

THE ELEVATOR

April 2026

WE'RE CELEBRATING VOLUNTEER MONTH



**BIG
COMMUNITY
IMPACT**



VOLUNTEERING BUILDS MORE THAN GOOD DEEDS

April is Volunteer Month, and if there's one thing we know for sure, it's this: volunteering doesn't just help others, it builds stronger, more connected communities for everyone.

When people show up for each other, something powerful happens. Neighbors become friends. Skills turn into impact. A simple hour of time can spark confidence, purpose, and belonging, not just for the person receiving help, but for the one giving it. Volunteering creates those small, meaningful moments that add up to something big: a community where people feel seen, supported, and part of something that matters.

At Elevate, we've made it our mission to make volunteering easier, more accessible, and a whole lot more fun. That's where Helper Helper comes in. Think of it as your go-to hub for doing good. Whether you have one hour or a whole afternoon, you can quickly find opportunities that fit your schedule, your interests, and your comfort level.

Want to help serve meals? Drive someone to an appointment? Lend a hand at an event? It's all there. No guessing, no awkward "how do I help?" conversations. Just clear opportunities and an easy way to jump in.

And here's the best part: every time someone signs up, shows up, and gives back, it creates a ripple effect. One volunteer hour leads to stronger programs, happier neighbors, and a community that continues to thrive.

If you've ever thought about volunteering (or want to get back into it!), consider this your sign. Start small. Try something new. You might just find that what you give comes back tenfold.

Because at the end of the day, volunteering isn't just about helping others. It's about building a community where everyone belongs.

TOP 5 ORGANIZATIONS IN HELPER HELPER

Elevate
Perham Health
Perham Living
Backpack Program
Perham Rotary

STUDENT IMPACT THAT ADDS UP

Shoutout to the PHS
9-12 students for
logging an impressive
2,107 volunteer hours
cumulatively.



THE HEART OF ELEVATE—OUR VOLUNTEERS

We asked a simple question: Why do you choose to give your time to Elevate? The answers you'll see below are a reminder that volunteering is about connection, purpose, and showing up for something bigger than yourself.

These voices represent just a handful of the incredible people who make this work possible. To them, and to every volunteer in our circle, thank you. Your time, your energy, and your heart are what bring Elevate to life.

"I really like visiting with everyone. I like to help out and the Elevate team makes it easy for volunteers for participate." — Sandy

"If I can make someone else's day better, why not?" — Kurt

"I was new in the area and I know nice people volunteer. I wanted to meet nice people. It is a good thing for me to serve others – feels good for me." — Stephanie

"I love to visit with everyone – it makes me feel like a part of something."
— Phyllis

"Volunteering is the perfect opportunity to give back to my community. It gives me joy to share my time and energy to a meaningful cause." — Patsy

"Elevate provides so many wonderful events for our community, that always helps spread joy." — Kellie

"I like to volunteer, People will forget what you said, but they will never forget how you made them feel."
— Diane

"I enjoy all the people and it is fun!" — Joan

"Watching the smiles on people's faces says it all. A smile and a few kind words can make someone's day."
— Vicki

"It makes me feel good. I like to think I'm helping someone." — Donna

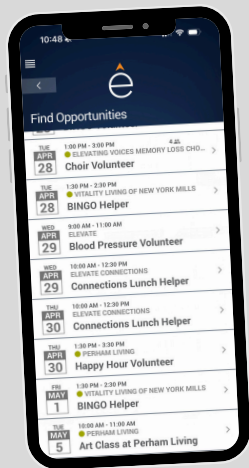
Photo from our 2025 Volunteer Appreciation Brunch



HOW MANY TIMES CAN YOU SPOT "VOLUNTEER" THROUGHOUT THE NEWSLETTER?

Email your guess to mindi.larson@perhamhealth.org, and we may just have a prize or two laying around!

Our March Brain Game winner was LeAnn Nelson. Thanks to all those that played!



VOLUNTEER OPPORTUNITIES AT YOUR FINGERTIPS

Download the Helper Helper app and discover simple ways to lend a hand in your community.

Helper Helper makes volunteering easy by bringing local opportunities right to your phone. Browse upcoming ways to help, sign up in seconds, and track the hours you give back. Whether you have an hour or a whole afternoon, it's a simple way to stay connected, support your community, and make a real difference.

Get started today and join the community of people making good things happen!

Sign up at elevateotc.org/volunteer

VOLUNTEERING BY THE NUMBERS

From January - March 2026 alone, our volunteers have been busy making a difference!

1,205 MEALS SERVED
Enough to feed a small army of grateful seniors!

2,204 MILES DRIVEN
Our Elevate van covered enough miles to drive from Perham all the way down to Key West!

706 HOURS LOGGED

618 hours is about 88 nights of sleep—so if you spent that time snoozing, you'd basically be hibernating your way through almost three months of winter.

Behind every mile, meal, and hour is something bigger: people showing up for each other. And while these numbers highlight a few of the bigger opportunities, there are countless more moments of kindness and connection happening behind the scenes every day.



DISCOVER WAYS TO GIVE BACK TO YOUR COMMUNITY!

Spring into Action VOLUNTEER FAIR

Join us for a volunteer fair designed to give our community a chance to discover the many ways you can help make a difference.

- VAN DRIVING & MEAL DELIVERIES
- COMMUNITY EVENTS
- ARTS & CULTURE
- TRISHAW BIKE PILOTING
- SERVICE PROJECTS
- BINGO & HAPPY HOUR
- GIFT SHOP
- DEMENTIA-FRIENDLY
- HOLIDAY MARKET
- MENTORSHIP
- CONNECTIONS LUNCH
- BLOOD PRESSURE CHECKS
- AND MORE!

During the event, you'll have the opportunity to meet with various organizations to learn more about their programs and volunteer opportunities. It's the perfect first step toward getting involved!

THURSDAY, APRIL 30

**FROM 9-11AM
AT PERHAM AREA
COMMUNITY CENTER**



Healthier HAPPY HOUR

Start your week feeling good, not groggy. Join us for Healthier Happy Hour, where we kick things off with light movement to wake up the body, followed by a healthy snack and simple games that get people laughing and connecting. It's easy, energizing, and a fun way to take care of yourself without overthinking it.

MONDAYS AT 1PM
at Perham Area Community Center

APRIL MOVEMENT SCHEDULE

April 6
Intro to Zumba

April 13
Line Dancing

April 20
Walk or Bike




April 27
Silver Sticks

MEMORY cafe *where every story counts*




SOMETHING TO LOOK FORWARD TO: MEMORY CAFÉ THIS SPRING & SUMMER

At Elevate, Memory Café is more than a monthly gathering, it's a place to feel understood, supported, and connected. Whether you're living with memory loss or walking alongside someone who is, you'll find a welcoming space where conversation flows easily, friendships grow, and no one has to figure things out alone.

Over the next six months, we've planned a thoughtful mix of meaningful conversations and lighthearted moments:

-  **April 23 | Daily Support Services**
Explore resources and services that can make everyday life a little easier.
-  **May 28 | Care Partner Burnout**
A real and honest conversation about caring for yourself while caring for someone else.
-  **June 25 | Breaking the News**
Guidance and support for navigating difficult conversations with loved ones, including kids.



-  **July 23 | Tools to Support Communication**
Practical tips and simple tools to help stay connected and understood.
-  **August 27 | Summer Beach Party**
A chance to relax, laugh, and enjoy a little summer fun together.
-  **September 24 | Grieving the Changes**
Creating space to talk about the emotional side of memory loss and how to move forward.

Each Memory Café is designed to meet you where you're at, with a balance of helpful information, open conversation, and moments of joy. Come as you are, bring a friend, spouse, or neighbor, and **join us at Crosspoint Alliance Church in Perham from 1-3pm**. RSVP appreciated!



elevate
Connections

MONDAY - THURSDAY

at Perham Area Community Center
620 3rd Ave SE, Perham

10AM | SOCIAL TIME

All are welcome to swing by for some coffee and conversations!

11:30AM | LUNCH SERVED

Come enjoy a delicious and nutritious lunch with us! Please reserve your meal by leaving a message at 218-347-1974 by 12pm the business day before. Meals are a suggested \$6 donation.

Easter Egg Hunt



Join our Connections crew as they host a fun-filled Easter Egg Hunt for local kids!

Thursday, April 2
10:30am at Connections



Birthday Lunch

Tuesday, April 20
11:30am at Connections



MEET REVIVE & THRIVE
Lisa & Tina!

We're excited to welcome Revive & Thrive Therapy as the new monthly hosts of our Parkinson's Support Group. Lisa Yonker, PT, and Tina McDonald, OT bring their expertise, energy, and heart to each session, offering practical tips, helpful tools, and meaningful support for those living with Parkinson's.

Each session features:

Brief educational insights

Gentle, guided movement for mobility and function

Time to connect and share

Whether you're living with Parkinson's or supporting someone who is, you're welcome here.

PARKINSON'S SUPPORT GROUP

TUESDAY, APRIL 14





from 2:30-3:30pm at Elevate

RSVP Appreciated!

April Calendar

EVENT COLOR KEY > Free Registration Paid Registration Free Event Community Event

Please note that some events need to be pre-paid and pre-registered! More details available in our newsletter.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>March 30</p> <p>1pm - Healthier Happy Hour + Line Dancing at PACC</p> <p>Vegetable Beef Soup & Sandwich / Dessert Bar</p>	<p>31</p> <p>1pm - Elevating Voices Memory Loss Chorus at Crosspoint Alliance Church</p> <p>Spaghetti & Meat Sauce / Tropical Fruit</p>	<p>April 1</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Tinnitus at PACC 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p> <p> Spring Clothing Order Opens</p> <p>Sloppy Joe & Chips / Peanut Butter Bite</p>	<p>2</p> <p>10:30am - Kids Easter Egg Hunt at Connections 1pm - Nosey Neighbor: Maple Lane Syrup in Vergas</p> <p>Chicken Wings & Fries / Ice Cream Fudge Bar</p>	<p>3</p>
<p>6</p> <p>1pm - Healthier Happy Hour + Intro to Zumba at PACC</p> <p>Chili & Corn Bread / Fruited Fluff</p>	<p>7</p> <p>12:15pm - Bingo at Connections 3pm - Caregiver Support Group at Perham Living</p> <p>BBQ Chicken on Bun / Sherbet</p>	<p>8</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Look on the Brightside at NYM Public Library 1pm - Exploratory: Polish Spring Chickens at NYM Cultural Center (\$28) 6:30pm - Exploratory: Beginner Pickleball at PACC (\$5)</p> <p>Wild Rice Meatballs & Gravy / Mandarin Oranges</p>	<p>9</p> <p>10am - Digital Life Skills: Moving Past the Fear of AI at Elevate</p> <p>Grilled Brat & Pasta Salad / Fruited Jello</p>	<p>10</p>
<p>13</p> <p>1pm - Healthier Happy Hour + Line Dancing at PACC</p> <p>Lasagna / Cheesecake Bar</p>	<p>14</p> <p>1pm - Elevating Voices Memory Loss Chorus at Crosspoint Alliance Church 1-5pm - Foot Care Clinic at Perham Living Salon (\$30) 2:30pm - Parkinson's Support Group at Elevate</p> <p>Fish & Chips / Dessert Bar</p>	<p>15</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Bone Density Basics for Aging Strong at PACC 1pm - Exploratory: Spring Floral Watercolor at Elevate (\$30)</p> <p>Tator Tot Casserole / Vanilla Ice Cream</p>	<p>16</p> <p>2pm - Navigating Your Grief Support Group at Elevate 4:30pm - Cooking Club at Elevate</p> <p> Spring Clothing Order Closes</p> <p>Orange Chicken & Fried Rice / Fortune Cookie</p>	<p>17</p> <p>10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>20</p> <p>11:30am - Monthly Birthday Lunch at Connections 1pm - Monday Matinee "Solo Mio" at Comet Theatre (\$6) 1pm - Healthier Happy Hour at PACC</p> <p>Soft Shell Beef Taco / Blondie Brownie</p>	<p>21</p> <p>1pm - Elevating Voices Memory Loss Chorus at Crosspoint Alliance Church 1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Pizza Ranch in Perham</p> <p>Lemon Chicken & Wild Rice / Fruited Jello Fluff</p>	<p>22</p> <p>9-11am - Free BP Check at PACC 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5) 10:30am - Ask Nurse Jean at PACC 10:30am - Coffee Talk: NYM Family Resource Center at NYM Public Library 5pm - Farmers Market Vendor Meetup at Elevate</p> <p>Chicken Tortilla Soup & Sandwich / Cookie</p>	<p>23</p> <p>1-3pm  Memory Cafe at Crosspoint Alliance Church</p> <p>Hamburger & Potato Salad / Ice Cream Sandwich</p>	<p>24</p> <p>9am-4pm - Foot Care Clinic at Perham Living Salon (\$30)</p>
<p>27</p> <p>1pm - Healthier Happy Hour + Silver Sticks Drumming at PACC 2:30pm - Nosey Neighbor: The Art of Taxidermy at Jake Sazama Taxidermy 4:30pm - Exploratory: Succulent Workshop at Red Barn Greenhouse (\$5/succulent)</p> <p>Macaroni Casserole / Surprise Dessert</p>	<p>28</p> <p>1pm - Elevating Voices Memory Loss Chorus at Crosspoint Alliance Church 6:30pm - The Collectors Club at Perham Area Public Library</p> <p>Potato Soup & Sandwich / Strawberry Ice Cream</p>	<p>29</p> <p>9-11am - Free BP Check at PACC</p> <p>Rib & Rosemary Potatoes / Fruit Salad</p>	<p>30</p> <p>9-11am  Volunteer Fair at Perham Area Community Center</p> <p>Meatballs & Potatoes / Lemon Bar</p>	<p>May 1</p> <p>10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
				<p>Saturday, April 25</p> <p>10am/1pm/4pm - Exploratory: Minnesota Stained Glass at Elevate (\$65)</p>

NOSEY NEIGHBORS



MAPLE LANE SYRUP

Thursday, April 2 from 1-3pm at 29463 460th St, Vergas

The trees are ready for tapping! Join us at Maple Lane Syrup in Vergas to tour and learn about the process of making maple syrup. We'll get a look at the equipment, have a tasting, learn all about the process, and if weather permits, we'll take a walk through the woods! **RSVP Required.**

STOCKYARDS AUCTION & LUNCH

Monday, May 18 starting at 10am at Perham Stockyards - 45240 Co Hwy 80, Perham

Curious about how a livestock auction works? Join us at Perham Stockyards to experience a live auction featuring multiple livestock breeds. Stick around after to grab lunch at the on-site restaurant (at your own expense). This free outing isn't a formal tour—just a fun chance to check it out together! **RSVP Required.**

THE ART OF TAXIDERMISTRY

Monday, April 27 from 2:30-4pm at Jake Sazama Taxidermy - 42768 Co Hwy 35, Perham

Ever wondered how taxidermy works? Come along for a tour of a local taxidermy business and learn about the fascinating process of preserving wildlife. You'll hear about the steps involved, see tools and materials used in the craft, and get an up-close look at some finished pieces. **RSVP Required.**

PHELPS MILL

Thursday, June 4 at 1-2pm - 29029 Co Hwy 45 Underwood

Explore the historic mill on a guided tour starting at the bridge overlooking the dam. Learn how the mill operated and supported the surrounding area. Inside, you'll see original equipment on each level, with a video option available for those not using stairs. **RSVP Required.**



MANY SIZES + COLORS AVAILABLE

Gear Up with Elevate

The Elevate Swag Shop is back and ready for you. Grab your favorite sweatshirts, t-shirts, tanks, and more to show off your Elevate pride wherever you go. We've partnered with Longweekend Sportswear, so you can have your gear shipped straight to your door, no pickup needed.

Shop Open: Wednesday, April 1 – Thursday, April 16

Don't wait, once the shop closes, it's gone until next time!
elevateotc.link/swag-shop

DIGITAL LIFE SKILLS

presented by  arvig

MOVING PAST THE FEAR OF AI

Learn how to spot artificial intelligence (AI) fakes, understand what to be cautious about, and discover simple ways to use AI tools to make everyday tasks easier and more efficient.

Thursday, April 9 from 10-11am at Elevate

PLEASE RSVP



Bring your devices to follow along!

EXPLORATORIES

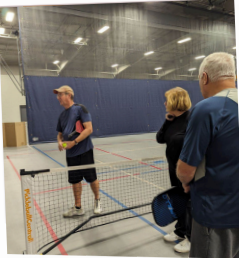
Try something new with us!



POLISH SPRING CHICKENS

\$28

Wednesday, April 8 from 1-3pm at New York Mills Cultural Center - 24 N Main Ave, NYM
Paint your own colorful Spring Chicken on canvas, inspired by traditional Polish Wycinanki style. Layer bright colors before adding colorful details, sure to brighten any home! Hosted by New York Mills Cultural Center. **RSVP required.**



BEGINNER PICKLEBALL

\$5

Wednesday, April 8 from 6:30-8:30pm at PACC - 620 3rd Ave SE, Perham
Discover the fun of pickleball-the fastest growing sport in the country! This class is designed for adults who want to stay active, learn the basics, and enjoy a game that's easy to pick up and play anywhere. All equipment provided. **RSVP required by April 4.**



SPRING FLORAL WATERCOLOR

\$30

Wednesday, April 15 from 1-3pm at Elevate - 318 6th Ave SW, Perham
Create a colorful spring painting in this floral watercolor class with local artist Dawn Duncan of Yellowbright Creative. This guided, beginner-friendly session requires no experience and is perfect for anyone looking to get creative. **RSVP required.**



STAINED GLASS MINNESOTA

\$65

Saturday, April 25 starting at 10am, 1pm, and 4pm at Elevate - 318 6th Ave SW, Perham
Create your very own Minnesota suncatcher! Learn how to apply copper foil to the pre-cut glass pieces and solder them together into a beautifully finished piece that you can take home with you by the end of class. All supplies will be provided. **RSVP required.**



SUCCULENT WORKSHOP

\$5/SUCCULENT

Monday, April 27 from 4:30-6pm at Red Barn Greenhouse - 49822 Co Hwy 67 NYM
Join us for a greenhouse tour covering everything from ordering seeds to caring for plants and planters. Then we'll dive into planting our own succulents! Bring your own pot (4" or larger) and select from an assortment of 300 succulents at \$5 each. **RSVP required.**



BREATHWORK + SOUNDBATH

\$35

Monday, May 4 from 5:30-7pm at Elevate - 318 6th Ave SW, Perham
Unwind with an evening of breathwork and a sound bath designed to calm your nervous system and prepare your body for deep sleep. Start with guided breathing to ease stress, then relax into a one-hour sound bath for relaxation and renewal. **RSVP required.**



PETALS & POURS

\$50

Wednesday, May 6 starting at 5:30pm at Elevate - 318 6th Ave SW, Perham
Enjoy a hands-on, feel-good event with Kellie Smith Floral where you'll create a fresh spring floral bouquet with premium blooms to take home. Then craft a refreshing mocktail with edible flowers and relax as you sip, laugh, and celebrate the season. **RSVP required.**



Coffee Talks

Free and open to the public!

PERHAM AREA COMMUNITY CENTER
1st + 3rd Wednesdays from 10-11am



APRIL 1
Tinnitus

Come learn all about tinnitus—what it is, what causes it, and the latest treatment options available. Tim Fresonke, PA, will guide the discussion, share helpful insights, and answer common questions about managing tinnitus and improving quality of life.



APRIL 15
Bone Density Basics for Aging Strong

Did you know that bone density matters as you age? Join Pete Marjamaa for a conversation about how bone health changes over time and what you can do about it. He'll give us easy-to-apply tips to support mobility, strength, and healthy aging.

Save the Date

- May 6 - The Story of Elevate
- May 20 - Coffee with a Cop

NEW YORK MILLS PUBLIC LIBRARY
2nd + 4th Wednesdays from 10:30-11:30am



APRIL 8
Look on the Bright Side

A warm, approachable conversation about grief: what it is, how it shows up, and why it can feel so tricky to navigate. We'll share simple, practical tools for supporting someone who's hurting (even when you're not sure what to say), and leave you feeling more confident and compassionate. Hosted by Moment's Hospice.



APRIL 22
NYM Family Resource Center

Learn more about the vital role Family Resource Centers play in supporting people of all ages through connection, education, and essential resources, while also providing updates on the progress and next steps for MAHUBE's new project in New York Mills.

Save the Date

- May 13 - OTC Sheriff's Safety & Survival Tips
- May 27 - Medicare Benefits & Savings

The Mixer

Let's mix it up! Join us to explore and support local restaurants.

Pizza Ranch

Tuesday, April 21 from 4:30-6pm
in Perham

Billy's Corner Bar

Tuesday, May 19 from 4:30-6pm
in Vergas



All are welcome!

RSVP Appreciated

COOKING CLUB



Cooking Club is a fun, flavorful way to eat well and connect with others. Each month features a new healthy cooking theme, with everyone bringing a dish and the recipe to share. Along the way, we swap tips, build kitchen confidence, and enjoy good conversation.

For April, we're trying viral recipes.

Bring a dish you've seen all over your social media feed that you've been wanting to try. Let's find out together which internet favorites are actually worth the hype!



THURSDAY,
APRIL 16

starting at 4:30pm
at Elevate

RSVP Appreciated!

RECURRING EVENTS



Looking for something fun to add to your routine? Come hang out with us at our weekly, monthly, and ongoing events! Join the fun, make new friends, and keep life interesting all year long.

CAREGIVER SUPPORT GROUP

1st Tuesday of the Month from 3-4pm at Perham Living
Caring for a loved one can be both rewarding and challenging. Perham Living's Caregiver Support Group provides a confidential space to share experiences, exchange advice, and find encouragement. Supervision for your loved one during the meeting is available by advanced request. Contact Perham Living at 218-347-1940 or email nayeli.limon-ramirez@perhamhealth.org to get connected.

BLOOD PRESSURE CHECKS



FREE!

Wednesdays
from 9-11am
at PACC

AVITA YOGA FOR JOINT HEALTH & ARTHRITIS

April 1, 17, 22, and May 1 from 10-11am at B Still Yoga - 650 3rd Ave SE, Suite 4, Perham

Join Monica at B Still Yoga for a class designed to ease arthritis, increase range of motion, and dissolve restrictions. Perfect for all levels, including those waiting for or recovering from joint replacements, this class accommodates everyone with options for ground or chair practice and helpful props for comfort. Take a step toward better joint health in a supportive and relaxing environment! Just \$5 per class. For more details, contact B Still Yoga at 218-205-2955.

MONDAY MATINEE SOLO MIO

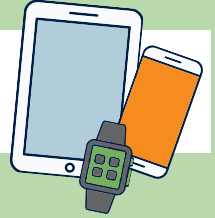
Monday, April 20
at Comet Theater, Perham

12:30pm Doors Open | 1pm Movie Starts
Cost: \$6 includes a pop and popcorn



TECH *with* TEENS

3RD TUESDAY OF THE MONTH
from 1:30-3pm at PACC



Get help with your devices!

- Local students provide one-on-one tech help
- Bring your phone, tablet, or laptop
- Get assistance with apps, settings, and more
- No appointment needed – just stop by!
- Hosted by PHS Interact Students

NAVIGATING YOUR GRIEF SUPPORT GROUP

3rd Thursday of the Month from 2-3pm at Elevate
No one should have to face grief alone. This group offers a safe, caring space to share, listen, and find support with others who understand. Whether your loss is recent or years past, you are welcome here. The conversation is gentle, approachable, and guided with care. Come as you are, share as much or as little as you like. Hosted by Vivie Hospice. No registration needed!

FOOT CARE CLINIC

UPCOMING DATES:

FRIDAYS - APRIL 24,
JUNE 15, JULY 17

PLUS
TUESDAY,
APRIL 14

Call Julie at 218-731-4190 for your appointment at Perham Living!

THE COLLECTORS CLUB

4th Tuesday of the Month at 6:30pm at Perham Area Public Library - 225 2nd Ave NE, Perham

Do you love collecting? Whether it's coins, comics, vinyl records, stamps, toys, books, or something unique, Collectors Club is the place for you! Come and join like-minded collectors at this fun, monthly gathering where collectors of all kinds can bring part of their collection, share their stories, and connect with others who appreciate the art of collecting. No registration needed.

ELEVATING VOICES

MEMORY LOSS CHORUS

SING WITH US!

With about 35 voices already filling the room, Elevating Voices is in full swing—and there's still time to jump in! We're singing favorites like White Sportcoat, Amarillo by Morning, Remember When, and Can't Help Falling in Love... the kind of songs that bring back memories and get everyone smiling.

Rehearsals continue through May (except April 7 or May 5)
Tuesdays from 1–3pm at Crosspoint Alliance Church
Plus, a community performance on Tuesday, May 19!



For more info or to sign up, visit elevateotc.org/elevating-voices or call 218-347-1974!

JASPER'S THEATER BUS TRIP

WAYLON, WILLIE, AND THE BOYS

Wednesday, June 10

Hop on the bus with us for a toe-tappin', sing-along kind of afternoon filled with classic outlaw country featuring music from Waylon Jennings, Willie Nelson, and Merle Haggard.

Cost: \$55 per person
not including dinner

- Bus departs Perham at 12:30pm
- Showtime is 2pm
- Quick dinner at A&W
- Return to Perham around 6:30pm

Sign-up deadline: May 10



PERHAM FARMERS MARKET VENDOR APPLICATIONS ARE OPEN!

Thinking about joining the Perham Farmers Market this summer? Now's the time to jump in. Vendor applications are open, and we're looking forward to another season filled with fresh products, creative goods, and a whole lot of community on market days.

Not sure where to start or just want to connect with other vendors? Join us for our **Vendor Meetup on Wednesday, April 22** at 5pm at Elevate. Come learn the ins and outs, meet fellow vendors, ask questions, and get a feel for what the season has in store.

Season memberships are \$150 (with a discount if you apply by 4/30), daily spots are \$10, and food trucks and fundraising groups are free on a limited basis. All vendors must complete a membership application before registering for market days.

Get the details and apply at elevateotc.org/farmers-market.



elevate

YOUR HEALTH · YOUR WAY

Ready to live your best life?
Visit elevateotc.org to get started.

✉ connect@elevateotc.org ☎ (218) 347-1974 📍 318 6th Ave SW, Perham

HOURS Monday-Thursday from 9am-5pm | Friday from 9am-noon | Closed Saturday & Sunday