

# THE ELEVATOR

August 2025



## SMALL STEPS, BIG WINS: JOIN THE CHALLENGE

The Healthspan Challenge returns this August to help you build better habits, feel your best, and have some fun along the way. This 6-week challenge is all about small, doable actions that add up to real change.

Starting Friday, August 15, each week will bring a new set of six mini wellness challenges. Your goal? Complete at least five out of six each week. From movement and nutrition to connection and mindfulness, the challenges are designed for all ages and abilities and they're totally free to join.

Challenge sheets will be available starting August 15 at our Elevate info stands (PACC, Perham Library, NYM Library, and Perham Living). No registration required. Just grab your sheet and get started!

Here's the fun part:

📄 Turn in your weekly slip by the due date to be entered into our weekly prize drawing

🎉 Turn in all six weeks by Tuesday, September 30 and you'll be in the running for the Grand Prize of \$250 Perham Bucks!

You can catch up if you miss a week, but only current and future weeks are eligible for prizes (no time travel, sorry). And remember: no early birds—slips turned in before the week begins won't be counted.

Because better health isn't about big, drastic changes—it's about steady, doable steps. Let's walk them together.

For more details, visit [elevateotc.org/healthspan](https://elevateotc.org/healthspan) ➔

## WALK THE BLOCK

We're kicking off the 2nd Annual Healthspan Challenge with a fun, free, all-ages walk & roll event!

### Friday, August 15

#### Starting at 9am

Perham Farmers Market  
(near Empowering Kids)

- ✓ **Pick your pace & distance:**  
Quick ½ mile loop or 1 full mile
- ✓ **All wheels welcome:**  
Strollers, scooters, bikes, walkers, wheelchairs — if it rolls, bring it!
- ✓ **Bring your people:**  
Kids, parents, grandparents, neighbors... everyone is invited!

Parking is available in the grassy lot behind the market. Enter by the orange cones on 5th St SW (across from Nyhus Motors). After your walk, enjoy a healthy snack, browse the Farmers Market, and pick up your Healthspan Challenge Tracker!

**RSVP REQUESTED**



# MEMORY cafe *where every story counts*

Join us at Memory Café this month as we welcome Rob Hendrickson from Lakes Home Solutions for an important session on Proactive Planning.

Learn practical ways to enhance safety at home for individuals living with dementia—using tools like alarms, emergency notification systems, Smart 911, and the power of community support.

Whether you're a caregiver, family member, or simply curious, this is a great opportunity to connect and gain valuable knowledge.

## THURSDAY, AUGUST 28

from 1-3pm at Crosspoint Alliance Church  
600 NE 8th St, Perham



### RSVP APPRECIATED

Help us plan for snacks and activities! RSVP online or by calling 218-347-1974. We appreciate it!



## Coffee Talks

Free and open to the public!

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

#### August 6 - What's New in Perham?

Get the latest updates on the happenings and developments in the City of Perham. It's a great chance to stay informed, ask questions, and connect with your community!

#### August 20 - Perham Trivia

Come test your knowledge and learn some facts about our amazing community!

#### *Save the Date*

- September 3 - Fall Prevention Bingo
- September 17 - Perham Schools' 549 Media

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

#### August 13 - Backyard Birding

Join Master Gardener Jean Siirila where she will take us on a journey through the world of local bird species — who they are, what they're up to, what they like to eat, and how you can attract them to your garden or backyard.

#### August 27 - MyChart Training

Learn how to use MyChart to easily manage appointments, view test results, and connect with your provider—all from home—in this helpful session hosted by Perham Health.

#### *Save the Date*

- September 10 - Emerald Ash Borer & More
- September 24 - TBD



## The Mixer

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

## Beach Bums

on Otter Tail Lake  
Tuesday, August 19  
from 4:30-6pm

*All are welcome!* RSVP Requested

# élevate SPOTLIGHT



## ELEVATE SPOTLIGHT: RED OAK ACRES

After years running a landscape design company in the metro, Wes and Steph packed up their tools and moved to Verndale—home to 106 acres of nearly forgotten farmland that had been in their family for almost a century. With a desire to live more intentionally and raise their kids surrounded by open fields, they started Red Oak Acres and never looked back.

Wes is the hands-on farmer—milling his own lumber, building every structure, and doing wellness checks three times a day. Steph manages the marketing, social media, and everything behind the scenes. “We’re excited to grow our reach and connect with more people,” they shared.

Today, they raise pasture-raised chickens, eggs, and turkeys using regenerative practices on chemical-free pasture. Their animals are moved daily, get fresh forage and water, and even have guardian donkeys keeping watch. From June through October, you’ll find them at the Perham Farmers Market with their poultry, colorful eggs, organically grown produce, vibrant dahlia bouquets, and in the fall, dried flower ornaments and decorative pumpkins. Pre-orders are also open for pasture-raised Thanksgiving turkeys.

Stop by the Perham Farmers Market on Fridays to see them and pick up something fresh from their farm.



# FARMERS MARKET

**WEDNESDAYS  
+ FRIDAYS  
FROM 9AM-1PM**

**200 5th St SE, Perham  
(across from Perham  
Meat Market)**

## FREE PRODUCE UPDATE

July didn’t make it easy on our Power of Produce days — with rainy Fridays and a slower start to the growing season, we had fewer vendors and less produce to go around. Thank you for your patience and understanding as we weathered the literal storm! We’re hopeful August brings sunnier skies, fuller baskets, and more fresh food for all.

But we’ve got good news: PoP is back and better timed for peak produce season! We’re shifting to Fridays in August, and we’re ready to load you up with fresh fruits and veggies.

Visit the Elevate tent to sign up and receive your \$2 voucher to spend on produce from local Farmers Market vendors. One voucher per person, per day – just 50 available each date, so come early!

🍎 **PoP Plus for Seniors (ages 60+):**  
Friday, August 8 & Friday, August 15

🥕 **PoP for Kids (ages 4–12):**  
Friday, August 22

Thanks again for sticking with us. Here’s to a fresh start and a flavorful August!

# EXPLORATORIES

Come try something new with us! Registration is required due to space restrictions. RSVP at [elevateotc.org](http://elevateotc.org).



## OUTDOOR SOUND BATH

COST: \$28

*Thursday, August 7 from 5:30-6:30pm at 1910 Sip House - 41714 Foursquare Rd, Battle Lake*

Join us for a lakeside sound bath with Nancy Hebert at beautiful Lake Ethel! Enjoy an hour of relaxing outdoor sound therapy—just bring a mat, blanket, and pillow, and dress comfortably. Sound baths offer amazing benefits like stress relief, better sleep, and a calm nervous system. Stick around afterward for a cider at 1910 Sip House! **RSVP required.**



## OUTDOOR BEGINNER PICKLEBALL

FREE

*Pick Your Session: Tuesdays, August 12 or August 26 from 6:30-8:30pm at KLN Outdoor Pickleball Courts*

Ready to try the fastest-growing sport? Beginner Pickleball is for first-time players and open to all ages —no equipment needed! Learn basics from experienced players, have fun, and get moving with a game you can play year-round, anywhere. **RSVP required.**



## HANDGUNS 101

FREE

*Wednesday, Sept. 3 from 5:30-7:30pm at Perham Sportsmans Club - 42825 Harvest Ave*

Are you curious about handguns but feel a little uncertain or intimidated? This session is for people with little or no experience with handguns. Learn measures to ensure safe handling, different handgun sizes, and bring your questions. No equipment needed, but you can bring your own handgun and ammunition. This is not a certification class. **RSVP required.**



## WELLNESS RIDDLE

Email your guess to  
[mindil.larson@perhamhealth.org](mailto:mindil.larson@perhamhealth.org),  
and we will pick a winner!

I'm invisible but powerful,  
I shape your day and night.  
Too little, and you feel off,  
Too much, and nothing feels right.  
I can boost your mood,  
Or leave you in distress—  
Master me well, and you'll feel your best.  
**What am I?**

A) Sleep B) Caffeine C) Stress D) Sugar

## JULY BRAIN GAME RESULTS

There were 57 stars in the July newsletter. Winner was Monte Anderson!



## DEMENTIA FRIENDLY MOVIE



**WEDNESDAY,  
AUGUST 13**

Starting at 1pm | Comet Theater  
Cost: \$8 includes a pop and popcorn

Join us for a special Dementia Friendly screening of *Grease*, designed to offer a nostalgic, inclusive movie experience for those living with memory loss and their loved ones of all ages.

**RSVP Appreciated!**

Visit [elevateotc.org/events](http://elevateotc.org/events) or call 218-347-1974

## WAHL'S WELLNESS WISDOM:

# HEALTHSPAN: HOW TO IMPROVE THE QUALITY OF LIFE

Improving the number of years a person remains healthy should be the primary goal of health care, not just extending the number of years they live.

Many people “outlive” their mobility. In other words, most Americans can expect to spend several years unable to perform normal daily activities without assistance, and unable to fully enjoy the things they love.

To improve healthspan, a person should focus on a few key areas: nutrition, physical activity, and reducing physical stress on the body that can lead to arthritis and degeneration.

The food we consume either builds us up or breaks us down. A diet rich in vegetables and fruits, with moderate amounts of protein and healthy fats, helps the body function at its best. Avoiding foods high in sugar and simple starches supports energy levels and strengthens the immune system. It's also important to limit exposure to artificial preservatives and flavor enhancers, which can negatively affect immune function and overall health.

Exercise plays a vital role in maintaining function as we age. Everyone should include both cardiovascular exercise and strength training in their routine. These types of movement boost energy, increase metabolism, and reduce inflammation. Maintaining muscle mass and cardiovascular health has been shown to improve both the years in our life and the life in our years. Aim to do strength and cardio exercises 2–3 times per week each.

Spinal health is another essential piece. A degenerative spine can limit your ability to walk, exercise, or stay active. Paying attention to posture and flexibility helps reduce joint stress and may slow down arthritis and degeneration.

Taking care of your body through proper nutrition, regular exercise, and spinal health can significantly increase your healthspan...and help you enjoy more of life for longer.

*Provided by Perham Health's Dr. Sean Wahl*



Digital Life Skills is a new series created to help community members feel more confident using everyday technology. Whether you're brand new to the digital world or just looking to brush up on a few skills, this is a friendly and welcoming place to start.

presented by  arvig®

## RSUP APPRECIATED



*Bring your own devices to follow along!*

### GETTING STARTED WITH EMAIL

Email is like online mail, and it's easier than you think! Join us to learn how to create your personal email address and understand the basics of sending and receiving messages.

 Tuesday, September 11 from 10-11am at Elevate

### FACEBOOK BASICS FOR STAYING CONNECTED

Facebook is a popular way to see what family and friends are up to, share your own news, and even reconnect with people from the past. We'll show you the basics of navigating Facebook in a simple and easy-to-understand way.

 Tuesday, October 9 from 10-11am at Elevate

# August 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>July 28</p> <p>11am - Senior Stretch Class at PACC</p> <p>🍴 Chicken Wild Rice Soup &amp; Sandwich / Ice Cream</p>	<p>29</p> <p>11am - Senior Stretch Class at PACC</p> <p>🍴 Sliced Ham &amp; Pesto Pasta / Pears</p>	<p>30</p> <p><b>ALL DAY - Coach Bus Trip: Twins Game – Sold Out</b></p> <p>9am-1pm - Perham Farmers Market</p> <p>9-11am - Free BP Check at PACC</p> <p>🍴 Sloppy Joe &amp; Waffle Fries / Peanut Butter Bite</p>	<p>31</p> <p>8:45am - Summer Walking Club at PACC</p> <p>12:15pm - Nickel Nickel/Cribbage at Connections</p> <p>1pm - Nosey Neighbor: Troll Trek &amp; Treats at Detroit Mountain</p> <p>🍴 Pork Loin, Gravy, Potatoes / Sherbet</p>	<p>August 1</p> <p>9am-1pm - Perham Farmers Market</p> <p>10am - Avita Yoga for Joint Health &amp; Arthritis at B Still Yoga (\$5)</p>
<p>4</p> <p>10am/1pm - Dementia Live at Elevate</p> <p>11:30am - Monthly Birthday Lunch at Connections</p> <p>🍴 Pot Roast, Potatoes, Carrots / Chocolate Pudding</p>	<p>5</p> <p>1pm - Nosey Neighbor: Dan's Honey Co in Perham - FULL</p> <p>3pm - Caregiver Support Group at Perham Living</p> <p>🍴 Baked Chicken &amp; Mashed Potatoes / Pineapple</p>	<p>6</p> <p>9am-1pm - Perham Farmers Market</p> <p>9-11am - Free BP Check at PACC</p> <p>10am - Coffee Talk: What's New in Perham? at PACC</p> <p>🍴 BBQ Pork &amp; Mac-n-Cheese / Vanilla Ice Cream</p>	<p>7</p> <p>8:45am - Summer Walking Club at PACC</p> <p>5:30pm - Exploratory: Outdoor Sound Bath at 1910 Sip House (\$28)</p> <p>🍴 Potato Soup &amp; Sandwich / Mandarin Oranges</p>	<p>8</p> <p>9am-1pm - Perham Farmers Market + PoP Plus Day!</p> <p>10am - Avita Yoga for Joint Health &amp; Arthritis at B Still Yoga (\$5)</p>
<p>11</p> <p>10am/1pm - Dementia Live at Elevate</p> <p>11:30am - Monthly Birthday Lunch at Connections</p> <p>🍴 Spaghetti &amp; Marina Meat Sauce / Ice Cream</p>	<p>12</p> <p>2:30pm - Parkinson's Support Group at Elevate</p> <p>4pm - Mastering Medicare: Medicare 101 at Elevate</p> <p>6:30pm - Exploratory: Beginner Pickleball at KLN Outdoor Pickleball Courts</p> <p>🍴 Orange Chicken &amp; Fried Rice / Tapioca Pudding</p>	<p>13</p> <p>9am-1pm - Perham Farmers Market</p> <p>9-11am - Free BP Check at PACC</p> <p>10:30am - Coffee Talk: Backyard Birding at New York Mills Public Library</p> <p>1pm - Dementia Friendly Movie: Grease at Comet Theater (\$8)</p> <p>🍴 Walleye Fingers &amp; Potato Wedges / Peaches</p>	<p>14</p> <p>8:45am - Summer Walking Club at PACC</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections</p> <p>🍴 Grilled Brat &amp; Pasta Salad / Oreo Fluff</p>	<p>15</p> <p>9am - Walk the Block Healthspan Challenge Kickoff at Perham Farmers Market</p> <p>9am-1pm - Perham Farmers Market + PoP Plus Day!</p> <p>10am - Avita Yoga for Joint Health &amp; Arthritis at B Still Yoga (\$5)</p>
<p>18</p> <p>9am/1pm - Nosey Neighbor: Kenny's Candy</p> <p>1pm - Monday Matinee "The Last Rodeo" at Comet Theatre (\$6)</p> <p>🍴 Hamburger Macaroni Casserole / Tropical Fruit</p>	<p>19</p> <p>12pm - Bingo at Connections</p> <p>1:30pm - Tech with Teens at PACC</p> <p>4:30pm - The Mixer: Beach Bums on Otter Tail Lake</p> <p>🍴 Chicken Breast &amp; Rice / Lemon Pudding</p>	<p>20</p> <p>9am-1pm - Perham Farmers Market</p> <p>9-11am - Free BP Check at PACC</p> <p>10am - Coffee Talk: Perham Trivia at PACC</p> <p>1:30pm/3pm - Nosey Neighbor: Car Barn Classics in Perham - FULL</p> <p>🍴 Hamburger &amp; Potato Salad / Watermelon</p>	<p>21</p> <p>8:45am - Summer Walking Club at PACC</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections</p> <p>2pm - Grieving with Grace Support Group at Elevate</p> <p>🍴 Scalloped Potatoes &amp; Ham / Fruited Jello</p>	<p>22</p> <p>9am-1pm - Perham Farmers Market + Kids PoP Day!</p> <p>10am - Avita Yoga for Joint Health &amp; Arthritis at B Still Yoga (\$5)</p>
<p>25</p> <p>6:30pm - The Collectors Club at Perham Area Public Library</p> <p>6:30pm - Exploratory: Beginner Pickleball at KLN Outdoor Pickleball Courts</p> <p>🍴 Chicken Drumstick &amp; Mashed Potatoes / Dessert</p>	<p>26</p> <p>6:30pm - The Collectors Club at Perham Area Public Library</p> <p>6:30pm - Exploratory: Beginner Pickleball at KLN Outdoor Pickleball Courts</p> <p>🍴 Rib &amp; Garlic Potatoes / Strawberry Ice Cream</p>	<p>27</p> <p>9am-1pm - Perham Farmers Market</p> <p>9-11am - Free BP Check at PACC</p> <p>10am - Ask Nurse Jean at Connections</p> <p>10:30am - Coffee Talk: MyChart Training at New York Mills Public Library</p> <p>1pm - Nosey Neighbor: Otter Berry Farm Raspberry Picking in NYM</p> <p>🍴 Chicken Dumpling Casserole / Warm Apples</p>	<p>28</p> <p><b>All Day - Coach Bus Trip: MN State Fair - SOLD OUT</b></p> <p>8:45am - Summer Walking Club at PACC</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections</p> <p>1pm - Memory Cafe at Crosspoint Alliance Church</p> <p>🍴 Meatloaf &amp; Baked Potato / Chex Mix</p>	<p>29</p> <p>9am-1pm - Perham Farmers Market</p> <p>10am - Avita Yoga for Joint Health &amp; Arthritis at B Still Yoga (\$5)</p>



# MASTERING MEDICARE

## MEDICARE 101

**Tuesday, August 12 from 4-5:30pm**  
Elevate - 318 6th Ave SW, Perham  
**RSVP Requested.**

Turning 65 or retiring? Join a Mastering Medicare session to learn the basics! We'll simplify Medicare Parts A, B, C, D and E, guide you through enrollment periods and explain coverage and costs - helping you make informed healthcare decisions. Get the clarity you need to navigate Medicare with ease and ensure you're prepared for this important transition. *Hosted in partnership with Burgau Insurance.*

# Mobility Market

Our new Mobility Market is getting off the ground — and we need your help to stock it! This community resource provides gently used medical and mobility gear to those who need it, free of charge.

We're especially on the lookout for the following items:

- Knee scooter
- Rollator walker
- Raised toilet seat with handles
- Unopened incontinence supplies
- Bed rail
- 

Have something to donate? Call the Elevate office at 218-347-1974 option 4, or email us at [connect@elevateotc.org](mailto:connect@elevateotc.org) to schedule a drop-off.

*Gently used. Greatly needed.*



# LAKES AREA HOME TOUR

*Saturday, October 11*

Get ready to explore a unique lineup of homes that highlight what it means to live well in the Lakes Area. From cozy renovations to dream-home builds, this self-guided tour on **Saturday, October 11** is packed with inspiration. Tickets are \$30, and proceeds directly support Elevate and our work in the community. We hope you join us for a fun fall day!



*Starting August 15*

*find tickets at these locations:*

**New York Mills**  
Lumber Depot

**Ottertail**  
Periwinkle

**Perham**  
Nest  
Prairiegrass

**Vergas**  
Natalie's  
Serendipity

You can also purchase online at [elevateotc.events/home-tour](http://elevateotc.events/home-tour)

*Make sure to follow **Lakes Area Home Tour** on Facebook to catch updates, sneak peeks, and more!*

## DEFENSIVE DRIVING UPCOMING DATES

- Wednesday, August 13
- Wednesday, August 27
- Wednesday, September 10
- Wednesday, September 24

Time: 12:30-4:30pm

Location: ITOW Veterans Museum  
805 W Main St Unit 1, Perham

Cost: \$25



**For more info or to register:**  
Call Denise at 605-651-3977



# elevate

*Connections*

## HERE'S WHAT YOU MISSED IN JULY!

We've had a lively month at Connections!

For the 4th of July, we celebrated with a patriotic party complete with games and a nostalgic new treat, Coke in a glass bottle with peanuts dropped right in! For many, it was a first-time taste of this classic Southern tradition, and it definitely sparked some conversation.

If you missed out this time, we'd love to see you at our next meal. There's always something new to enjoy!

### Upcoming August Events:

- August 11 - Monthly Birthday Lunch
- August 19 - Bingo
- August 27 - Ask Nurse Jean

**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 day before. Meals are a suggested \$5 donation.



Join us for a cruise back to the golden age of rock 'n' roll! We're heading to Jasper's Theater in Park Rapids for the Rockin' 50's Show, an afternoon of toe-tapping, hip-swinging, feel-good fun.

**TUESDAY, SEPTEMBER 2**

leaving from Elevate at 12:30pm

**Cost: \$40 per person**

*(dinner not included)*

Limited to 15 people. **RSVP required.**  
Sign up at [elevateotc.org/events](http://elevateotc.org/events) or call  
218-347-1974!



# SENIOR DAY AT MN STATE FAIR!

**THURSDAY, AUGUST 28**

Enjoy an intergenerational day exploring everything the State Fair has to offer without any hassle. Take in shows, booths, and all the food on a stick you can eat! Trip includes coach bus service and entrance ticket to the fair. The bus will pick up in Perham and Detroit Lakes.

### Cost:

**Member \$96.14/Non-Member \$117.51**

**RSVP required.** Sign up at  
[elevateotc.org/events/bus-trips](http://elevateotc.org/events/bus-trips) or call 218-  
844-4221 ex. 218!

# NOSEY NEIGHBORS



## DAN'S HONEY CO. - FULL

Tuesday, August 5 from 1-2pm - 49509 Co Hwy 53, Perham

Join us for a sweet visit to Dan's Honey Co. and get a behind-the-scenes look at how this family-run business manages over 2,000 bee colonies. Learn all about beekeeping, pollination, and fun bee facts that'll change the way you see these busy little workers. **RSVP required.**

## CAR BARN CLASSICS - FULL

Wednesday, August 20 at 1:30pm - 41071 North Marion Dr, Perham

Enjoy a guided walking tour through a one-of-a-kind barn built to showcase the golden age of automobiles. Explore over 30 beautifully preserved classic cars from 1923-1956, along with vintage tractors and rare automotive treasures along the way! **RSVP required.**

## KENNY'S CANDY

Monday, August 18 from 9am-12pm or 1-2pm at KLN

Kenny's started out on a mission to perfect the classic licorice twist but has grown and expanded their product line over the years. We'll learn more about the business, get a first-hand look at their operations, and taste test all of the licorice flavors! **RSVP required.**

## OTTER BERRY FARM RASPBERRY PICKING

Wednesday, August 27 from 1-2pm at Otter Berry Farm - 38132 470th Ave, NYM

Join us for a tour of Otter Berry Farm, where you'll explore the raspberry patch, pick a pint to take home, and learn about the farm's seasonal offerings. Meet a local farmer and get a firsthand look at the challenges and rewards of growing fruit in northern Minnesota. **RSVP required.**

## STEP INTO THEIR WORLD: EXPERIENCE DEMENTIA LIVE

Have you ever wondered what it's really like to live with dementia? Not just the facts and figures, but the feeling of it—the confusion, the frustration, the effort it takes to do even the simplest tasks?

Dementia Live is a high-impact, interactive experience that gives you a hands-on glimpse into the daily reality of someone living with dementia. Through a specially designed simulation, you'll walk in their shoes and gain a deeper understanding, empathy, and practical tools to support those facing memory loss.

This powerful session is perfect for caregivers, family members, friends, and anyone who wants to be a better support to those living with dementia. Whether you've had personal experience or are just curious to learn, you'll leave with a changed perspective.

Join us for our next Dementia Live sessions on Monday, August 11. Space is limited and this session will fill up, so reserve your spot today. It's two hours that could forever change the way you see dementia.



**DEMENTIA Live**<sup>®</sup>  
Proven. Powerful. Essential.

**MONDAY, AUGUST 11**

Session 1  
10am-12pm

Session 2  
1-3pm

Reserve your spot on our website!

# 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.

## PLAY CARDS

Join us for a round of cards at Connections! All ages are invited to play after lunch (~12:15pm).



**Mondays - Game of Choice**  
**Thursdays - Nickel Nickel or Cribbage**

## AVITA YOGA FOR JOINT HEALTH & ARTHRITIS

*Fridays in August from 10-11am at B Still Yoga - 650 3rd Ave SE, Suite 4, Perham*

Join Monica at B Still Yoga for a gentle class that eases arthritis, improves mobility, and suits all levels, including those pre- or post-joint replacement. Only \$5/class! For more details, contact B Still Yoga at 218-205-2955.

## 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.

## BLOOD PRESSURE CHECKS



**FREE!**

**Wednesdays**  
**from 9-11am**  
**at PACC**

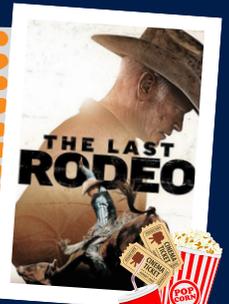
## PARKINSON'S SUPPORT GROUP

*2nd Tuesday of the Month from 2:30-3:30pm at Elevate*  
Join us to view Sanford Health's Parkinson's Support Group virtually, led by Dr. Sarah Matcha. These sessions offer expert speakers, valuable education, and a supportive community for those affected by Parkinson's disease.

MONDAY MATINEE

## THE LAST RODEO

at Comet Theater



**Monday, August 18**

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

## GRIEVING WITH GRACE

*3rd Thursday of the Month from 2-3pm at Elevate*  
Losing a loved one is never easy, whether it happened recently or long ago. Grieving with Grace offers a caring space to share your journey, connect with others, and find support. Hosted by Vivie (formerly Knute Nelson). No registration needed!

## THE COLLECTORS CLUB - NEW LOCATION!

*4th Tuesday of the Month starting 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! No registration needed.

# FOOT CARE CLINIC

**UPCOMING DATES:**  
**SEPTEMBER 23 | NOVEMBER 18**  
**JANUARY 13**

Call or text Christina at  
218-371-8888 to book your  
appointment at Perham Living!

*Save the Date!*

PERHAM  
**CELEBRATE AGING  
EXPO**

elevate

Presented By: YOUR HEALTH · YOUR WAY



We're teaming up with Leighton Broadcasting for the 2nd Annual Celebrate Aging Expo—a fun, educational event for aging adults and caregivers. Join us for a day packed with helpful resources, local vendors, and new activities designed to make navigating the maze of aging services in Central Minnesota a little easier (and a lot more enjoyable).

Mark your calendars... you won't want to miss it!

**Wednesday, September 16**

from 9am-1pm | Perham Area Community Center

*More details will be in our September newsletter!*



SUMMER

**WALKING  
CLUB**

**Looking to finally get moving but need a little nudge?**

We've got you. Join our Summer Walking Club **every Thursday at 8:45am, leaving from the front of the PACC**. Whether you're a power walker or more of a scenic stroller, all are welcome. Let's start the day with fresh air, friendly faces, and a little momentum.

elevate

YOUR HEALTH · YOUR WAY

**Ready to live your best life?**  
**Visit [elevateotc.org](http://elevateotc.org) to get started.**

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

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