



Community News



Women of ALL ages are encouraged to come and explore God's Word together at Coffee Break Bible Study! We meet Tuesdays starting at 9:45 AM to 11 AM. For questions or more information, please contact Ruth Vermeer or Tricia Mulder at 605-310-5708.



- **February 10th** - Exodus Part 2 - **Lesson 6**
- **February 17th** - Exodus Part 2 - **Lesson 7**
- **February 24th** - Exodus Part 2 - **Lesson 8**

Community Health Partners, along with all Sioux County healthcare systems, are partnering to offer an 8-session weight loss and diabetes prevention program, "Choose Health NW Iowa," with the goal of preventing diabetes in NW Iowa and promoting healthy and informed lifestyle choices. Classes will be on Thursdays from 5:15 to 6:30pm at **Orange City Area Health System**. Cost is \$40 for individuals or \$60/pair if you sign up with a partner.

To register: Call Community Health Partners at 712-737-2971 or email chp@siouxcountychnp.org.

Register by February 13th



Community Health Partners and Sioux Center Health are partnering to offer a 10-session brain health program, "KEYS to Dementia Prevention," with the goal of educating on lifestyle choices that are proven to promote brain health and prevent or delay dementias.

Classes will be on Tuesdays from 5-6:30pm at Sioux Center Health, and are open to anyone 50 or older who does not have a dementia diagnosis. Cost to register is \$40, but \$20 will be refunded to those that attend 8+ sessions. To register: call Community Health Partners at 712-737-2971 or email chp@siouxcountychnp.org.

Register by February 26.



NO Scrip this week!

Mon., February 9: Coffee Cuttin' Club 9:30-11am @ Trinity CRC. Please note that this time frame is a little longer just for this one time. There will be paper and fabric projects. If you have fabric scissors please bring them along.

Wed., February 11: Board Meeting 7pm

Fri., February 13: Plan to attend our Annual Winter Festival School Auction! Don't miss the great auction items, along with an evening of delicious food and warm fellowship.

Please see the timeline of events listed below.

-Winter Festival Bake sale 8am-1pm

-Winter Festival Free-will Donation Meal 5-6pm

-Winter Festival Auction 6pm

Sat., February 14: Winter Festival Online pick up-9-11am

Parent Education Program Empowering Families to Thrive

Join us at Hegg Health Center for a free educational series designed to help parents and caregivers build confidence, reduce stress, and support regulation in daily routines.

Program led by:

Mady Handel, USD OT Student & Kelsey Peterson, OT Hegg Health Center

Dates, Times, and Location

All sessions held in the Hegg Learning Center.

Wednesday, February 11	12:00 pm - 12:30 pm
Wednesday, February 25	12:00 pm - 12:30 pm
Friday, March 13	12:00 pm - 12:30 pm
Friday, March 27	12:00 pm - 12:30 pm

Attend any one or all sessions! All parents, grandparents, and caregivers are welcome!

Session Topics

1. Parent Well-Being & Routines
2. Sensory & Emotional Regulation
3. Movement & Reflex Strategies
4. Co-Regulation & Home Carryover



Scan the QR code for more information or for an emailed recording if you cannot attend.

Session Objectives

This program will help caregivers build confidence in daily routines, support emotional and sensory regulation, strengthen co-regulation with their children, and use simple strategies to reduce stress at home.



Contact: Kelsey Peterson, OT at kelsey.peterson@hegghc.org or call 712-476-8080

Tri-State TEC is accepting applications for the upcoming weekend of February 13-15, 2026, at the First Reformed Church in Rock Rapids, Iowa. TEC is an inter-denominational three-day Christian retreat designed to help high schoolers learn more about their faith and their community. If you would like to learn more about TEC or register, please visit www.TriStateTEC.org or email TriStateTEC@gmail.com.



The cost is \$50 and includes a t-shirt & other special gifts. Scholarships are available upon request.

Hope Haven's "Keys of Love" Dueling Piano Fundraiser
Friday, Feb. 13 | 7 PM | The District, Sioux Falls
Join us for a fun night of music and entertainment with Dueling Duo, Andy & Ryno!

All proceeds support Hope Haven International Ministries in providing wheelchairs to those in need around the world. Tickets and details at hopehaven.org/events



Tender Tears Walkers of Child Loss Support Group

When: 1st Tuesday of Each Month 6:30-8:00PM

Where: 712 Nutrition: 15 2nd Street SW Sioux Center, IA

What: Child loss group for all who have experienced loss of a child at any stage or age.

Why: To gather with others who have experienced the devastation of child loss, offering support and encouragement, while also acknowledging the raw reality of living with loss



For More Information Call Amy at 712-470-3704