THE ELEVATOR

December 2026



THE GIFT OF elevate

KEEPING OUR COMMUNITY CONNECTED!

If there's one thing that has become a true lifeline of Elevate, it's The Elevator! Each month, people eagerly seek out the newest edition to see what's happening, discover new opportunities, and find ways to get involved. More than just a newsletter, The Elevator is the connection between our community and the programs, events, resources, and volunteer opportunities that make Elevate so special.

Thanks to our dedicated volunteers, The Elevator makes its way to gathering places throughout our community. It's free for everyone to enjoy, but it isn't free to produce. With printing costs now just over $2 per copy and 12 editions each year, keeping this valuable resource available takes community support.

That's why our 2027 Gift of Elevate campaign is focused on keeping The Elevator in circulation and our community connected!

Your gift helps keep the connections coming!

- **$25** = Helps keep one reader connected for an entire year
- **$50** = Brings a year's worth of opportunities to two readers
- **$100** = Keeps four readers informed, involved, and inspired all year long
- **$200** = Connects eight readers to a full year of Elevate happenings

Every contribution helps ensure that when someone goes looking for the next edition of The Elevator, it's there waiting for them — filled with opportunities to learn, participate, volunteer, and belong.

Be part of the good news!

Donate online at elevateotc.org/give or cut out and mail in the contribution form to the right. Together, we can keep The Elevator rolling and our community connected throughout 2027!

THE GIFT OF elevate

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:

- ☐ $25 = one reader
- ☐ $50 = two readers
- ☐ $100 = 4 readers
- ☐ Other Amount:

$ _____

Good news travels with your support!

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



élevate SPOTLIGHT

PLANNING AHEAD IS A GIFT TO THOSE YOU LOVE

Have you thought about who would make health care decisions for you if you were ever unable to speak for yourself? It's not always an easy topic to think about, but having a plan in place can make all the difference for you and the people you love.

A Health Care Directive is a written document that outlines your health care wishes and names someone you trust to make medical decisions on your behalf if you become unable to communicate or make those decisions yourself. It gives your loved ones guidance during difficult moments and helps ensure your voice is heard, even when you can't speak for yourself.

And it's not something you need to wait until you're older to complete! **Every adult age 18 and older can benefit from having a Health Care Directive.** Life is unpredictable, and having one in place provides peace of mind knowing your wishes are documented. It can also be updated as your life, relationships or health care preferences change.

Helping make this important process easier for our community is Jenny Doll, a medical social worker at Perham Health who has been serving patients since 2008. With a Bachelor of Social Work degree, Jenny has built her career around helping people navigate challenging situations, connect with resources, and plan for successful transitions in their health care journey.

Recognizing the importance of advance care planning, Jenny is spearheading Elevate's monthly Health Care Directive Help Sessions. Through individual, 40-minute appointments, she walks participants through the process, answers questions, and helps them work toward completing their own directive. Whether you're starting from scratch, aren't sure where to begin, or simply have questions about what a directive involves, Jenny is there to help.

Ready to get started? Sign up for an individual Health Care Directive Help Session with Jenny Doll at Elevate. During your 40-minute appointment, Jenny will guide you through the process, answer your questions and help you take the next step in documenting your wishes. Learn more and schedule your session below!

HEALTH CARE DIRECTIVES *Help Sessions*

Schedule a **free, one-on-one appointment** to get help creating, reviewing, or updating your healthcare directive. Whether you're starting from scratch or making changes to an existing document, we're here to help you make sure your healthcare wishes are documented.

Sessions are facilitated by Perham Health social worker, Jenny Doll. Jenny is also a notary to make changes official during your appointment.

BY APPOINTMENT ONLY

MONTHLY ON THE
FIRST THURSDAY

One 40-minute appointment is available at the following times:

12:30pm, 1:15pm, 2:00pm, 2:45pm, and 3:30pm

at Elevate - 318 6th Ave SW, Perham

RSVP Required **elevateotc.org** **218-347-1974**

NOSEY NEIGHBORS



LAKESHIRTS

Thursday, December 3 at 1pm - 750 Randolph Rd, Detroit Lakes

Got a favorite t-shirt or sticker from a vacation? Odds are, it came from Blue 84 or one of the Lakeshirts family of brands. A visit to Lakeshirts HQ gives you a behind-the-scenes look at how they create those must-have items for resorts & colleges all across the country. **RSVP Required.**

FOUR WAY PLUS PALLET COMPANY

Thursday, January 14 at 12:30pm - 715 1st St NE, Perham

Since 2008, they have been manufacturing and delivering quality, heat-treated, food-grade pallets to manufacturers throughout central Minnesota. See how their indoor facility operates and discover what goes into producing and inspecting pallets that keep businesses moving. **RSVP Required.**

KIT MASTERS & SWAN MACHINE

Thursday, January 28 at 10am - 825 1st St NE, Perham

See how cutting-edge technology, innovative engineering, and precision machining come together to produce fan clutches, truck parts, and other essential components used across the country. Discover the people, processes, and equipment that keep this local industry moving forward! **RSVP Required.**

THE BRIDGE COMMUNITY PANTRY

Monday, February 1 at 3pm - 501 4th Ave NW, Perham

Take a behind-the-scenes look at The Bridge Pantry, Perham's local food shelf! Learn how the pantry operates, where its funding comes from, how volunteers help out, and how it serves individuals and families in our community. **RSVP Required.**







BLOOD PRESSURE CHECKS



FREE!

Wednesdays from 9-11am at PACC

Volunteer Opportunity



CONNECTIONS LUNCH HELPERS

Volunteers at our senior dining meal, Connections, help create a warm, welcoming environment where everyone feels at home. It's a great opportunity to make a difference and brighten someone's day. **Plus, volunteers get to enjoy a FREE lunch!**

What You'll Do:

- Brew and serve coffee
- Set tables with silverware, condiments, and water
- Visit and enjoy conversation with Connections guests
- Help set up and serve the meal
- Rinse dishes and assist with cleanup
- Wipe down tables

Time Commitment

Connections runs Monday-Thursday from 10am-12:30pm - Choose the day that works best for you!
Located at Perham Area Community Center

Good Fit For:

Retirees, students, employees looking to fulfill volunteer hours, friends who want to serve together, or really anyone who enjoys spending time with others!

How to Get Involved

Sign up on Helper Helper for the lunches that work for you! Contact Amanda at 218-347-1974 or amanda.kaldor@perhamhealth.org to learn more.



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.



December Topic: Dip It Up

Find a delicious dip recipe to make and share during the holidays. From creamy classics to creative new favorites, let's bring something tasty to the table that's perfect for sharing with family and friends!

WEDNESDAY, DECERNBER 16

starting at 4:30pm at Elevate

RSVP Appreciated!



COMMUNITY EVENT

Lights in the Pines

Bundle up the family, invite your friends, and make plans to enjoy glowing light tunnels, festive displays, and plenty of holiday cheer at Perham Pioneer Village. Presented by Scout Troop 321 and Arvig.

Friday - Sunday (thru Dec. 20)

from 5-8pm at Perham Pioneer Village

1251 1st Ave N, Perham

Suggested $5 Donation



$5 YOGA

Join in on these great yoga sessions at B Still Yoga for just $5/session!

AVITA YOGA FOR JOINT HEALTH & ARTHRITIS

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.

Thursday, Dec. 3 and Friday, Dec. 18 from 10-11am

B STILL YOGA

at B Still Yoga

650 3rd Ave SE, Suite 4

Perham

For more details, contact B Still Yoga at 218-205-2955.

HEALTHIER HAPPY HOUR

Start your week feeling good.

Join us for Healthier Happy Hour, where we kick things off with light movement to wake up the body, followed by a healthy snack while we cool down. It's easy, energizing, and a fun way to take care of yourself without overthinking it.

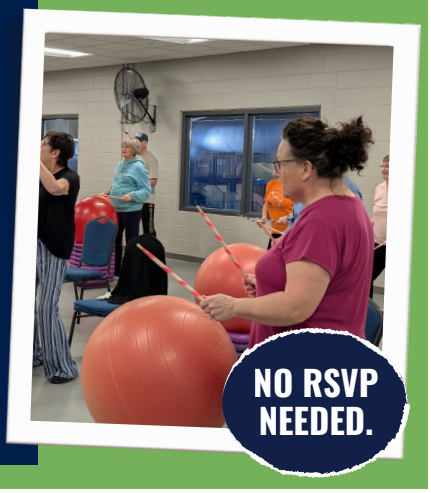
MONDAYS

1PM AT PACC

December 7
Christmas Cardio Drumming

December 14
Senior Strength & Stretch

December 28
Walk or Bike



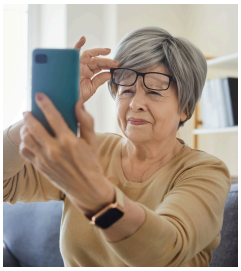
NO RSVP NEEDED.

Coffee Talks

Free and open to the public!

PERHAM AREA COMMUNITY CENTER

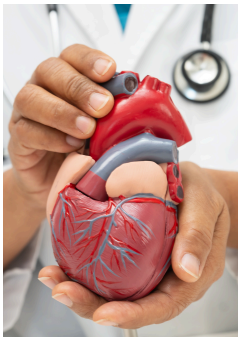
1st + 3rd Wednesdays from 10-11am



DECEMBER 2

Aging & Eyesight

Many times a decline in vision is a normal part of aging. Lauren Eliason from MN State Services for the blind will joining us to provide education on tools and services to help you through many stages of vision loss.



DECEMBER 16

Stroke Education & Awareness

Let's talk about one of the leading medical emergencies: strokes. Christina Schmitz, RN, will gude us through recognizing signs and symptoms, why every second counts, what treatments are available, and lifestyle habits to prevent strokes.

Save the Date

- January 6 - The Facts on Mammograms
- January 20 - How to Help Those We Love with Mental Health

NEW YORK MILLS PUBLIC LIBRARY

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



DECEMBER 9

Christmas Nostalgia + Snowflake Craft

Get into the holiday spirit with a little crafting and conversation! We'll make beautiful paper snowflakes while we reminisce about Christmases past.



DECEMBER 23

Christmas Bingo

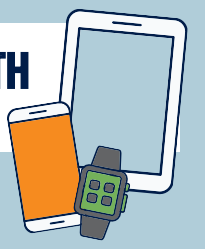
Get into the holiday spirit with a fun morning of Christmas Bingo! Enjoy some cookies, coffee, and friendly competition as we play for a chance to win some festive prizes. Bring your holiday cheer and see if you can shout BINGO!

Save the Date

- January 13 - Building Strength & Balance
- January 27 - Home Sewing and Knitting During the World Wars

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

MONDAY MATINEE

HEART OF THE BEAST





MONDAY
DECEMBER 21

starting at 1pm
at Comet Theater
Doors open at 12:30pm

Cost: $6
includes a pop and popcorn

All ages are welcome!



LOVE COLLECTING? JOIN THE

Collectors Club

From coins and comics to vintage finds and unique treasures, Collectors Club is a place to share your collection, swap stories, and connect with fellow collectors. Bring a favorite item and discover what others are collecting!

4th Tuesday starting at 6:30pm
Perham Area Public Library - *225 2nd Ave NE*
No December meeting. See you in January!

December Calendar

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

EVENT COLOR KEY > Free Registration | Paid Registration | Support Group

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 **12:30pm - Deal Me In Card Club** *at PACC* **1pm - Healthier Happy Hour + Walk/Bike** *at PACC* Veg Beef Barley Soup & Sandwich / Tropical Fruit	**December 1** **1pm - Senior Day at NYM Christmas Tree Festival** *at New York Mills City Hall* Chicken Alfredo & Broccoli / Dessert Bar	**2** **9-11am - Free BP Check** *at PACC* **10am - Coffee Talk: Aging & Eyesight** *at PACC* **2:30pm - Christmas Choir** *at Perham Living* Sloppy Joe & Potato Wedges / Peanut Butter Bites	**3** **10am - Avita Yoga for Joint Health & Arthritis** *at B Still Yoga ($5)* **1pm - Nosey Neighbor: Lakeshirts** *in Detroit Lakes* Pork Loin & Baby Potatoes with Gravy / Sherbet	**4**
7 **12:30pm - Deal Me In Card Club** *at PACC* **1pm - Healthier Happy Hour + Christmas Cardio Drumming** *at PACC* **3-6pm - Kids-Only Holiday Market** *at Elevate* Hearty Chili & Toppings / Dessert Bar	**8** **2:30pm - Parkinson's Support Group** *at Elevate* **3-6pm - Kids-Only Holiday Market** *at Elevate* Fried Chicken & Au Gratin Potatoes / Ice Cream	**9** **9-11am - Free BP Check** *at PACC* **10:30am - Coffee Talk: Christmas Nostalgia + Snowflake Craft** *at NYM Public Library* **1pm - Exploratory: Gingerbread Heart Ornaments** *at NYM Cultural Center ($30)* **2:30pm - Christmas Choir** *at Perham Living* **3-6pm - Kids-Only Holiday Market** *at Elevate* BBQ Pork Sandwich, Mac-n-Cheese / Brownie	**10** **10:30am - Connections Sing-Along** *at PACC* **3-6pm - Kids-Only Holiday Market** *at Elevate* Brat, Deli Salad, Beans / Fruited Jello Fluff	**11** **3-6pm - Kids-Only Holiday Market** *at Elevate* **Saturday, December 12** **9am-1pm - Kids-Only Holiday Market** *at Elevate*
14 **12:30pm - Deal Me In Card Club** *at PACC* **1pm - Healthier Happy Hour + Senior Strength & Stretch** *at PACC* Golden Giving Tree Ends Spaghetti & Salad / Ice Cream Bar	**15** **11:30am - Monthly Birthday Lunch** *at Connections* **1:30pm - Tech with Teens** *at PACC* **4:30pm - The Mixer: The Cactus + Holiday Trivia** *in Perham* Sweet-n-Sour Chicken / Fortune Cookie	**16** **9-11am - Free BP Check** *at PACC* **10am - Coffee Talk: Stroke Education & Awareness** *at PACC* **2:30pm - Christmas Choir Community Concert** *at Perham Living* **4:30pm - Cooking Club** *at Elevate* Alfredo Meatballs & Mashed Potatoes / Pound Cake	**17** 1-3pm Memory Cafe Holiday Party *at Crosspoint Alliance Church* **2pm - Navigating Your Grief Support Group** *at Elevate* Cowboy Chicken Casserole / Lemon Pudding	**18** **10am - Avita Yoga for Joint Health & Arthritis** *at B Still Yoga ($5)*
21 **12:30pm - Deal Me In Card Club** *at PACC* **1pm - Monday Matinee "Heart of the Beast"** *at Comet Theatre ($6)* Pork Fritter & Pesto Pasta / Fruit Salad	**22** 10am Connections Christmas Party *at PACC* Appetizer Potluck!	**23** **9-11am - Free BP Check** *at PACC* **10:30am - Coffee Talk: Christmas Bingo** *at NYM Public Library* Hamburger & Tator Tots / Ice Cream Bar	**24** No lunch today.	**25** MERRY CHRISTMAS
28 **12:30pm - Deal Me In Card Club** *at PACC* **1pm - Healthier Happy Hour + Walk or Bike** *at PACC* Country Fried Steak & Mashed Potatoes / Apple Crisp	**29** **10:30am - MS Support Group** *at Elevate* Rib & Rosemary Potatoes / Ice Cream	**30** **9-11am - Free BP Check** *at PACC* Fish Fillet & Rice Pilaf / Cream Puffs	**31** 11:30am Connections New Year's Eve Party *at PACC | Ball Drop at 12pm!* Meatloaf & Baked Potato / Dessert Bar	**January 1** 2027

EXPLORATORIES

Try something new with us!



GINGERBREAD HEART ORNAMENTS | *Heritage Art Series*

$30

Wednesday, December 9 from 1-3:30pm at NYM Cultural Center - 24 N Main Ave, NYM

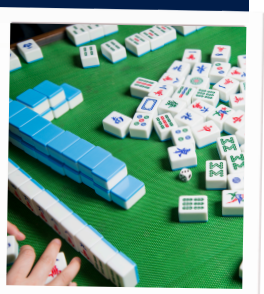
Create a set of nostalgic gingerbread ornaments inspired by German holiday traditions. Using felt, thread, ric rac, pom-poms, and other festive embellishments, you'll craft charming keepsakes perfect for decorating your tree or for holiday gifting. **RSVP required.**

MAH JONGG SERIES - **FULL**

FREE

Monday, January 11, 18, & 25 from 10-11am at Elevate - 318 6th Ave SW, Perham

Have you always wanted to learn how to play Mah Jongg? Come learn the basics, practice your skills, and discover why this timeless game is so much fun. This is a 3 part session. By the end of the series, you'll be ready to play! **RSVP required.**





WOVEN SCANDINAVIAN SNOWFLAKES | *Heritage Art Series*

$30

Wednesday, January 13 from 1-3:30pm at Elevate - 318 6th Ave SW, Perham

Celebrate a Scandinavian holiday tradition by weaving beautiful snowflake ornaments from natural reeds. In this hands-on class, you'll learn the simple techniques to create timeless, handcrafted decorations. **RSVP required.**

AQUA YOGA

$15

Thursday, Jan. 21, Feb. 11, or Mar. 11 from 10-11am at PACC - 620 3rd Ave SE, Perham

Dive into a gentle and refreshing Aqua Yoga session with instructor Shannon Wegner! This relaxing practice adapts traditional yoga poses, breathing, and meditation to the water, offering a fun way to stretch, move, and unwind. **RSVP required.**



DIGITAL LIFE SKILLS

presented by arvig

Digital Life Skills is a 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.

PLEASE RSVP

Bring your own devices to follow along!

Sessions are free, but registration is appreciated.
Visit elevateotc.org/events or call 218-347-1974.

SCHEDULE

THURSDAY, JANUARY 14
Home Wi-Fi and the Arvig App

THURSDAY, FEBRUARY 11
AI As Your Personal Assistant

THURSDAY, MARCH 11
Your Phone, Your Way

THURSDAY, APRIL 8
More Than a Phone

THURSDAY, MAY 13
Smartphone Spring Cleaning

FROM 10-11AM
ELEVATE - 318 6TH AVE SW, PERHAM



Local Support Groups

Sometimes, it helps to know you're not alone. Perham has a variety of support groups offering connection, understanding, and a place to share with others who may be going through something similar. All are welcome, whether you're looking for support, encouragement, or place to connect.

CAREGIVER SUPPORT GROUP

First Tuesday | 3-4pm | Perham Living

A supportive space for those caring for a loved one. Connect with others, share experiences, and gain encouragement and resources for the caregiving journey. **Contact Perham Living at 218-347-1940 or david.lilja@perhamhealth.org for care for your loved one during the session.**

PARKINSON'S SUPPORT GROUP

Second Tuesday | 2:30-3:30pm | Elevate

Individuals living with Parkinson's and their care partners are invited to gather for education, gentle movement, practical tips, and connection with others who understand. Contact Katie at 218-347-1974 or katie.murdock@perhamhealth.org.

NAVIGATING YOUR GRIEF SUPPORT GROUP

Third Thursday | 2-3pm | Elevate

Hosted by Vivie Hospice, this welcoming group offers support, understanding, and companionship for anyone experiencing the loss of a loved one. Contact Vivie at 320-759-4935 or trisha.zimmerman@vivie.org.

ALS SUPPORT GROUP

Fourth Wednesday | 3:30-4:30pm | Elevate

The ALS Support Group will take a break in November and December due to the holidays and will resume meeting in January. They look forward to connecting again in the new year! Contact Revive & Thrive at 218-332-4096.

MS SUPPORT GROUP

Last Tuesday | 10:30-11:30am | Elevate

Open to individuals living with Multiple Sclerosis, as well as family members and caregivers. Connect with others, discover resources, and find support in a welcoming environment. Call Mary at 218-298-0561 or Colleen at 218-298-2180.



Deal Me In

♣ CARD CLUB ♣

Join us for cards, games, and plenty of laughter. Whether you're a seasoned player or just learning, everyone is welcome at the table.

MONDAYS FROM 12:30 – 2:30PM

PACC Front Lobby



EXCITING NEWS FOR CARE PARTNERS!

Beginning in January, Elevate is partnering with Perham Living to offer the Caregiver Support Group in the Elevate Conference Room!

This group is open to ALL care partners! Whether you're supporting someone living with dementia, caring for an aging parent, helping a loved one navigate a chronic illness, or assisting a family member with physical limitations or disabilities, this group is for YOU! Join us for a welcoming space to connect with others, share experiences, find encouragement, and support one another.

Need someone to care for your loved one while you attend? Care for your loved one is available with advance notice, allowing you to take some time for yourself and connect with others. Contact Perham Living at 218-347-1940 to schedule.

Whether you're new to caregiving or have been doing it for years, you belong here!

FOOT CARE CLINIC

TUESDAYS

January 5,
January 26

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

Join us for a

HOLIDAY PARTY!

Join us for a little holiday cheer at Memory Café! Students from Perham Schools will be stopping by to share some festive songs, followed by time to connect, visit, and enjoy a little holiday fun together.

This gathering is **open to everyone** in the community, so bring a friend, wear your favorite Christmas sweater, or bring a treat to share. We'd love to celebrate the season with you!

THURSDAY, DECEMBER 17

1-3pm at Crosspoint Alliance Church

600 NE 8th St, Perham

RSVP Appreciated



MEMORY cafe *where every story counts*



NYM CHRISTMAS TREE FESTIVAL *Senior Day*

Join us for Senior Day at the New York Mills Christmas Tree Festival for an afternoon of holiday cheer! Enjoy festive treats, games, live music from NYM students, prizes, and beautifully decorated Christmas trees. All seniors are welcome, so bring a friend and celebrate the season with us!

Tuesday, December 1

from 1-3pm at NYM City Hall Ballroom

28 W Centennial 84 Dr, New York Mills

No RSVP needed.

The Mixer

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



The Cactus + Holiday Trivia

Tuesday, December 15

from 4:30-6pm in Perham

Wear your favorite Christmas sweater!

All are welcome!

RSVP Appreciated



CHRISTMAS CHOIR

CELEBRATE THE SEASON THROUGH MUSIC!

Our Christmas Choir practices are underway, and we're having a wonderful time singing familiar holiday favorites and getting ready to share them with the community on Wednesday, December 16!

The Christmas Choir is made up of Elevating Voices Memory Loss Chorus, Perham Living residents, and community members, and it's not too late to join! We'd love to have more voices join us as we celebrate the season together. No RSVP is needed to attend the practices or the concert, and everyone is welcome!



PRACTICES

WEDNESDAY, DECEMBER 2 & 9

2:30-3:30pm at Perham Living Town Center

735 3rd Street SW, Perham



COMMUNITY CONCERT

WEDNESDAY, DECEMBER 16

2:30-3:30pm at Perham Living Town Center

Refreshments to Follow



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 $6 donation.



Christmas Sing-Along

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 at PACC

Monthly BIRTHDAY LUNCH

Come celebrate December birthdays with us at Connections. Thanks to Magnifi Financial, folks celebrating their birthday get a free lunch and everyone gets a special birthday dessert!

Tuesday, December 15
starting at 10:30am at Connections

CONNECTIONS Christmas Party

Connections will celebrate the Christmas season with a party filled with festive games, fun prizes, and plenty of laughter! We'll have an appetizer potluck for those who would enjoy bringing something to share, but no pressure to bring anything. Whether you love to cook, prefer to pick something up, or simply want to come and enjoy the festivities, you are warmly welcome!

Tuesday, December 22
starting at 10:30am at Connections

NEW YEARS EVE Ball Drop

Ring in the New Year with us at Connections! Join us for a fun-filled celebration, complete with a special countdown at noon so we can welcome the new year together without staying up until midnight!

Thursday, December 31
starting at 10:30am at Connections





A MONTH OF THANKSGIVING

Connections celebrated a "Month of Thanksgiving" by creating thoughtful gifts each week to show appreciation to those who support the group. We worked together to make mug cake mix, simmer pot bags, and homemade hand warmers. These gifts went to PACC employees, Perham Living Dietary staff, and to our Connections Volunteers.

These simple projects became meaningful ways to say a big **THANK YOU** to everyone who helps make Connections possible.

KIDS-ONLY

HOLIDAY MARKET

ALL KIDS ARE INVITED TO SHOP OUR MAGICAL HOLIDAY MARKET!





SHOPPING DATES

MONDAY-FRIDAY, 12/7-12/11
from 3-6pm

SATURDAY, 12/12
from 9am-1pm

AT ELEVATE
318 6TH AVE SW, PERHAM

Our Elevate Elves are excited to host a special Holiday Market for kids in December. Kids (ages 3-15) will team up with one of our Elevate Elves to choose and wrap holiday gifts to surprise their adult loved ones!

Each child can pick up to four gifts for their adult loved ones, priced at just $1 each, while supplies last. Limit one visit per child. Proceeds will support next year's market and cover associated costs.



Golden GIVING TREE

HELP BRING A LITTLE EXTRA HOLIDAY CHEER TO OLDER ADULTS IN OUR COMMUNITY! OUR GOLDEN GIVING TREES ARE UP AND READY FOR YOU TO GRANT A CHRISTMAS WISH.

How to Give:

1 - VISIT
STOP BY A GIVING TREE AT UNITED COMMUNITY BANK OR PERHAM LIVING.

2 - SELECT
CHOOSE A TAG FROM THE GOLDEN GIVING TREE.

3 - SHOP
PURCHASE THE GIFT(S) LISTED ON THE TAG

4 - SHARE
BRING THE UNWRAPPED GIFTS BACK TO THE TREES WITH THE TAG ATTACHED.

We'll take it from there!

OUR VOLUNTEERS WILL SORT, WRAP, AND DELIVER EACH GIFT BEFORE CHRISTMAS.

LAST DAY FOR COLLECTIONS:
MONDAY, DECEMBER 14

QUESTIONS? CONTACT MINDI AT 218-347-1974 EXT 6 OR MINDI.LARSON@PERHAMHEALTH.ORG

élevate
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