







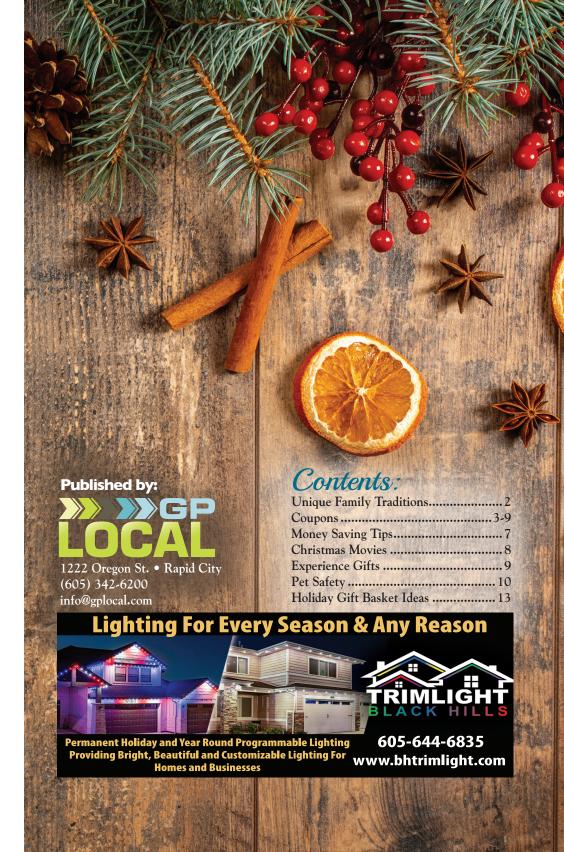
- Local Wellness Providers
- Run/Walk Events
- Health Articles
- Recipes



www.HealthAddict.us



2103 S. Plaza Dr. #26 • Rapid City • 605-646-7302 www.FenceRapidCity.com



UNWRAP JOY:

UNIQUE FAMILY TRADITIONS TO TRY THIS HOLIDAY SEASON



Each day leading up to Christmas, add an item to a box that can be donated to a local food bank or charity.

2. Ornament Exchange

Each member selects or creates an ornament that represents a memorable event or achievement from the past year.

3. Global Holiday Dinner

Explore the world from the comfort of your dining table by choosing a different country's cuisine to prepare for Christmas dinner each year.

4. Family Recipe Book

Start a family recipe book that features everyone's favorite holiday dishes.

5. Outdoor Adventure Day

Embrace the winter weather with an outdoor adventure day.





6. Secret Santa of Kindness

Each family member draws a name and is tasked with secretly performing acts of kindness

7. Family Gratitude Circle

Gather in a circle before opening gifts and take turns expressing gratitude for something or someone in your lives.

8. Storytelling Night

Takes turns sharing their favorite holiday memory or a story.

9. DIY Decorations Workshop

Instead of store-bought decorations, create your own.

10. Charity Gift-Giving:

Make gift-giving meaningful by selecting gifts that support a charitable cause.

Buy One Holiday Box @ \$24.99 Get 2nd 1/2 Off

(No Cash Value.)



Exp: 03/15/2024 2200 N Maple Ave • Uptown Rushmore Mall Kiosk Between Victoria Secret & Lids (605) 951-1903

Buy \$20 Fun Zone Card for \$15

(No Cash Value. Limit 2. Code: GP1123)





Exp: 02/29/2024 pizzaranchfunzone.com

405 E Stumer Rd • (605) 791-5255

\$5 off \$25 Purchase

(No Cash Value.)



Exp: 03/31/2024 **www.minervas.net**

2111 North Lacrosse Street • Rapid City

605-394-9505

\$5 Off A \$30 Purchase

(No Cash Value.)



Exp: 03/31/2024

www.sweetgrassinn.com

9356 Neck Yoke Rd ● Rapid City (605) 341-3515

20% Off Your Entire Purchase

(No Cash Value. May not be combined with any other offer or discount.)



Exp: 03/31/2024 **wearitagainsam.com**

402 E Fairmont Blvd • Rapid City (605) 342-8283 R

\$3.75 Off 2 Lunch Combos & 2 Drinks Or \$4 Off 2 Dinner Combos & 2 Drinks

(Limit 1 Per Table, No Cash Value.)



Exp: 03/31/2024 83 W Hwy 14 • Spearfish (605) 642-4765

\$5 Off Any Order Of \$30 Or More

(No Cash Value. Promo Code GP530 Not valid with any other offer, one time use only, must present coupon for in store orders, additional restrictions may apply.)



Exp: 01/31/2024 paulys.com

1624 E St Patrick St • Rapid City

Buy 1 Get 1 50% Off

(No Cash Value.)

tropical CAFE

eat better. @ feel better.

Exp: 03/31/2024

tropicalsmoothiecafe.com

1612 Eglin St Ste 900 • Rapid City (605) 716-8521

2 Months Free With 12 Month Membership Or 1 Month Free with 6 Month Membership Or No Sign-Up Fee + One Month Free (With Auto Withdraw Membership)

(No Cash Value.)



Exp: 02/29/2024

www.theweightroomrc.com

601 12th St., Suite 4 • Rapid City • 605-348-5070



www.wearitagainsam.com 402 E. Fairmont Blvd. Mon-fri: 9-6 • Sat: 9-5 • Sun: 1-5



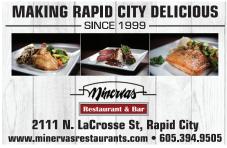


83 W Hwy 14 • Spearfish (605) 642-4765 guadalajaraspearfish.com















1/2 Off Salad Bar (Reg. \$9.99/lb)

(No Cash Value. By Weight)



Exp: 03/31/2024

www.dakotabutcher.com

651 N Creek Dr • Rapid City 605-791-1520

Catering 10% Off

(No Cash Value. Must present at time of booking.)



Exp: 03/31/2024 www.dakotabutcher.com

651 N Creek Dr • Rapid City 605-791-1520

Buy One Original, Thin, or Cauliflower Crust Pizza Get One 1/2 off

(No Cash Value, Equal or Lesser Value)



Exp: 03/31/2024

www.dakotabutcher.com

651 N Creek Dr • Rapid City 605-791-1520

Buy 3 Get 1 Free Package Of Fresh **Or Smoked Brats!**

(No Cash Value, Equal or Lesser Value)



Exp: 03/31/2024

www.dakotabutcher.com

651 N Creek Dr • Rapid Citv 605-791-1520

85% Ground Chuck • \$5.79/lb 90% Ground Chuck • \$6.29/lb

(25lb Minimum)



Exp: 03/31/2024 www.dakotabutcher.com

651 N Creek Dr • Rapid City

Assorted Smoked Snack Sticks Buy 1 Get 1 1/2 Off! (No Cash Value. Equal or Lesser Value)



Exp: 03/31/2024

www.dakotabutcher.com

651 N Creek Dr • Rapid City 605-791-1520

10% Off Take & Serve Holiday Meals

(No Cash Value.)



Exp: 12/25/2023

www.dakotabutcher.com

651 N Creek Dr • Rapid City

605-791-1520

Spend \$20 In The Liquor Store Get \$5 Off Meat Purchase



Exp: 03/31/2024

www.dakotabutcher.com

651 N Creek Dr • Rapid City 605-791-1520

Buv One Deli Lunch Get One 1/2 Off!

Valid Monday-Saturday 11-2 (No Cash Value, Equal or Lesser Value)



Exp: 03/31/2024 www.dakotabutcher.com

651 N Creek Dr • Rapid City

605-791-1520

Jar Products Buy 3 Get 1 Free

(No Cash Value, Equal or Lesser Value.)



Exp: 03/31/2024

www.dakotabutcher.com

651 N Creek Dr • Rapid City 605-791-1520

RC:

© 2023 GPLocal 5

RC



\$25 Off Each - Cordless Cellular Shades

(Maximum Value \$250 Off, Coupon Must Be Presented At Consultation)



Exp: 03/31/2024 blindguybh.com

206 E Colorado Blvd • Spearfish (605) 722-4489

\$5 off \$25 or More

(No Cash Value, PLU: 50251)



Exp: 12/31/2023 themarketsd.com

333 Omaha St • Tuscany Square • Rapid City (605) 341-9099

Buy One Medium Drink Get A 2nd Drink 1/2 OFF



Exp: 12/31/2023

Find Us On Facebook @BrewedAwakening: 907 E St. Patrick St. • Rapid City

20% OFF Your Entire Order

(Regular priced items only. Some exclusions apply. Must present coupon. Valid in-store only.)



Exp: 12/31/23 quiltconnectionsd.com

522 Saint Joseph St. • Rapid City (605) 355-0178

Buy One Hot Dog, Get One Free

(Valid One Per Customer)



Exp: 03/31/2024

custers-last-stop.square.site

429 Mt. Rushmore Rd. • Custer

Buy 1 Of Any Item From The Menu At Regular Price & Get The 2nd One Of Equal Or Lesser Value For 1/2 Price.



Exp: 03/31/2024

sturgisbrewingcompany.com

600 Anna St • Sturgis (605) 720-2337

RC

Money-Saving Tips For The Holidays

1. Create a Budget

Set a budget for holiday spending, including gifts, decorations, and entertainment, and stick to it.

2. DIY Gifts

Consider making homemade gifts or crafts, which can be more meaningful and budget-friendly.

3. Shop Early
Start your holiday shopping early to take advantage of sales and avoid last-minute impulse purchases.

4. Use Coupons & Discounts

Look for coupons, promo codes, and cashback offers when shopping online

5. Secret Santa or Gift Exchanges Suggest a gift exchange with friends or family instead of buying gifts for everyone, which can save money and reduce stress.

Reuse or repurpose holiday decorations from previous years and consider buying decorations on sale after the holidays.

7. Potluck Parties

Host potluck-style gatherings where guests bring dishes to share, reducing your food expenses.

8. Opt for Digital Cards
Send digital holiday cards instead of traditional paper cards to save on paper and postage costs.

 Plan Affordable Activities
 Focus on free or low-cost holiday
 activities like watching movies at home, playing board games, or enjoying outdoor activities.

10. Avoid Impulse Buying Think carefully before making a purchase and avoid impulse buying during holiday sales and promotions.



50 Min. FREE w/purchase of 100 Min. or 2 Mystic Tan Sessions For \$40

(No Cash Value.)



Exp: 03/31/2024 2626 W Main St # 2 • Rapid City (605) 341-1239

\$10 Off Purchase Of \$100 Or More

(Regular & Sale Priced Merchandise. No Cash Value)

renners

Exp: 03/31/2024 **sdrunnersshop.com**

41 East Omaha St • Rapid City (605) 348-7866

\$5 Off \$40

(Limit 1 Per Table, DoorDash Delivery Available)



Exp: 03/31/2024

www.sasukeramen.com

2335 West Main St • Rapid City (605) 791-2122

\$10 Off A \$40 Purchase

Code: TIC23TEN (No Cash Value.)



Exp: 03/31/2024 **ShopTrailAddict.com**

\$1.00 off Any Sub. No Limit!

(Not valid with any other offers)



Exp: 03/31/2024 www.jerseymikes.com

1745 Eglin St Suite 120 • Rapid City (605) 600-3673

20% Off Regular and Sale Priced Fabric

(Maximum Value \$50 Off)



Exp: 1/31/2024

rapidcitysewing.com
120 Knollwood Dr Suite A • Rapid City

605-348-1010

give the gift of experiences to make memories with your loved ones.

EXPERIENCE
Instead of gifting more "stuff" this holiday season, here are some ideas to

- Theater or Acting Workshops
- Dance Classes
- Indoor Amusement Places
- Museum Memberships
- Water Park Passes
- Art Classes
- Music Lessons
- Subscriptions (Magazines, Science Kits, Etc.)
- Sports Event, Concert or Movie Tickets
- Summer & Sports Camp Registration
- Destination Trips





The holiday season is a time for celebration, but it can also present unique challenges when it comes to keeping our furry friends safe and happy. Thanksgiving, Christmas, and New Year's are all occasions filled with joy, delicious food, and decorations, but they can also pose risks to our pets. To ensure a safe and enjoyable holiday season for your four-legged family members, it's essential to be aware of potential hazards and take precautions.

Food Safety

Avoid feeding your pets turkey bones, skin, or fatty trimmings, as these can lead to digestive problems or even a life-threatening condition called pancreatitis. Onions, garlic, and certain spices commonly used in holiday dishes can also be toxic to pets.

Quiet Space

Some pets may become anxious or overwhelmed by the commotion of a holiday gathering. Provide a quiet, safe space where your pet can retreat to if they need a break from the festivities.

Christmas Trees and Decorations

Christmas trees can be irresistible to cats and dogs. Secure your tree to prevent it from toppling over if your pet decides to climb it. Keep fragile ornaments and decorations out of reach, as broken glass or chewed ornaments can cause injuries.

Toxic Plants

Many common Christmas plants, like poinsettias, holly, and mistletoe, can be toxic to pets if ingested. Keep them out of reach or opt for artificial versions to decorate your home.

Electrical Cords

Pets may chew on electrical cords from holiday lights, posing a risk of electrocution. Conceal cords or use pet-proof covers to prevent access.

Gift Wrapping & Ribbons

Be mindful of your pet's curiosity around gift wrapping. Ingesting paper or ribbons can cause digestive issues. Dispose of wrapping materials properly.

Fireworks & Loud Noises

Many pets are frightened by fireworks and loud celebrations. Create a safe, quiet space where your pet can retreat. Consider playing soothing music or using white noise machines to drown out the noise.

By taking these precautions and being mindful of your pet's needs during the holiday season, you can ensure that your furry friends stay safe and happy. With a little planning, you can enjoy the holidays together, creating cherished memories while keeping your pets out of harm's way.







1. SPA RETREAT BASKET

A spa-themed gift basket filled with scented candles, bath salts, essential oils, a plush robe.

2. Coffee Lover's Delight

Include gourmet coffee beans, a stylish French press, a cold brew maker, an assortment of flavored syrups, chocolate covered espresso beans and a cozy coffee mug.

3. MOVIE NIGHT MAGIC

Add popcorn, their favorite movie snacks, a cozy blanket, and a gift card to a streaming service or the local movie theater.

4. GARDENER'S PARADISE

Include gardening gloves, seeds, gardening tools, and a beautifully potted plant.

5. BOOKWORM'S BLISS

Curate a basket with their favorite books, a comfy reading pillow, a reading light, and a gift card to a local bookstore.

6. Outdoor Adventure Kit

An outdoor-themed gift basket, includes a trail map, a reusable water bottle, energy bars, and a headlamp.

7. BAKING ENTHUSIAST'S HAVEN

A basket filled with premium baking ingredients, unique cookie cutters, silicone baking mats, and a personalized recipe book.

8. ARTISTIC EXPRESSION

An art-themed gift basket, includes high-quality sketchbooks, colored pencils, brushes, paints, and a gift card to an art supply store.



TICKET

1222 Oregon St

By GPLOCAL

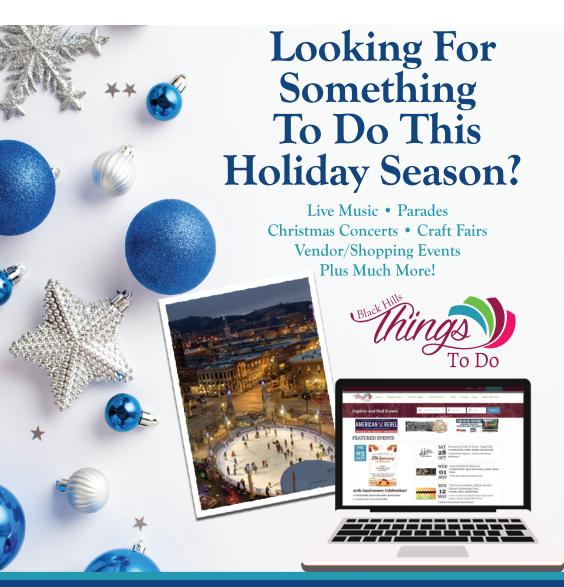
****ECRWSSEDDM****

Postal Customer

PRSRT STD U.S. Postage PAID Permit #84 Breese, II

1222 Oregon St Rapid City, SD 57702 (605)342-6200

GPLocalMarketing.com



For The Black Hills' Most Comprehensive Event Database: BlackHillsThingsToDo.com