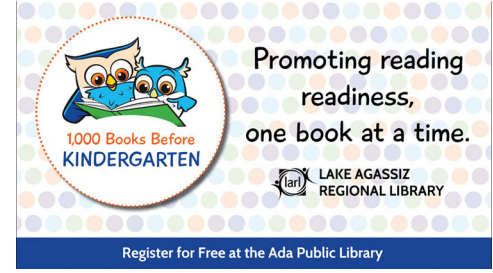




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09.jpg



Deep Water Aerobics

Tuesday & Thursday 7-8am
Monday & Thursday 5:30-6:30pm

10.jpg



Tri-Valley Opportunity Council, Inc.
Volunteer Drivers Needed!

- Flexible Hours
- Mileage Reimbursement
- Make a Difference in your Community!

More Info
866-884-2695
www.tvoc.org

11.jpg



FRONT DESK STAFFED HOURS

Monday - Thursday 8am-8:30pm
Friday 8am-4pm
Saturday 8am-11am
Sunday 1pm-7pm


12.jpg



Thanks Our Sponsors

Norman County • Essentia Health • Ada • Subway
Benedictine Living Community of Ada • Home Crown Realty
Little Learners Early Childhood Center • KRJB • Kelly's Chrysler
Fredrikson Ganje Funeral Home • Barrick Family Farms
Laughing Earth Gardens • Norman County Developmental Activities Center
Lindfors Agency • Al's Disposal • Arvig • Valley Vision
Mid Minnesota Federal Credit Union • American Federal Bank
Ada Building Center LLC, Ada Body Shop • Titan Machinery
Ada Chiropractic Clinic • Frandsen Bank & Trust • Dekko Foundation
Ada-Fellon Country Store • RDO Equipment

13.jpg



Did you know...

that 35 laps in the pool = 1 mile
and 18 laps around the walking track = 1 mile

14.jpg



Nick Gordon, Your Trusted Financial Advisor in Ada!

Call Nick for help with all your ag, business and personal banking needs.

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218-784-7121 | 888-786-7121

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15.jpg



LIKE US ON FACEBOOK
Dekko Community Center

Check for facility & class updates

16.jpg



west main PIZZA

320 E Main St, Ada, MN
(218) 784-3700
www.westmainpizza.net

- Take & Bake
- Private Parties
- Order Online

17.jpg



Free WiFi
Password:
dekkomember

18.jpg

HELP WANTED!

Lifeguard & Swim Instructors
 Paid training. Starting Wage \$12.71 Lifeguards/
 \$15.00 Swim Instructors Certified
 Scholarship Opportunities available
 6 months of work.
Call the Dekko or stop by the front desk for info!



19.jpg

Kids need at least 60 minutes of physical activity every day.

20.jpg

Lutheran Social Services
LSS MEALS OFFERS HOME DELIVERED MEALS!



WHO: Adults seeking Home Delivered Meals on Wheels, Delivering in Ada, MN

WHAT: Daily meals available, register for select days, advance weekend meals available

COST: Suggested Contribution \$5.00 for 60 years and older with completed NAPIS Form. Under 60 and Regular price without form \$8.75

TO REGISTER FOR MEALS CALL: (800) 488-4146

21.jpg

Meetings & Events are able to be held in the meeting room.



Please call 218-784-7665 for availability

22.jpg

The Sports Season STARTS HERE.

Remember to complete a well-child check or sports physical before your child's season begins.

EssentiaHealth.org/SportsPhysical



23.jpg



County Department Phone Numbers:
 Assessors: 784-5487
 Attorney: 784-5456
 Auditor Treasurer: 784-5471
 Court Administration: 784-5458
 Crime Victim Advocate: 784-3312
 Environmental Services: 784-5493
 Extension Office: 784-5550
 Highway Department: 784-7126
 Human Resources: 784-5473
 Public Health: 784-5425
 Recorder / DMV: 784-5481
 Sheriff's Office: 784-7114
 Social Services: 784-5400
 Veteran Services: 784-5494

Norman County Courthouse
 Open Hours 8:30a-4:30p
 Monday – Friday
www.co.norman.mn.us

24.jpg

Open Swim 

Wednesday 6:30-8pm
 Sundays 1pm-4pm & 5pm-7pm



25.jpg

If you notice one of our monitors not working or would like to see Your AD Here please,

Call Us 815-872-5040



26.jpg

PASSPORT SERVICES
 United States Department of State • Bureau of Consular Affairs



Apply for a U.S. passport card today!

WEB: travel.state.gov FACEBOOK: www.facebook.com/travelgov TWITTER: @travelgov

27.jpg

The U.S. Passport Card

- Wallet-sized
- Proof of U.S. citizenship
- \$30 for adults/\$15 for children*
- REAL ID compliant: can be used to fly domestically

*Plus excision fee, as applicable

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The U.S. Passport Card

- Valid for land and sea travel to Canada, Mexico, the Caribbean, & Bermuda
- RFID Technology to speed border crossings

WEB: travel.state.gov FACEBOOK: www.facebook.com/travelgov TWITTER: @travelgov

29.jpg

SHALLOW WATER AEROBICS

Monday, Wednesday & Friday
7:00am - 8:00am

30.jpg

JOIN US

DEKKO COMMUNITY CENTER

Stretching & Strengthening class
Tuesdays & Thursdays
9am-9:45am

31.jpg

SWIM LESSONS

Available now please call 218-784-7665 to register for each level.

32.jpg

Yoga

Monday - Friday
8:15am - 9:15am

33.jpg

ship MAY IS NATIONAL BIKE MONTH!

LEAGUE of AMERICAN BICYCLISTS presents

NATIONAL BIKE MONTH

NAT'L RIDE A BIKE DAY 03
BIKE TO WORK WEEK 11-17
BIKE TO WORK DAY 15

TOGETHER WE CAN Prevent. Promote. Protect.

34.jpg

Ada Public Library Hours

| | |
|----------------------|-----------------------|
| Tuesdays 12-8 PM | Wednesdays 10-6 PM |
| Thursdays 12-8 PM | Fridays 10-6 PM |

Lake Agassiz Regional Library

35.jpg

Please bring clean inside shoes for workouts in the facility.

36.jpg



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MEDICATION DROP OFF SITES

Drop off old or unused medications at any of these locations and keep our communities SAFE.

Thank You

TOGETHER WE CAN prevent and stop opioid misuse and opioid use disorder.

NORMAN COUNTY SHERIFF'S OFFICE

MAHONOMEN COUNTY SHERIFFS OFFICE

FOSTON CITY CLERK'S OFFICE

POLK COUNTY SHERIFF'S OFFICE (LOBBY)

CROOKSTON POLICE DEPARTMENT

EAST GRAND FORKS POLICE DEPARTMENT

POLK NORMAN MAHONOMEN COMMUNITY HEALTH SERVICES

46.jpg

FARMERS UNION INSURANCE AGENCY

Serving the Norman County area & beyond since 1990

Trusted. Local. Committed.

Home & Auto • Farm & Crop Business • Life & Health and more

Many companies to choose from

402 East 3rd Street • Ada
218-784-4813
www.mnfuia.com



Rodney E. Mathsen
Agent

TOGETHER WE CAN Prevent. Promote. Protect.

POLK NORMAN MAHONOMEN COMMUNITY HEALTH SERVICES

47.jpg

FREE CAR SEAT CHECKS FOR EVERYONE

DID YOU KNOW? Even if you think you have everything correct, letting a professional double check is never a bad idea!

Our agencies have trained safety technicians who will check your child's car seat for correct installation, recalls, and if it is the best fit for weight, height, and age.

Norman-Mahomen Public Health at 218.784.5425



TOGETHER WE CAN Transport kids safely.

POLK NORMAN MAHONOMEN COMMUNITY HEALTH SERVICES

48.jpg

MOLD CLEANUP IN YOUR HOME

1. Fix leaks and dry all items promptly. Moisture allows mold to grow quickly.
2. Clean hard surfaces with detergent and water, then dry completely.
3. Discard porous materials like carpet or ceiling tiles if moldy. Moisture allows mold to grow quickly.
4. Do not paint or caulk over mold. Always clean and dry surfaces first to prevent peeling and further growth.
5. Limit exposure to mold. Refer to guidance on protective clothing and identifying hidden mold.
6. When in doubt, consult a specialist. For details on health-care team, and how best professionals in mitigation or cleaning.



TOGETHER WE CAN Prevent. Promote. Protect.

POLK NORMAN MAHONOMEN COMMUNITY HEALTH SERVICES

49.jpg

HAVE YOU MADE AN EMERGENCY PLAN WITH YOUR FAMILY?

In any crisis—like wildfires, blizzards, or power outages—a well-prepared family emergency plan can reduce panic, protect lives, and help your household stay safe and informed.



TOGETHER WE CAN Prevent. Promote. Protect.

POLK NORMAN MAHONOMEN COMMUNITY HEALTH SERVICES

50.jpg

H.O.P.E. Coalition Support Line
Call: 800.282.5005
Text: MN TO 741741

MDA Farm & Rural Helpline
Call: (833) 600-2670

#NOONECAN TAKE YOUR PLACE



TOGETHER WE CAN Prevent. Promote. Protect.

POLK NORMAN MAHONOMEN COMMUNITY HEALTH SERVICES

51.jpg

DID YOU KNOW?

WIC is for Working Families!

WIC has higher income guidelines than the SNAP (food support) program, helping working families who make 185% of federal poverty level or below.



TOGETHER WE CAN Prevent. Promote. Protect.

POLK NORMAN MAHONOMEN COMMUNITY HEALTH SERVICES

52.jpg

Are You Expecting a Baby?

Family Home Visiting is a confidential, non-judgmental and voluntary service at no cost for you and your family.

Norman-Mahomen Public Health: 218-784-5425

YOU ARE NOT ALONE We're here to help!



TOGETHER WE CAN Prevent. Promote. Protect.

POLK NORMAN MAHONOMEN COMMUNITY HEALTH SERVICES

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Why Do You Choose to Not Drink and Drive?

"I've seen too many times the devastation a fatal crash causes to families, and I don't want that for my family. Drinking and driving is selfish behavior. Please have a plan for somebody to come get you or find a ride with a sober person"

Brad N.



TOGETHER WE CAN Prevent. Promote. Protect.

POLK NORMAN MAHONOMEN COMMUNITY HEALTH SERVICES

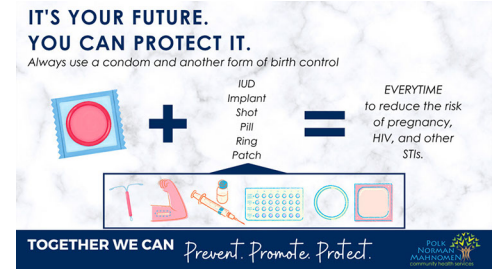
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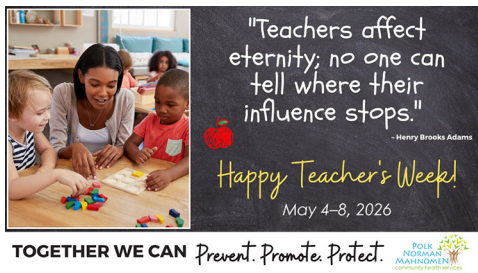
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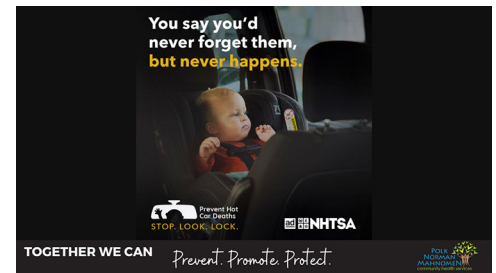
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