friends, all to fulfill her dream of attending a Taylor Swift concert!



Aurora's generosity doesn't stop there; she's even made a heartwarming donation to the Wahpeton Police Department K-9 Unit. Keep an eye on her Facebook page for updates on when the next batch of these delightful pupcakes will be available. She's already got preorders in the books, so don't miss out! Thank you, Aurora, for sharing your inspiring story with the Twin Town Ambassadors and Chamber. We're in awe of how you create these pupcakes, your passion behind it, and your commitment to giving back.

Follow Pupcakes By Roars Facebook page to stay up to date on Aurora's Taylor Swift Ticket goal and where and when you can buy Pupcakes!

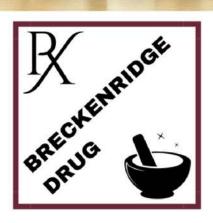


Facebook



The Wahpeton Breckenridge Chamber Ambassadors would like to thank Breck Drug for making it happen!





Breckenridge Drug has undergone a series of wonderful updates, including fresh fixtures, revamped interiors, and a brand-new team that is eager to serve the community.

We would like to extend our heartfelt gratitude for allowing us the opportunity to stop by and meet the new team members, and to witness firsthand the fantastic improvements that have been made. It's evident that the dedication and hard work put into these updates will greatly benefit the community.

Located at 116 5th Street Breckenridge, MN



Facebook

Introducing



LIVE. WORK. PLAY. LEARN

Follow us! @southernvalleylifestyle









WWW.SOUTHERNVALLEYLIFESTYLE.COM



JOIN US IN SHAPING THE FUTURE:

BECOME A CHAMBER BOARD MEMBER IN 2024!

Our organization is looking for dedicated individuals to join us in our mission to make a positive impact in our community.

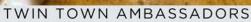














SPORY MIX & MINGLE

A heartfelt gratitude goes out to all who took part in this year's spooktacular Mix & Mingle showcase. Your contributions were invaluable, and we couldn't have pulled it off without you!















NOVEMBER NEWSLETTER

FCC HAPPENINGS

WE'RE HERE AT NO COST FOR KIDS AGES 10 & UP MONDAYS THROUGH FRIDAYS 3:15-5:30 & EARLY-OUT DAYS FROM 1:15-5:30! WE HAVE VOILEYBAIL, FLAG FOOTBALL, OUTDOOR GAMES, POOL, PING PONG, AIR HOCKEY, A ROOM FUIL OF BOARD GAMES, & MORE. THERE ARE CONCESSIONS & PLENTY OF SEATING. OUR COMBO **MEALS START AT ONLY \$3.50 &** ARE NO MORE THAN \$7.00! THEY INCLUDE A MAIN DISH, (PIZZA, HAMBURGER OR CHEESEBURGER. HOT DOG, UNCRUSTABLE, ETC.) 2 SIDES, (CHIPS, FRUIT CUP, ETC.) & A DRINK (SODA, WATER)! WE ALSO HAVE OTHER CONCESSIONS AVAILABLE ALA CARTE. DUE TO THE THANKSGIVING HOLIDAY, WE WILL BE CLOSED Thurs. Nov. 23rd & Fri. Nov 24TH. CHECK OUT OUR FACEBOOK PAGE AT:

FACEBOOK.COM/BRECKENRIDGEFCC FOR UPDATES!

TEEN CENTER FAIL FESTIVAL

THURSDAY, NOVEMBER 9TH 1:15-5:30PM

*DOOR PRIZES

*COLORING CONTEST

*FREE CIDER AND TREATS

*SCAVENGER HUNT

*INDOOR GAMES

TREE LIGHTING CEREMONY

Join us in Kicking off the holiday season at this Free family event. Date: Monday, November 27th Time: 5-7PM
*Tree Lighting at 6PM
Variety of Indoor/Outdoor activities including: Bonfire, music, Santa, cocoa bar, games, and MORE!

EARLY-OUT MOVIE DAY

Movie: "Wizard of Oz"
Date: Wednesday,
Nov. 15th
We'll have prizes, treats,
& popcorn!
Pizza for order
\$2.75/slice or \$5.00 for 2
slices and a soda or
Water.
Time: 1:15-5:30

TIME: 1:15-5:30 ADMISSION IS FREE!!

TEEN CENTER TOURNAMENTS

*MUST BE THERE BY 3:45
TO PARTICIPATE IN ALL
TOURNAMENTS
POOL TOURNAMENTS DATE:
MONDAY, NOV. 20TH
PING PONG TOURNAMENT
DATE:
THURSDAY, NOV. 2ND
CHESS TOURNAMENT DATE:
WEDNESDAY, NOV. 29TH

FAMILY COMMUNITY/TEEN CENTER

WWW RRECKENDIDGEMN NET/EAMILY-COMMUNITY-CENTER





CITY BREW HALL

<u>NOVEMBER SCHEDULE!</u>



General Knowledge

November 7th 7pm

Name that Tune

November 14th 7pm

General Knowledge

November 21st 7pm

How I Met Your Mother

November 28th 7pm

BLOOD DRIVE



SCOTT'S ELECTRIC BLOOD DRIVE

TUESDAY, NOVEMBER 7 9:00AM TO 12:00PM

LOCATION: SCOTT'S ELECTRIC - VITALANT BUS

TO MAKE AN APPOINTMENT PLEASE CONTACT KAYCEE @ 701-642-9244.

OR ONLNE @ VITALANT.ORG - DONATE NOW: SEARCH BY ZIP CODE.





DEVICE NIGHT

November 7th 5-8pm

GIVEAWAYS

Enter to win treatments + skincare packages

PROMOTIONS

Save big on our most popular treatments

DEMOS

See our devices in action

BRING A FRIEND

Get an extra entry into the giveaways when you bring a friend(s)





2023 Annual Election Night Meatball Dinner

Tuesday, November 7th 5:00 pm to 7:00 pm

- Ø RAFFLE TICKETS ALSO AVAILABLE
 FOR \$25 EACH (Only 130 raffle tickets available)

1st Prize: KHS Envoy 200 Electric Bike



Valued at \$1,850 Color - Matte Dark Gray 2 hour/40 mile range run time

run time Kickstand, Fenders, Alloy Rear Carrier included; Upgraded Seat, 700x35c tires.

2nd Prize: \$200 3rd Prize:\$50 DRAWING TO BE HELD NOVEMBER 8TH (NEED NOT BE PRESENT TO WIN)



FOR MEAL/RAFFLE TICKETS,
CONTACT THE CHURCH OFFICE AT
(218) 643-4892, A MEMBER OF
THE WELCA, OR SCAN THE QR
CODE TO PURCHASE MEAL
TICKETS ONLINE.



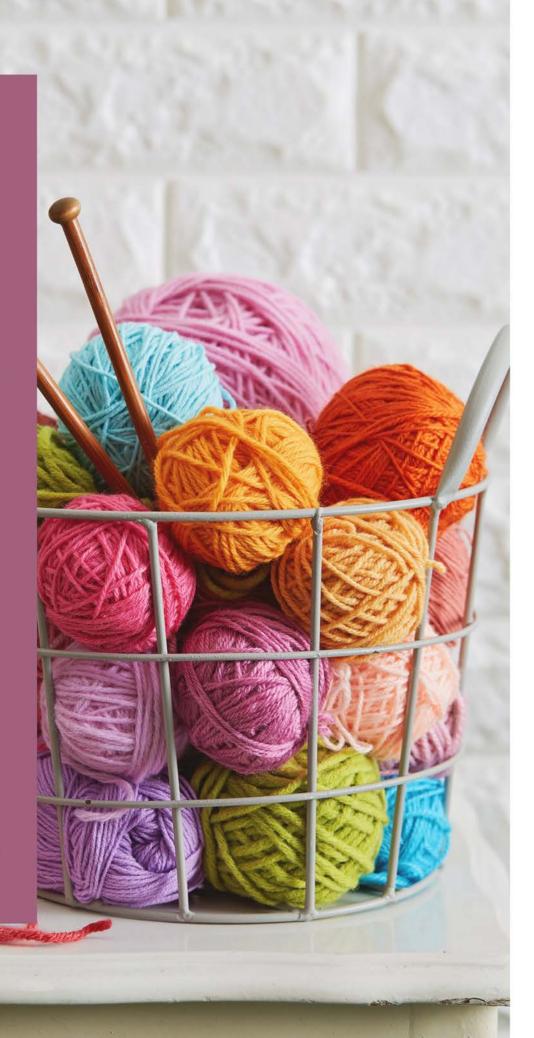
KNITTIN & MORE

Knitting 101: Basic Stitches and Patterns

All skill levels welcome!

Nov 7 | 6PM Breck Library

For more info go to: larl.org/breckenri dge





Free Will Donation

— all proceeds benefit the











Located at <u>OSPTI Training Center:</u> 43O 5th St. N Breckenridge (<u>South end of parking lot)</u>









SESSIONS

BY BILL DABLOW

We invite you to see Bill Dablow's "Zoo Sessions" art pieces together for the first time!

07:00pm

09 Nov.

Hughes Shelter, Chahinkapa Park Comments from the Artist at 7:30pm



FALL FESTIVAL & Coloring Contest

THURSDAY, NOVEMBER 9TH

1:15-5:30PM

THE NOVEMBER COLORING CONTEST IS OPEN TO YOUTH AGES 1-15!
COMPLETE YOUR COLORING PAGES:

NOV. 6TH-27TH

COLORING PAGES MUST BE SUBMITTED BY CLOSING TIME:

MON. NOV. 27TH

CONTEST WINNERS WILL BE ANNOUNCED ON:

WED. NOV. 29TH



DOOR PRIZES

COLORING PAGES

FREE CIDER AND TREATS

SCAVENGER HUNT

GAMES

Information: (701) 640-6829

www.facebook.com/breckcommunitycenter



at HAIRETAGE HALLMARK Fri, Nov 10, 10-5:30 Sat, Nov 11 10-5 Sun, Nov 12, 12-4 Wahpeton, ND 701-642-6991 BRUNCH&





City Brew Hall - 10am

12 NOVEMBER, 2023



Kristin from Nimble Yoga Studio is back again, but this time with a morning stretch and mimosas!

\$20

10:00 AM
SUNDAY NOVEMBER 12TH
FOLLOWED BY A COMPLIMENTARY
MIMOSA IN THE RESTAURANT.

TICKETS CAN BE PURCHASED AT THE MAIN BAR.

YOUTH MENTAL HEALTH FIRST AID

A Community Weekend of Hope!

David will teach us how to effectively identify, understand and respond to signs of mental health and substance use challenges among youth ages 12-18.



5:30 pm- Presentation for Youth

@ Bethel Lutheran Church
607 6th St N, Wahpeton, ND
*Pizza will be provided

THURSDAY & FRIDAY

Look for David at our local schools!

CONTROL SATURDAY, NOV 18

8:30 to 4:30 - Presentation for Professionals "YOUTH MENTAL HEALTH FIRST AID"

FREE TRAINING, LUNCH AND CEU'S

@ United Methodist Church 910 Main St, Breckenridge, MN LIMITED TO 30 PARTICIPANTS REGISTRATION REQUIRED





SCAN THE QR CODE OR
VISIT
TINYURL.COM/YMHFA-MN



THURSDAY, NOV 16

6:30 pm - Presentation for Parents & Community Members

"IF YOU ONLY KNEW: MENTAL HEALTH, SUICIDE & FAITH"

@ Inspiration Lutheran Church 1130 Main St, Breckenridge, MN



Speaker DAVID GALVAN

David is an engaging and dynamic speaker who has been equiping thousands of students and adults with the focus of helathy relationships, teen mental health and suicide prevention. David is dedicated to the mission that every person should have access to help, healing and hope!

A must-see film for parents, educators, and community members.

SCREENING

Join Us

Wednesday, Nov. 15

The NDSC 5:30 Refre 6:00 7:45 about reading.*

Harry Stern & Ella Stern Cultural Center, NDSCS

5:30 pm - Doors Open

Refreshments Served

6:00 pm - Film Showing

7:45 pm - Panel

FREE Event

Registration Required



Hosted By

WAHPETON

LITERACY

COALITION

* The Invisible Crisis Hiding in Plain Sight.









SHOP GENTLY USED CHRISTMAS DECORATIONS

FRIDAY NOVEMBER 17, 2023 12:00-7:00 P.M. HUGHES SHELTER CHAHINKAPA PARK, WAHPETON

PROCEEDS BENEFIT

THREE RIVERS CRISIS CENTER

REFRESHMENTS WILL BE SERVED

WHILE YOU SHOP

CHRISTMAS DECORATING SEASON IS UPON US!

Three Rivers Crisis Center's

Christmas Decoration* Collection *

TRCC is collecting new and gently used Christmas decorations for a fundraiser we will have next fall. As you're putting up or taking down your decorations and find you don't have space for certain items anymore, please consider donating them!

PLEASE CALL 642.2115 BETWEEN 9:00-4:00 MONDAY-FRIDAY TO SET UP A DROP OFF TIME.



Chahinkapa Zoo's 21st Annual Wild Game Shows

Friday, November 17th Doors open at 5:30 PM Wahpeton Community Center \$40 per ticket Call 701-642-8709 or email administration@chahinkapazoo.org for ticket information

Tickets include a fantastic buffet with a variety of different food options.

Along with an amazing dessert bar!

Your ticket automatically enters you into a raffle drawing for 1st, 2nd, and 3rd main prizes

Great entertainment including:
Friendly Feud, Jeo-Par-Dee, Couples Game,
Deal or No Deal, Sports Plinko & more!
1st, 2nd, & 3rd place winners

The Bid is Right Silent Auction!

Come play your favorite game show!



Register for a \$50 gift card courtesy of econo foods



Hot cocoa & treats (free will offering) provided by



VALLEY LAKE BOYS HOME FIFTH ANNUAL TURKEY TROT 5K & 1 mile MUSIC, TURKEYS AND MORE!

NOVEMBER 23rd, 2023

Breckenridge Family Community Center

Registration 8am-8:30am Race Start: 8:35am



\$25

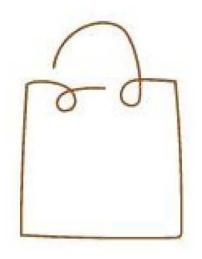
Medals & Hat for all, T-shirts for preregistration

Cash Prizes for 1st, 2nd, 3rd place male and female!

WIN UP TO \$1000 STOOM ST



Shop or dine at any local small business on Saturday, November 25th, write your name and phone number on the back of your receipts, then drop your receipts off at the Chamber Office Dropbox by noon on November 27th. Two \$500 Chamber Bucks winners (1 from Wahp receipts & 1 from Breck receipts) will be drawn on November 27th.



SIP + SHOP

@ CITY BREW HALL

>> SMALL BUSINESS SATURDAY <

Stop in on Saturday November 25th from 10am 2pm to check out these AWESOME local small businesses!

Something for everyone and this event is FREE to the public! The perfect time to pick up all your stocking stuffers.

If you are a small business owner and would like to participate in this event, please contact:

teresa@brewrestaurants.com for more information or to reserve a booth!



November 25th is the one year anniversary of Studio 22 Designs and it is also Small Business Saturday.

We will be celebrating with in-store specials, giveaways, food and drink. Be on the look out for door buster deals and the first 10 people to spend over \$100 will receive a Swag Bag filled with lots of goodies.

Get a jump on your Christmas shopping!!



JOIN US IN KICKING OFF THE HOIDAY SEASON AT THIS, FREE FAMILY EVENT. VARIETY OF FREE ACTIVITIES INDOOR AND OUTDOOR, INCLUDING REFRESHMENTS, MUSIC, CRAFTS, GAMES, BONFIRE AND MUCH MORE.

BEAUTIFUL SPACES

YORK MANOR SENIOR APARTMENTS

415 – 5[™] STREET SOUTH, BRECKENRIDGE, MN INCOME-BASED APARTMENTS CALL (218) 514-5283 FOR AN APPLICATION.





YORK MANOR

APARTMENTS

- 1 & 2 Bedroom Apartments
- Section 8 No Voucher Needed!
- 24/7 Emergency Maintenance
- Professional Management
- Laundry Facilities
- Smoke Free Community

York Manor Apartments

1 & 2 Bedrooms

- For Individuals 62+ or Disabled
- Bevator in Building
- · Close to Shopping
- Air Conditioning
- Community Room
- Heat, Water & Trash Included



218-514-5283



yorkmanor@thiestalle.com thiestalle.com

York Manor Apartments nonkmanon@hiestole.com Breckerridge, Alb 1 & 2 Bedrooms

York Manor Apartments

1 & 2 Bedrooms

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York Manor Apartments 1 & 2 Bedrooms

Breckerridge, NB

York Manor Apartments Breckerndge, As 1 & 2 Bedroom

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AND LET'S #SHOPWAHPBRECK

SHOP LOCAL CONTEST

The Wahpeton Breckenridge Area Chamber of Commerce is giving away LOTS of Chamber Bucks this Holiday season! Daily drawings will be held at various businesses throughout the event to enter in for a chance of their part of \$2500.

The more you shop local...the more chances you have to win!

Follow us on Facebook for updates!







December 16th



10 am - 7 pm

Starting at 9:30 am by picking up your cookie tin for \$10 as a donation to the food pantry.

pantry.
Only 96 tins will be given out.



★ Featured

"Boys of Summer" Documentary Premiere

30 SAT

Sat Dec 30 @ 7:15pm (CST)







"Boys of Summer" is a Daily News documentary featuring the Wahpeton, North Dakota, American Legion Baseball team. Filmmakers Robert Wanek Jr., Madison Nelson-Gira and Noah Clooten follow the program t...





JOIN FIT AND STRONG!

TO IMPROVE THE QUALITY OF YOUR LIFE



EXTENSION RIGHLAND COUNTY

MUST REGISTER!

Fit & Strong! is an exercise/behavior change program for older adults or those with lower extremity osteoarthritis.

Includes
60-minutes of exercise,
and 30-minutes of group
discussion/health
education.

- Manage arthritis
- Exercise safely
- Decrease joint pain & stiffness
- Improve daily function
- Reduce anxiety & depression
- Develop & maintain an active lifestyle

Begins Wednesday

January 3, 2024

Meets every Wednesday and Friday for 12 weeks (Last class March 22) 9 a.m. to 10:30 a.m. Wahpeton Community Center Dining Room, 304 5th St. S.



This project is supported by funding from the U.S. Department of Health and Human Services, Administration for Community Living, Administration of Aging, and granted through the North Dakota Department of Human Services, Aging Services Division.

Registration required!

********CALL OR EMAIL******

Class will be limited to 15 participants

Ronda Gripentrog, Extension Agent NDSU Extension/Richland County 701.642.7793 ronda.gripentrog@ndsu.edu

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