

THE ELEVATOR

December 2025



THE GIFT OF elevate

BE PART OF THE
GOOD NEWS

HELP KEEP GOOD NEWS FLOWING IN 2026

Every month, The Elevator is printed and delivered by volunteers to coffee shops, clinics, grocery stores, churches, and gathering spots across our community. It's filled with uplifting stories, upcoming events, volunteer opportunities, and health resources — all designed to help people stay connected and inspired.

This little newsletter does big work. But here's the truth: **each printed copy costs about \$2 to produce**, and with 12 editions a year, those costs add up quickly.

That's why this year's Gift of Elevate campaign is focused on keeping The Elevator printing strong in 2026!

Here's how you can help keep the good news flowing:

- **\$24** = one reader's year of The Elevator (12 issues)
- **\$48** = supports two readers for the year
- **\$120** = keeps five readers connected all year long
- **\$240** = covers ten readers for the year

Your support helps ensure *The Elevator* keeps landing in all the places our community gathers, so everyone has access to stories that uplift, inform, and connect.

Be part of the good news!

Donate online at elevateotc.org/give or cut out and mail in the contribution form to the right. However you choose to give, you're helping keep good news in motion – one page, one person, two dollars at a time.



CUT HERE TO KEEP THE GOOD NEWS FLOWING!

Your gift helps print and distribute *the Elevator* 12 times a year – bringing connection, joy, and community news to readers across the Lakes Area.

Name _____

Address _____

Phone _____

Email _____

MY GIFT AMOUNT:

- \$24 = one year
- \$48 = two readers
- \$120 = 5 readers
- Other Amount: \$ _____

Every \$2
keeps the
good news
in motion!



Mail to: Elevate
318 6th Ave SW
Perham, MN 56573

WELCOME TO



A NEW WAY TO MOVE, CONNECT, AND FEEL GOOD

Looking to stay active, feel good, and live your happiest, healthiest life? You're not alone! Elevate is excited to kick off a new group just for that — **The Best Life Club** — designed to help you move more, connect often, and make wellness fun.

Our first gathering, the **Healthier Happy Hour**, kicks off on Monday, December 1 at 1pm and will continue to meet on Mondays in December, except for 12/29. We'll gather in the Connections Room to head out for a short walk at the PACC, then return for games, non-alcoholic drinks, and snacks. Bring your favorite game to share if you'd like — it's all about enjoying good company and good energy!

And this is just the beginning... Stay tuned for more Best Life Club activities and events coming in the January newsletter!



MEETS ON MONDAYS IN DECEMBER (except 12/29)

starting at 1pm | Connections Room

We'll walk at the PACC, then enjoy games and snacks. Bring your favorite game if you'd like!

KIDS-ONLY

HOLIDAY MARKET

ALL KIDS ARE INVITED TO SHOP OUR MAGICAL HOLIDAY MARKET!

Our Elevate Elves are excited to host a special Holiday Market for kids in December. All kids in the community are invited to come purchase holiday gifts to surprise their adult loved ones for just \$1-2 per gift.

OPEN SHOPPING DATES:



MONDAY, 12/1
from 3:30-6pm

WEDNESDAY, 12/3
from 3:30-6pm

SATURDAY, 12/6
from 9am-1pm

TUESDAY, 12/9
from 3:30-6pm

THURSDAY, 12/11
from 3:30-6pm

SATURDAY, 12/13
from 9am-1pm

AT ELEVATE — 318 6TH AVE SW, PERHAM

Kids (ages 3-15) will team up with one of our Elevate Elves to choose and wrap their holiday gifts! Each child can pick up to four gifts for their adult loved ones, priced at just \$1-2 each, while supplies last. Limit one visit per child. Proceeds will support next year's market and cover associated costs.

PARKINSON'S SUPPORT GROUP

DECEMBER TOPIC: HOME HEALTH & MEDICAL EQUIPMENT

Join us for an informative session with April Greisen Agather, Perham Living's Director of Home Care, who will cover home care options, PCA services, and helpful community resources. North Central Medical Supply and Equipment will also be there to showcase adaptive equipment that supports safety and independence at home.

TUESDAY, DECEMBER 9
from 2:30-3:30pm at Elevate
RSVP Appreciated!



A RIDE THAT KEEPS YOU CONNECTED

The Elevate van continues to be one of our most appreciated services, offering safe, reliable rides for older adults who need support getting to appointments, programs, and community activities. Our goal is simple: to make sure everyone can stay connected, engaged, and independent—no matter their transportation challenges.

How much does a ride cost?

- Round trip within the city of Perham is just \$10
- Perham to Detroit Lakes round trip is approximately \$40
- Perham to Fargo roundtrip is approximately \$100

Note: all prices are estimations and will vary based on addresses and destinations.

Who drives the van?

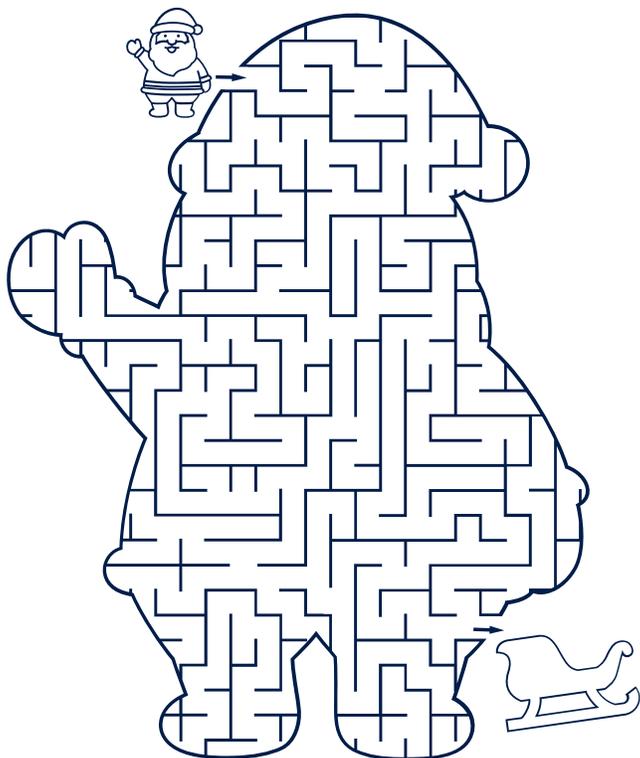
What makes our van rides extra special is knowing they're driven by volunteers who generously give 100% of their time. Service delivered with a whole lot of heart.

Van ride vouchers make a thoughtful and practical gift, offering loved ones the freedom to get where they need to go with ease.



SANTA MAZE

Help Santa weave through the maze to reach his sleigh!



DEMENTIA FRIENDLY MOVIE

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

WEDNESDAY, DECEMBER 10

at Comet Theater, Perham

Starting at 1pm | Doors open 12:30pm



Cost: \$8

includes a pop and popcorn

All are welcome to join! RSVP Appreciated.
Visit elevateotc.org/events to register.

EXPLORATORIES

Come try something new with us! Registration is required due to space restrictions. RSVP at elevateotc.org.



BEGINNER PICKLEBALL

\$5

Wednesday, December 3 from 6:30-8:30pm at PACC - 620 3rd Ave SE, Perham

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. Experienced players will guide you through the rules and skills you need to get started. All equipment will be provided. **RSVP required.**



GINGERBREAD HOUSES

\$30

Monday, December 22 from 1-3pm at Elevate - 318 6th Ave SW, Perham

Build and decorate your own gingerbread masterpiece using a variety of candies and icing. Whether you keep it simple or go all out, it's a relaxed and festive way to get into the holiday spirit. Hosted by Cake Walk, Wendy Frensko. **RSVP required.**



NEEDLE-FELTED ROSEMALING

\$28

Wednesday, January 14 from 1-3pm at Elevate - 318 6th Ave SW, Perham

Join NYM Cultural Center for a hands-on needle-felting workshop inspired by traditional Norwegian rose maling. It's the first class in a new series celebrating local heritage, perfect for beginners seeking a relaxing, creative experience. **RSVP required.**



SOUND BATH

\$28

Tuesday, January 27 from 5:30-6:30pm at Elevate - 318 6th Ave SW, Perham

Join Nancy Hebert for an hour-long Sound Bath. Dress comfortably and bring a mat, pillow, and blanket. Sound Baths have been shown to reduce stress, ease tension, and give you a sense of peace and calm. **RSVP required.**



CLEAR THE WAY

A WORKSHOP FOR AN ORGANIZED HOME

Join professional organizer Janelle Lass for an inspiring workshop that will help you finally tackle the clutter and create calm in your home. You'll get simple, effective decluttering tips you can use right away. Organizing strategies to use in any room and time for Q&A to get personalized advice for your home. Don't miss this chance to start the year organized and stress-free!

Saturday, January 10
from 10am-12pm at Elevate
318 6th Ave SW, Perham

Cost: \$22
RSVP Required



DEFENSIVE DRIVING UPCOMING DATES

Wednesday, January 7
Wednesday, February 11

Time: 12-4pm
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

NOSEY NEIGHBORS



EOT COUNTY HISTORY MUSEUM

Thursday, December 4 from 1-2:30pm - 230 1st Ave N, Perham

Join us for a dive into the history of our area! Learn stories of the people, places and events of the area through interpretive exhibits, photographs, and original motion picture footage. Exhibits are always changing so there is always something new to see! **RSVP required.**

These tours fill up fast! Reserve your spot at elevateotc.org

LIGHTS IN THE PINES

Saturday, December 13 from 6-6:30pm at Pioneer Village - 1251 1st Ave N, Perham

Learn how this beloved community tradition began and see what it takes to bring it to life each year. Then, enjoy a self-guided stroll through twinkling light displays, cozy up by the fire, and visit Santa's workshop for an extra dash of holiday cheer. **No RSVP needed. Suggested \$5 donation at the door.**

INCINERATOR

Tuesday, December 30 from 1-2:30pm at Resource Recovery Facility - 201 6th Ave NE, Perham

Have you ever wondered where your garbage goes? Join us on a tour of the Perham Incinerator to find out! We will learn all about how the facility operates and get a behind the scenes look at what goes into taking care of all our trash. Note: There is a lot of walking and stairs on this tour. **RSVP Required.**

JACKET MANUFACTURING

Wednesday, January 21 from 12:30-2pm at Perham High School - 800 Coney St W, Perham

Join us for an exclusive behind-the-scenes tour of Jacket Manufacturing, Perham High School's innovative student-run business. See how the students manage the entire manufacturing process, along with their cutting edge equipment and technology. **RSVP Required.**

WAHL'S WELLNESS WISDOM: RESISTANCE EXERCISES FOR SENIORS

Emerging research shows that resistance exercises can make a big difference in the overall health and wellness of older adults. These exercises include things like lifting weights, using resistance bands, or simply working against your own body weight.

At its core, resistance exercise means using your muscles to push, pull, or lift against some kind of challenge. That effort causes your muscles to contract, work hard, and eventually fatigue. You'll feel it as that familiar burn or mild ache that tells you your muscles are getting stronger.

As we age, everyone loses some muscle mass, which can impact overall health. Less muscle means a slower metabolism, which can contribute to weight gain. It also means less strength for everyday tasks, from lifting a bag of groceries to getting up and down with ease. The difference is easy to spot when comparing how a teenager moves versus how a senior moves.

The good news is that resistance exercise helps slow this decline. It also supports bone health and keeps tendons and ligaments strong, which lowers the risk of injuries like tendonitis and sprains.

Just 10 to 20 minutes of resistance exercise, 3 to 4 days a week, can help slow the aging process and keep your body strong, steady, and flexible. A small investment of time for a big return in confidence and independence.

Article provided by Perham Health's Dr. Sean Wahl

December 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>1 1pm - Healthier Happy Hour at PACC 3:30-6pm - Kids-Only Holiday Market at Elevate</p> <p>🍴 Soft Shell Beef Taco / Cinnamon Churro</p>	<p>2 1-3pm - Senior Day at NYM Christmas Tree Festival at New York Mills City Hall 3pm - Caregiver Support Group at Perham Living</p> <p>🍴 Chicken & Biscuits / Lemon Pudding</p>	<p>3 9-11am - Free BP Check at PACC 10am - Coffee Talk: Staying Connected with Local News at PACC 3:30-6pm - Kids-Only Holiday Market at Elevate 6:30pm - Exploratory: Beginner Pickleball at PACC (\$5)</p> <p>🍴 Hamburger & Potato Salad / Orange Dream Bar</p>	<p>4 1pm - Nosey Neighbor: EOT History Museum in Perham</p> <p>🍴 Beef Ravioli Bisque / Cookie</p>	<p>5 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p> <p>Saturday, December 6 9am-1pm - Kids-Only Holiday Market at Elevate</p>
<p>8 1pm - Healthier Happy Hour at PACC</p> <p>🍴 Country Fried Steak / Surprise Dessert</p>	<p>9 2:30pm - Parkinson's Support Group at Perham Living 3:30-6pm - Kids-Only Holiday Market at Elevate</p> <p>🍴 Ribs & Potatoes / Vanilla Ice Cream</p>	<p>10 9-11am - Free BP Check at PACC 10:30am - Christmas Sing-Along at Connections 10:30am - Coffee Talk: Cookie Exchange at New York Mills Public Library 1pm - Dementia Friendly Movie: A Christmas Story at Comet Theater (\$8)</p> <p>🍴 Beef Stew / Apple Crisp</p>	<p>11 10am - Digital Life Skills: Video Calling Made Simple at Elevate 3:30-6pm - Kids-Only Holiday Market at Elevate</p> <p>🍴 Meatloaf & Baked Potato / Chex Mix</p>	<p>12 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p> <p>Saturday, December 13 9am-1pm - Kids-Only Holiday Market at Elevate 6pm - Nosey Neighbor: Lights in the Pines in Perham</p>
<p>15 1pm - Healthier Happy Hour at PACC 1pm - Monday Matinee "The Best Christmas Pageant Ever" at Comet Theatre (\$6)</p> <p>🍴 Vegetable Beef Soup & Sandwich / Dessert Bar</p>	<p>16 1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Sones Asian + American Cuisine at NYM VFW</p> <p>🍴 Chipped Beef / Tropical Fruit</p>	<p>17 9-11am - Free BP Check at PACC 10am - Coffee Talk: Holiday Health with Holly at PACC</p> <p>🍴 Sloppy Joe & Chips / Peanut Butter Bite</p>	<p>18 1-3pm Memory Cafe at Crosspoint Alliance Church</p> <p>2pm - Navigating Your Grief Support Group at Elevate</p> <p>🍴 Pork Loin, Gravy, Potatoes / Sherbet</p>	<p>19 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>22 1pm - Healthier Happy Hour at PACC 1pm - Exploratory: Gingerbread Houses at Elevate (\$30)</p> <p>🍴 Chili & Corn Bread / Chocolate Pudding</p>	<p>23  10am Christmas Party at Connections</p> <p>🍴 Appetizer Potluck - bring something to share!</p>	<p>24  No lunch today.</p> <p>🍴 No lunch today.</p>	<p>25  No lunch today.</p> <p>🍴 No lunch today.</p>	<p>26</p>
<p>29 11:30am - Monthly Birthday Lunch at Connections</p> <p>🍴 Lasagna / Cheesecake Bar</p>	<p>30 1pm - Nosey Neighbor: Garbage Incinerator in Perham</p> <p>🍴 Sweet-n-Sour & Fried Rice / Banana Pudding</p>	<p>31 9-11am - Free BP Check at PACC</p> <p>🍴 Tilapia & Potato Spirals / Peaches</p>	<p>1 Happy New Year </p> <p>🍴 No lunch today.</p>	<p>2 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>



NEWSLETTER TRIVIA

Curious how far The Elevator travels each month? Take a guess. The answer might surprise you.

Over the past six months, about how many Elevate newsletters have been printed and distributed each month?

Send your answers to mindi.larson@perhamhealth.org for a chance at a prize!

NOVEMBER BRAIN GAME RESULTS

No winner last month! The answers to the questions were: B) Mayflower, B) 3 days, and B) Bread

The Mixer

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

Sone's Asian & American Cuisine

Tuesday, December 16 from 4:30-6pm
NEW restaurant at New York Mills VFW -
220 N Boardman Ave, New York Mills



All are welcome!

RSVP Appreciated



Coffee Talks

Free and open to the public!

PERHAM AREA COMMUNITY CENTER

1st + 3rd Wednesdays from 10-11am

December 3 - Staying Connected to Local News

Join Forum Communications' Tiffany Voigt for a conversation on staying connected to local news, making the most of your subscription, and how Forum continues to serve the Perham community.

December 17 - Holiday Health with Holly

We'll discuss easy ways to make your favorite holiday dishes healthier without sacrificing taste. Bring your go-to recipes, and we'll explore simple swaps for delicious, guilt-free options.

Save the Date

- January 7 - Learn, Lift, & Look Around the PACC
- January 21 - Common Pharmacy Questions

NEW YORK MILLS PUBLIC LIBRARY

2nd + 4th Wednesdays from 10:30-11:30am

December 10 - Cookie Exchange

Bring along a couple dozen of your most cherished seasonal treats and the recipe that makes it special. We'll all bring home a little platter of delicious goodies to enjoy throughout the season!

December 24 - No Coffee Talk

Merry Christmas!

Save the Date

- January 14 - Smart 911
- January 28 - Tips for Caregivers

DIGITAL LIFE SKILLS

presented by arvig.

**PLEASE
RSVP**



Bring your own devices to follow along!

VIDEO CALLING MADE SIMPLE

Video calls make it easy to see smiles and have real-time conversations with family, no matter where they live. We'll show you how to get started with user-friendly video calling apps.

12/17 Thursday, December 11 from 10-11am at Elevate

SPOTTING & AVOIDING ONLINE SCAMS

Feeling secure is important. We'll share practical advice and simple steps you can take to recognize potential scams and keep your money and personal details safe.

1/17 Thursday, January 8 from 10-11am at Elevate



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



A MONTH OF Thanksgiving

Connections celebrated a special “Month of Thanksgiving” by creating thoughtful gifts each week to show appreciation to those who support the group. We worked together to make homemade hot chocolate mix, fragrant simmer pot bags, and heartfelt notes of gratitude.

These simple projects became meaningful ways to say a big THANK YOU to everyone who helps make Connections possible. Along the way, the Connections crew shared warm conversations, laughter, and lasting memories. It was a beautiful reminder of the power of gratitude and community.



Bring yourself and your little ones to join a festive Christmas sing-along. Enjoy the carols, laughter, and smiles as we belt our favorite holiday tunes!

Wednesday, December 10
starting at 10:30am
outside the Connections Room at PACC
All are welcome to join!

CONNECTIONS Christmas Party

Connections will celebrate the Christmas season with a joyful party filled with festive games, fun prizes, and plenty of laughter. We’ll also enjoy an appetizer potluck, so feel free to bring your favorite dish or snack to share and make the celebration even more delicious.

Wednesday, December 23
starting at 10:30am at Connections



VOLUNTEERING KEEPS JENNI CONNECTED

For Jenni Graff, volunteering as a blood pressure checker with Elevate is more than a quick health service. It's a chance to reconnect with people and community. After transitioning from the nursing world to staying home with her little ones, Jenni found herself missing the familiar rhythm of patient connections. "Elevate has created so many great spaces for volunteers to contribute where they can to meet the needs in their community," she shared.

What Jenni loves most is getting to know each person who stops in. "I love hearing about their most recent travels, a grandchild's wedding, or whatever big thing is happening in their world. I hope to be a safe place if they feel like they need someone to listen to their medical or personal journeys."

She also values the impact these checks make. "It gives them a tool to be an active participant in their own health management." For Jenni, the reward is simple: "The people and connections are the reward for sure!"

Her encouragement to others considering volunteering? "You are missing out! You're missing out on meeting some pretty great people, on great conversation, and on connecting. Signing up is soooo easy—you won't regret it!"

Join Us!

Free blood pressure checks are available every Wednesday from 9–11 am at the PACC. Stop by to take part in this important health service. And if you know how to do a manual blood pressure check, we'd love to have you on our team. Sign up on Helper Helper and get connected today!

Join us for a HOLIDAY PARTY!



Celebrate the season with us at our festive holiday gathering! As a special holiday gift, we've invited a photographer to capture portraits of attendees and couples—a keepsake to treasure for years to come. Enjoy festive music from the Perham High School choir students, delicious treats, and warm conversation with friends and family.

All are welcome—bring a guest and, if you'd like, a favorite treat to share. Let's celebrate the season together!

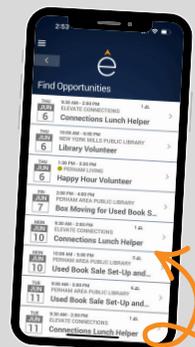


THURSDAY, DECEMBER 18
from 1-3pm at Crosspoint Alliance Church
600 NE 8th St, Perham

RSVP Appreciated

EXPLORE VOLUNTEER OPPORTUNITIES ACROSS OUR COMMUNITY

Helper Helper is our volunteer platform packed with meaningful ways to get involved all across the region. From driving the Elevate van to shelving books at the library, there's a role for every interest.



Want to see what's available right now?
Visit elevateotc.org/volunteer and jump into something good.

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.

BLOOD PRESSURE CHECKS



FREE!

Wednesdays
from 9-11am
at PACC

AVITA YOGA FOR JOINT HEALTH & ARTHRITIS

Friday, December 5, 12, & 19 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.

PARKINSON'S SUPPORT GROUP

2nd Tuesday of the Month from 2:30-3:30pm at Elevate

Join us each month at Elevate for a supportive space to connect, share, and learn with others impacted by Parkinson's. Each session includes a guest speaker and relevant presentation, open Q&A, and time to build relationships with those who understand.

MONDAY MATINEE THE BEST CHRISTMAS PAGEANT EVER



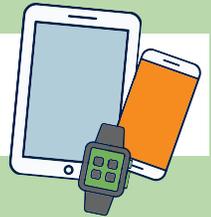
Monday, December 15
at Comet Theater, Perham

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. Hosted by Vivie Hospice (formerly Knute Nelson). No registration needed!

FOOT CARE CLINIC

UPCOMING DATES:
JANUARY 13 | MARCH 10
MAY 5 | JUNE 30

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

THE COLLECTORS CLUB

4th Tuesday of the Month (no December) 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.



ELEVATE YOUR *Holidays*

This holiday season, we've got something special for everyone! From heartwarming community events to fun-filled activities, there's no shortage of joy to go around. Whether you're creating, competing, or simply soaking in the season, these activities are sure to make your holidays merry and bright.



NYM CHRISTMAS TREE FESTIVAL

Senior Day

Tuesday, December 2
from 1-3pm at NYM City Hall Ballroom
includes live music, food, and prizes!



The Best Christmas Pageant Ever

MONDAY MATINEE *The Best Christmas Pageant Ever*

Monday, December 15
starting at 1pm at Comet Theater
Cost: \$6 includes pop and popcorn



COFFEE TALK *Cookie Exchange*

Wednesday, December 10
from 10:30-11:30am at NYM Library
Bring your favorite treats to share!



COFFEE TALK *Holiday Health with Holly*

Wednesday, December 17
from 10-11am at PACC
Enjoy tasty tips for healthier holidays!



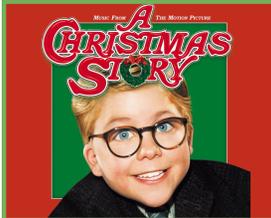
JUST FOR FUN *Christmas Sing-Along*

Wednesday, December 10
starting at 10:30am at Connections
All ages welcome to join!



MEMORY CAFE *Holiday Party*

Thursday, December 18
from 1-3pm at Crosspoint Alliance Church
Celebrate the season with us!



DEMENTIA FRIENDLY MOVIE *A Christmas Story*

Wednesday, December 10
starting at 1pm at Comet Theater
Cost: \$8 includes pop and popcorn



EXPLORATORY *Gingerbread Houses*

Monday, December 22
from 1-2:30pm at Elevate
Cost: \$25/person | RSVP Required



NOSEY NEIGHBOR *Lights in the Pines*

Saturday, December 13
starting at 6pm at Pioneer Grounds
RSVP Requested



CONNECTIONS *Christmas Party*

Tuesday, December 23
starting at 10am at PACC
Games + fun. Bring a snack to share!

Learn more throughout the newsletter and register online at elevateotc.org!

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