

## Fun events to help you stay connected.

Most people want to stay active and engaged as they age. We are curating opportunities for adults, so that you can live a social, fulfilled life at any age.

To help bridge the gap in events in our area, we've created two new series of events: Exploratories and Nosey Neighbor.

We've also partnered with Perham Area Community Center and New York Mills Public Library on hosting Coffee Talks - a twice-monthly gathering to chat about various topics.

We hope you can join us for these upcoming events! If you have any suggestions on events or activities you'd like to see, please don't hesitate to reach out to our team.



## Upcoming EXPLORATORIES

Explore a new activity or skill in our casual, no-commitment classes.

### Axe Throwing 101 **FULL**

Thursday, February 2 at 5:30pm  
Beach Bums, Battle Lake  
Cost: \$15

### Bath Bombs 101

Tuesday, February 28 from 4-6pm  
Gathering Grounds, Perham  
Cost: \$25

### Myofascial Release 101

Tuesday, February 14 at 4:30pm  
Perham Area Community Center  
Cost: \$15

### CPR + First Aid 101

Monday, March 13 from 4-7pm  
Perham Fire Department  
Cost: FREE

REGISTER AT [elevateotc.org/exploratories](http://elevateotc.org/exploratories)



## Upcoming NOSEY NEIGHBOR

Explore what happens behind the scenes of our local businesses.

### Where Does Your Garbage Go?

Tuesday, February 7 at 2pm  
Perham Resource Recovery Facility

### Lund Boats **FULL**

Tuesday, March 7 at 1pm  
New York Mills

### How is Cheese Made? **FULL**

Tuesday, February 23 at 2pm  
Bongards Plant, Perham

### The Bridge

Tuesday, March 21 at 3pm  
Perham

### Deep Roots Art Exhibit

Friday, February 24 at 12pm  
NYM Regional Cultural Center

### Boys & Girls Club

Tuesday, April 4 at 2pm  
Perham

REGISTER AT [elevateotc.org/nosey-neighbor](http://elevateotc.org/nosey-neighbor)

## Upcoming COFFEE TALKS

Explore a topic or idea while sipping coffee and connecting with others.

### Wednesday, Feb 1 at 10am

Perham Area Community Center  
Topic: Heart Health with Taylin

### Wednesday, Feb 15 at 10am

Perham Area Community Center  
Topic: Dancing Sky Area Agency on Aging

### Wednesday, Feb 8 at 10:30am

New York Mills Public Library  
Topic: NYM Cultural Center

### Wednesday, Feb 22 at 10:30am

New York Mills Public Library  
Topic: Perham Area Community Center





## BUS TRIP TO CHANHASSEN

Let's go to The Prom! We have partnered with Perham/Frazee Community Education to plan a bus trip to Chanhassen Dinner Theatre on Wednesday, April 19 to see their upcoming show, The Prom.

\*Bonus: See local Perham Graduate, Sam Stoll, perform as part of the cast in the production!

Tickets are \$185, which includes your transportation, show ticket, and dinner at Chanhassen. The bus will leave from Frazee and Perham around 7am. Registration deadline is March 13. A minimum number of participants are needed to ensure the event will occur. Sign up today by calling 218-334-3181 #3 or at [perhamareacommunityeducation.com](http://perhamareacommunityeducation.com).



## COMING SOON: TECH 101

Does technology make you crazy? We know the struggle all too well. We're working with Perham Area Public Library to bring Technology 101 starting in March. Stay tuned for registration!

### Intro to Email

Tuesday, March 28 at 2pm

### Intro to Apps

Tuesday, April 25 at 2pm

### Intro to Security

Tuesday, May 30 at 2pm

## VOLUNTEERING MADE SIMPLE

We know everyone wants to share their time and talents, but it can be hard to know where to look for opportunities. We created a community-wide volunteer hub, so that you can easily find and commit to opportunities and make a difference.

The volunteer hub, through Helper Helper, can be accessed from online from anywhere – including your phone! See and sign up for opportunities on the go and get notifications right to your device. It doesn't get any easier than that!



Join residents of Perham Living for Bingo every Tuesday at 1pm!

Sign up for Helper Helper to help make a difference at many of our local organizations, including Perham Public Library, Perham Health, Perham Living, New York Mills Cultural Center, Re-Use It Thrift Store, and more!



### Ready to elevate your community?

Visit [elevateotc.org/volunteer](http://elevateotc.org/volunteer) or scan the QR code to sign up.



✉ [connect@elevateotc.org](mailto:connect@elevateotc.org)

☎ (218) 347-1974

🌐 [elevateotc.org](http://elevateotc.org)

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