

Applefest

Sept. 21-22



The community is invited to the 13th annual Applefest, a benefit for the Bismarck Cancer Center Foundation, Saturday, Sept. 21 from 11 am-6 pm and Sunday, Sept. 22 from 11 am-4 pm at Buckstop Junction, 3508 E. Bismarck Expressway.

Applefest will feature live music - including Church of Cash - children's activities and games, face painting, craft and food vendors, pie eating contest, hayrides, kids cupcake decorating contest, and more.

Admission is \$5; ages 3 & under are FREE. Tickets can be purchased in advance at the Bismarck Cancer Center. For more information, go to www.applefest.org or contact Sara Kelsch at 701-222-6119.

FREE Future Demon Fastpitch Softball Mini Camps

Saturday, Sept. 21 & Saturday, Sept. 28

Bismarck High Fastpitch Softball coaches and players will host FREE mini camps for students in grade 1-7 on Saturday, Sept. 21 and Saturday, Sept. 28 from 1-3 pm at McQuade Softball Complex, 1100 N. Washington St. Players will demonstrate hitting, fielding, and pitching. Whether you are just beginning or a veteran of the sport, plan to attend one or both days. Instructors will break up into several groups according to age and skill level. The purpose of the camp is to have fun, learn new drills and get to know current and future players. Text or call 701-202-0017 or email kurt_grensteiner@bismarckschools.org if you plan on attending. The first 50 to register will receive a FREE Fastpitch Demon tee-shirt! For more info., [click here](#).

Parent-Teacher Conferences

For dates and times of BPS conferences, go to www.bismarckschools.org under District Announcements.

Operation Kidsafe Safety Event

Saturday, Sept. 21

Join the Schwan Buick GMC Cadillac team and local first responders for a FREE Operation Kidsafe Safety Event Saturday, Sept. 21 from 9 am-3 pm at Schwan Buick GMC Cadillac, 3812 Memorial Hwy., Mandan.

This event focuses on fun, refreshments, family and safety. It includes face painting, bounce house, and hot dogs & chips. Parents will take home safety tips to start a family safety action plan and a bio document that is ready to hand to law enforcement in an emergency. This event is sponsored by Schwan Buick GMC Cadillac. For the event flier, [click here](#).

Teddy Roosevelt Family Day



Sunday, Sept. 22

Families looking for a fun afternoon filled with FREE outdoor activities are invited to attend Teddy Roosevelt Family Day on Sunday, Sept. 22 from 1-4 pm at McDowell Dam 3 1/2 miles east of Bismarck on Hwy 10. There will be many hands-on activities including archery, BB gun shooting, fishing, paintball, Atlatls (spear throwers), live demonstrations, 30 other stations/booths, prizes and more. The first 900 kids who attend also receive a FREE Teddy Roosevelt patch. For the event flier, [click here](#).

Free/reduced meal applications expiring!

Deadline: Wednesday, Oct. 2

If your student is currently receiving free or reduced meal benefits because of the roll over from last school year, you must fill out a new application by October 2 or your student will no longer receive these benefits. Parents will be responsible for any charges accrued until a new app is submitted. Apply online at <https://frapps.horizonsolana.com/BISP01>, pick up a paper app at any BPS school or print at www.bismarckschools.org under Quick Links.

Coins for a Cause

Monday, Sept. 23-Friday, Oct. 4



Students bring coins to school to benefit United Way's Imagination Library. The library provides one free book each month to children from birth to age five; \$25 provides one child books for a year! Last year, Coins for a Cause provided 360 area children with free books. For more information, visit msaunitedway.org or call 701-255-3601.

Explore Today, Discover Tomorrow with Girl Scouts

Make new friends? Discover new passions? She'll do all that and more at Girl Scouts! Whether she's exploring nature and the outdoors, expressing herself through art or music, designing robots or board games, or helping her community through service projects, she'll have a blast as she earns badges in just about anything that piques her interest. Get ready, because she's going to make the world a better place—today and for the next generation!

Ready to learn more? Come to a Get to Know Girl Scouts event to learn about the opportunities available in your area!

- Sept. 23—6:30-7:30 pm at the Girl Scout Office
- Sept. 24—6:30-7:30 pm at Miller Elementary School
- Sept. 26—6:30-7:30 pm at the Girl Scout Office
- Sept. 30—6:30-7:30 pm at Sunrise Elementary School
- Oct. 1—6:30-7:30 pm at Liberty Elementary School

Can't make it? Join online at gsdakotahorizons.org/join to be placed in a troop and get her adventure started!

Don't forget to sign up for Wizarding School! Compete against other houses to win the house cup while learning how science and magic can sometimes be one in the same. Registration closes October 5. Learn more and register at gsdakotahorizons.org/wizard.

50% off memberships!

Thursday, Sept. 26



Fall into fitness and save 50% off your membership - one day only! Jumpstart your fitness goals. On Thursday, Sept. 26, purchase a 12-month membership to Capital Racquet & Fitness Center and the BSC Aquatic & Wellness Center and save 50%. Swimming, group fitness, racquetball, weights, cardio and more are yours for a year— for half off. Purchase your membership online at www.bisparks.org or stop in at Capital Racquet, located north of Century High School, or the Aquatic Center, on the campus of BSC, 7 am-7 pm. Two facilities – one path to wellness. Some exclusions apply.

FREE Youth Hunt

Saturday, Sept. 28



The Central Dakota NAVHDA's FREE Youth Hunt is Saturday, Sept. 28 for kids with hunter safety certification! The event will include a safety discussion, a safety walk-through, and a mentored hunt with live birds over quality trained hunting dogs. Participants must have completed hunters safety. There are four 1-hour slots to choose from: 8 am, 9 am, 10 am, and 11 am. Pre-registration is required and space is limited! To register, contact Joe Leibel at 701-809-4952 or jleibel@gmail.com. For more info., go to www.centraldakotnavhda.org/youth-hunt.

Pumpkin Fest

Saturday, Sept. 28



Coldspring is hosting a FREE Pumpkin Fest event on Saturday, Sept. 28 from 10 am-1 pm at Coldspring Selection Center, 13700 Trail Boss Way. FREE pumpkins, balloons, facepainting, animals, horse drawn wagon rides, and more!

Directions to Coldspring: Take Highway 83 North to 136th Ave and take a right. (East). Take first left onto Trail Boss Way. Then left to Coldspring.

Designer Genes Walk for Down Syndrome

Saturday, Sept. 28

The 2019 Designer Genes Walk for Down Syndrome will be Saturday, Sept. 28, at the ND State Capitol. Walking for Down syndrome acceptance, the one-mile walk is non-competitive, free, and for the whole family. Fun activities and registration starts at 10 am and the walk starts at 11. For more information, to register and/or donate, go to designergenesnd.ezeventsolutions.com/Walk/page/Home.

Cupcakes & Code



Girls in grades 3-6 are invited to a coding workshop co-hosted by the Center for Technology & Business and Code Connect. This 4 part series will be held Tuesday evenings in October from 7-8:30 pm. The dates are 10/1, 10/8, 10/15, and 10/22. In this workshop, mother* & daughter pairs will learn to code together - no previous experience necessary! (*A grandma, sister, aunt, neighbor, cousin, teacher or dad can be substituted.) Register at <https://www.meetup.com/codeconnect/events/ckwbhryznbc/>. Contact melissa@codeconnectnd.com with questions.

Walk to School Day

Wednesday, Oct. 2



Go! Bismarck-Mandan encourages all students and their families to walk, bike or roll to school on Wednesday, Oct. 2 for National Walk to School Day! Walking all or part of the way to school is an excellent opportunity to add physical activity to your day. Physical activity is not only good for our bodies, it helps students concentrate and learn! If you live too far away from school, consider parking a few blocks away and walking the rest of the way. Children are encouraged to participate in 60 minutes of physical activity each day.

Walk to School Day began as a simple idea – children and parents, school and local officials walking to school together on a designated day. It is an energizing event, reminding everyone of the simple joy of walking to school, the health benefits of regular daily activity, and the need for safe places to walk and bike. It is fun, easy to do, and free!

To learn more, go to www.gobismarckmandan.org and like [Go! Bismarck-Mandan](#) on Facebook.

GameChanger Ideas Festival

Saturday, Oct. 5



Humanities North Dakota presents the GameChanger Ideas Festival on October 5 at the Belle Mehus Auditorium, 201 N. 6th St. Come and join nationally and internationally-renowned speakers, authors, experts, and thinkers for this one-day event.

Get 10% off the general admission price by using promo code: FRIDAY

For more information about tickets, schedule, or volunteer opportunities visit gamechangernd.com.

CHS Cheerleading Kids Camp

Saturday, Oct. 12



The Century High Cheerleading Kids Camp will be Saturday, Oct. 12 in the Olson gym at CHS. Check-in is 8:45-9 am; camp 9-11:15; parent performance 11:15. Campers (grades K-8) will receive supervised, safe instruction on cheers, chants, dance, jumps and stunts as well as a camp gift & snack. Cost is \$20; after Oct. 4 cost is \$30. For more information and to register, [click here](#).

The Lions Den Carnival

Saturday, Oct. 5



This FREE event is fun for all ages and features prizes/games, jumping castle, cake walk, bingo, crafts, photo booth and more Saturday, Oct. 5 from 12-4 pm at the Salvation Army, 601 S. Washington St. Register through [The Lions Den Carnival Facebook](#) event. Only those that pre-register will qualify for door prizes.

Fairytales & Forever Afters Father-Daughter Ball

Saturday, Oct. 12

Bismarck High's drama dept. presents "Fairytales & Forever Afters" ball Saturday, Oct. 12, 5:30 arrive; 6 pm grand march; ends 9 pm. The event will be held at BHS Knaak gym and will feature dancing, photos, crafts, refreshments and more. The ball is for girls ages 2-12 and that "father" in their lives, whether it be dad, uncle, grandpa, or guardian. Only 120 non-refundable tickets will be sold, so purchase by Oct. 11! Cost is \$40 per couple and \$10 for each additional child. Tickets are available Monday-Friday at BHS, 800 N. 8th St., administrative office (use the 7th Street door), 7:30 am-4 pm. Office closed on weekends. Learn more at www.bhsdemon drama.com.

School's Out Program



Inner Groundwork collaborates with seven local organizations to provide children in grades K-3 a fun opportunity on eight non-holiday days off of school! Children will be dropped off at 8:30 am; picked up at 4 pm. Each camp will combine preventative mental health strategies with activities related to the hosting organization's mission. For details and registration, visit www.innergroundwork.com/children-and-families.html. You can register for each camp individually or get a discount when registering for all 8 camps.

- Oct. 17 Bisman Food Co-op & farm visit
- Oct. 18 TR 4 Heart & Soul
- Nov. 1 Arioso Music Academy
- Feb. 17 Heritage Center
- Feb. 18 Heritage Center
- Mar. 13 Dakota Star Gymnastics
- Mar. 16 The Innovation School
- Apr. 27 Theo Art School

Theo Art School

Theo Art School studios are located at 1810 Schafer St.
Call 222-6452 or theo_art_school@hotmail.com
Register online at theo.artschool.org.



Odyssey Part II Art Camps Series

When School is Out, Theo is In! Explore art and continue learning art techniques and tools during the school year. Summer 2019 repeat campers take 10% off your camp fee. * Theo Art School scholarships are now available.

5 & up; 8 am-5:30 pm; \$20 member; \$25 non-member.
Dates are based on the BPS calendar for all 20 camps: Oct. 17, Oct. 18, Nov. 1, Nov. 11, Dec. 23, Dec. 27, Dec. 30, Jan. 20, Feb. 17, Feb. 18, March 13, March 16, Apr. 10, Apr. 13, Apr. 27, and May 25-29.

After School Art Club at the Studio

Grades 1 & up; Mondays 3:45-5 pm; \$35 a month

Mommy and Me Art Hour

10 months-3 years; Mondays 10-11 am; \$10 per session

Family Art Events

Families that do ART together have FUN together! Visit theo.artschool.org for dates.

Ages 5 & up; \$7.50 per person

Traveling Art Camps - GO VAN GOGH

One-day camps for ages 3 & up; \$10 per student

Sessions: 8:30-5 pm or 1-5 pm

Field Trips - Let's Do Art!

All art supplies are included. Field trips are for ages 3 & up; \$3 per guest; chaperones are FREE.

Birthday Parties at Theo are ARTastic!

Two Hours of Art & Fun!

Any age; \$100 member; \$110 non-member

VFW Voice of Democracy Student Essay Contest

Deadline: Thursday, Oct. 31

Open to students in grades 9-12, state winners of this contest receive an all-expense-paid trip to Washington, D.C., Feb. 29-March 4 to tour the city, be honored by the VFW and its Auxiliary and receive their portion of \$154,000 in national awards, the top scholarship being \$30,000. Students will need to write an original essay, supply a written and audio version of the essay, and the nomination form. For full details, go to www.vfw.org/community/youth-and-education/youth-scholarships.

Children's Library Events

The Children's Library of the Bismarck Public Library has these FREE programs for children and families:

Miss Sparkles Kindness Club: Tuesdays 3:45-4:45 pm, Oct. 1-Nov. 5, grades K-4. The mission of the Kindness Club is to spread joy, love, and smiles to the Bismarck Community one kindness project at a time. Each kid-created project will be given to an unsuspecting person or group in the hopes of spreading kindness. Only the first 25 registrants are admitted. Email jmaher@bismarcklibrary.org or call 355-1489 to register.

Library Story Times:

Lapsit Baby Story Time - 9:30 am on Thursdays.

Toddler Story Time - 9:30, 10:15 am on Tuesdays.

Preschool Story Time - 9:30, 10:15 am on Wednesdays & 10:15 am on Thursdays.

Family Story Time - 6:30 pm on Mondays.

Wiggle Time: 11 am on Tuesdays, Wednesdays, Thursdays.

Children and their parents or caregivers are invited to free play and exploring a mix of play experiences.

B.A.R.K (Bismarck Animals Reading with Kids): Read to a therapy dog at the Library. Pre-registration is required. Registration begins September 16.

Lego Club: ages 10 & up (Jr. Makers ages 5-9 are welcome with an adult.). Build using the library's legos. Lego Club meets the last Thursday of the month from 3:30-4:30 pm.

Chess Day: Saturday, Sept. 26. Chess instructor Todd Wolf will be present to teach & coach. Call 355-1489 to register.

For more information about these programs, pick up a program brochure at the library (515 N. 5th St.), call 701-355-1489, email jmaher@bismarcklibrary.org, or visit www.bismarcklibrary.org.

The Friday Flier is emailed to parents of public & private school students in Bismarck, grades Pre-K-8, every other Friday during the school year. It's produced by Bismarck Public Schools as a service to non-profit community organizations that provide positive events and activities for students and families. With the exception of official BPS activities, these events are not sponsored/endorsed by BPS. Fundraising events such as benefit breakfasts or auctions/dinners will not be allowed, nor will notices that directly compete with BPS events, activities and services. For the guidelines, deadlines and fees, visit www.bismarckschools.org under Departments, Community Relations, email community_relations@bismarckschools.org or call 701-323-4092 to submit items for a small fee.

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Nominate Patriot of the Year!

Deadline: Friday, Nov. 1

The Patriot of the Year award is given each year to someone who possesses qualities to show a true "Patriot" spirit both in sportsmanship and support at Century High School. This award is not limited to current CHS parents or supporters, it may include teachers, grandparents, past parents, past students, etc. For details and nomination form, visit <https://sites.google.com/site/centuryhighschoolclub/patriot-of-the-year>. The deadline to nominate is Nov. 1. The winner will be announced at the Booster Bust on Mon., Nov. 11.

You can also support CHS C-Club, a parent volunteer booster group for ALL CHS activities (not just athletic groups), by purchasing Walmart raffle tickets or purchasing tickets for the Booster Bust event. Century High School C-Club is a 501c3 nonprofit organization. For more information, go to <https://sites.google.com/site/centuryhighschoolclub/>.

Youth & Family Programs, YMCA & Family Wellness



YMCA: Always there for our community.
1608 N Washington St.
701-255-1525
www.bismarckymca.org



Family Wellness: For your active family, for our growing community.
2700 46th Ave. SE Mandan
701-751-9800
www.familywellnessbisan.org

Youth Sports YMCA & Family Wellness

When children participate in youth sports programs, they experience the excitement of teamwork, determination, competition, leadership and athleticism. Registration fees vary by program. Register at bismarckymca.org.

Volleyball YMCA: 7th-8th Grade Girls

Session: Jan. 5-Feb. 14
Registration: Dec. 2-23, \$41 member; \$89 non-member

Basketball YMCA: 2nd, 3rd & 4th/5th & 6th Gr. Girls

Development & Competitive Session: Jan. 6-Feb. 15
Registration: Nov. 25-Dec.16 member

Nov. 28-Dec. 16 non-member

2nd Gr. & Developmental: \$45 member; \$97 non-member

Competitive: \$65 member; \$117 non-member

Basketball FW: 2nd, 3rd & 4th/5th & 6th Gr. Girls

Development & Competitive Session: Jan. 6-Feb. 15
Registration: Nov. 25-Dec.16 member

Nov. 28-Dec. 16 non-member

2nd Gr. & Developmental: \$45 member; \$97 non-member

Competitive: \$65 member; \$117 non-member.

Volleyball Family Wellness: 7th-8th Grade Girls

Session: Jan. 5-Feb. 14

Registration: Dec. 2-23, \$41 member; \$89 non-member

Itty Bitty Activities YMCA & Family Wellness

A fun and exciting program designed to introduce basic sports skill and concepts to participants ages 3-5 years. Fees for all Itty Bitty Activities are \$30 for members; \$50 for non-members. Register at bismarckymca.org.

Itty Bitty Basketball YMCA

Session: Oct. 14-Nov. 5, Mon. 4:30, 5:30, or 6:30 pm or
Tues. 9, 10, or 11 am

Registration: Sept. 16-Oct. 7

Session: April 1-22, Wed. 9, 10, or 11 am

Registration: March 2-23

Itty Bitty Football YMCA

Session: Oct. 13-Nov. 3, Sun. 2, 3, or 4 pm

Registration: Sept. 16-Oct. 7

Itty Bitty Sports YMCA

Session: Nov. 17-Dec. 15, Sun. 2, 3, or 4 pm

Nov. 20-Dec. 11, Wed. 9, 10, or 11 am

Registration: Oct. 21-Nov. 11

Session: Jan. 5-26, Sun. 2, 3, or 4 pm

Registration: Dec. 9-30

Itty Bitty Soccer YMCA

Session: Jan. 7-28, Tues. 9, 10, or 11 am

Registration: Dec. 9-30

Itty Bitty Baseball YMCA

Session: Jan. 9-30, Thurs. 9, 10, or 11 am

Registration: Dec. 9-30

Itty Bitty Basketball Family Wellness

Session: Oct. 15-Nov. 5, Tues. 9 or 10 am

Registration: now through Oct. 7

Itty Bitty Sports Family Wellness

Session: Jan. 5-26, Sun. 3 or 4 pm

Registration: Dec. 2-23

Itty Bitty Volleyball Family Wellness

Session: Nov. 17-Dec. 15, Sun. 3 or 4 pm

Registration: Oct. 21-Nov. 11

Itty Bitty Football Family Wellness

Session: Oct. 13-Nov. 3, Sun. 3 or 4 pm

Registration: now through Oct. 7

Aquatics YMCA

Kids who take swimming lessons at the Y learn much more than how to swim. YMCA instructors work with children on confidence, fun, and the Safety Around Water program. Cost is \$55 for members; \$85 non-members.

Register at bismarckymca.org.

2x/wk for 4 wks - Mon./Wed. or Tues./

Thurs.

Sessions: Oct. 14-Nov. 7

Nov. 18-Dec. 17

1x/wk for 6 wks - Fri. or Sat.

Sessions: Oct. 18-Dec. 13



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First International Bank & Trust Family Splash Center

This new addition to the Y boasts a variety of special features: water slides, play structures, fountains, therapy jets and lap lanes, all accessible from a zero depth entry. Free for members. Birthday party packages are available in the private Scheels Party Room on weekends with gifts for guests and a special something for the birthday kid.

Splash Center Toddler Time

Toddlers and their parents enjoy some fun in the fountains and play features of the new Family Splash Center on Mondays & Fridays, 12-1 pm. FREE for members.

Autism & Down Syndrome Swim Lessons

A program designed to be accessible and accommodating to children with special needs, teaching them water safety and swim skills in a calm and controlled environment. Offered regularly. Visit bismarckymca.org.

Youth Development Centers YMCA & Family Wellness

Adventure Camp: An exciting place to play on days off school! Activities include STEM, gym time, outdoor games & lots of positive fun with friends. Program available at the YMCA main campus with some meals provided. Registration is open for fall dates: Oct. 17 & 18, Nov. 1, Nov. 11, and Dec. 23, 26 & 27, 30 & 31. To enroll or for details, visit www.bismarckymca.org, Childcare.



Family Fun Gym Time YMCA

Families have fun bouncing, climbing and riding together during these special open gym hours. Featuring a bouncy house, bouldering wall, and various scooters. Parental supervision required. Tues. & Thurs. 10:30 am-noon & 5:30-7 pm and Sat. 10 am-noon through Memorial Day. FREE for members.

Family Fun Gym Time Family Wellness

A bounce house, play and sport equipment are available for families to enjoy together. Wed. & Fri. 10:30 am-noon through Memorial Day. FREE for members.

Family Free Fun Time YMCA

Enjoy a wide variety of family friendly activities including movie, game and arts and crafts nights, and much more. Offered monthly, through Memorial Day, these regular get togethers will give your family a great opportunity for quality time. FREE for members. Visit bismarckymca.org.

Youth Fitness YMCA & Family Wellness

An exciting, energetic group exercise program that's for kids ages 6-12. Meeting weekly, this program is set up in monthly sessions and pre-registration is required. Offered through Memorial Day. FREE for members. Visit bismarckymca.org for more information.

Becoming You Camp

This teen fitcamp is for young women, ages 9-17, to work with YMCA top female trainers on building their strength & confidence, and finding their voice! Get inspired and find the inner power you didn't even know you packed! Special rates for members and pre-registration is required. Offered regularly. Visit bismarckymca.org for more information.

Parents' Night Out YMCA

This program is designed to give kids ages 3-10 a fun, safe supervised experience, while their parents enjoy a night out. Sessions are held monthly, with special rates for members and pre-registration is required. Offered through Memorial Day. Visit bismarckymca.org for more information.

Jr. Chefs YMCA

Kids get cookin' in this fun, flavorful program. Culinarians put kids ages 6-13 to work in the kitchen learning about safety, healthy eating and fun family recipes. Sessions are held regularly with special rates for members. Visit bismarckymca.org for more information.

Healthy Weight and Your Child YMCA

This program focuses on healthy eating, regular physical activity, and behavior change to empower children to live a healthier and more active lifestyle. Families will work with trained leaders for 25 sessions to guide youth ages 7-13 down the right path for more positive eating and exercise habits. Sessions are offered at various times with special rates for members. All participants in this program must have a physician's referral. Visit bismarckymca.org for more information.

Haunted Halloween Party

This kooky spooky annual event includes bounce houses, a climbing wall, activities, games and prizes. Come dressed up as your favorite ghosts and goblins and enjoy some family fun Sunday, Oct. 27, 4-6:30 pm. \$5 per child; adults are FREE. Visit bismarckymca.org for more information.