

THE ELEVATOR

February 2026

FEBRUARY IS
HEART HEALTH
MONTH

FEBRUARY IS FOR THE HEART. ALL OF IT.

February may get all the credit for Valentine's Day, but we're here to remind you that heart health is about a lot more than candy and cards. It's about movement, nourishment, learning, laughter, creativity, and connection. In other words, it's about taking care of your heart *and* your soul. Lucky for us, February is packed with ways to do exactly that.

Move Your Body. Lift Your Mood.

Movement doesn't have to feel like work to work.

- ♥ **Healthier Happy Hour** | Mondays at 1pm | PACC
- ♥ **Sock Hop with Leslie** | Monday, February 23 at 10:30am | PACC

Gentle movement, dancing, laughter, and community all count. Bonus points if you smile while doing it. Your heart approves.

Know the Signs. Protect Your Heart.

Taking care of your heart starts with paying attention and knowing what to watch for. Learning the warning signs of stroke, understanding your personal risk factors, and keeping an eye on your blood pressure can make a real difference.

- ♥ **Coffee Talk: Stroke Education & Prevention**
Wednesday, February 4 from 10–11am | PACC
- ♥ **Free Blood Pressure Checks**
Every Wednesday from 9–11am | PACC

These simple, proactive steps help you stay informed, spot changes early, and take action before small concerns become bigger ones.

Feed Your Body. Spark Your Mind.

Curiosity and creativity are good for your heart too.

- ♥ Heart-healthy cooking classes featuring **Chicken Tenderloins** and **Make-Ahead Salad Jars**
- ♥ An exploratory art session celebrating Valentine's Day through traditional German paper cutting

Less stress. More connection. Be sure to check out our Exploratories section to learn more and see what's next.



Turn Knowledge Into Action

Heart health isn't just about prevention. It's also about being ready when the unexpected happens.

Brent Hanson and Zach Gabbard both experienced sudden cardiac arrest at young ages. They're here today for one reason. Someone nearby knew what to do.

Join us for a powerful, real-life conversation as Brent and Zach share their stories of survival, resilience, and the moments that changed everything. Then stick around as Perham EMS Supervisor Mark Ebeling leads a short, hands-on demo of AED use and simple CPR. No pressure, no tests, just practical skills that could help you save a life someday. Note: This is not a CPR certification course.

You'll leave inspired, informed, and a whole lot more confident to act when every second truly counts. And yes, this is one of those events you'll be glad you came to.

Lives Restarted, Stories Shared

Monday, February 9 from 5:30–6:30pm | Elevate

Space is limited. RSVP required!

And that's just the highlights! February is full of opportunities to move more, learn more, connect more, and feel more like yourself. However you choose to join in, know this. Every small step counts, every laugh helps, and every connection matters. Your heart is doing a lot for you. Let's return the favor.

Save the Date

ELEVATING VOICES

MEMORY LOSS CHORUS

We're warming up our voices for another hearty season of singing, laughter, and connection! Individuals living with memory loss, their care partners, and volunteers who simply love to sing are all warmly invited.

Join us Tuesdays this spring:

- **Rehearsals:** March 17, 24, 31, April 14, 21, 28, and May 12
- **Community Performance:** May 19
- **Pizza Party Wrap-up:** May 26

Each session runs from 1–3pm at Crosspoint Church and includes music, snacks, and good conversation in a welcoming environment for individuals living with memory loss and their care partners.



SING WITH US!

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



DIGITAL LIFE SKILLS

presented by  arvig.

PLEASE
RSUP



Bring your devices to follow along!

GOOGLE MAPS FOR EVERYDAY TRAVEL

Whether you're visiting a new place or just need directions, Google Maps can be a helpful tool. We'll show you how to find locations, get directions, and even see what places look like before you go.

 **17** Thursday, February 12 from 10-11am at Elevate

DECLUTTER YOUR DIGITAL LIFE

Feeling bogged down by a slow phone or tablet? This practical digital declutter class shows you how to safely clean up apps, photos, and other storage thieves so your device runs faster and feels easier to use.

 **17** Thursday, March 12 from 10-11am at Elevate

MOVING PAST THE FEAR OF AI

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

 **17** Thursday, April 9 from 10-11am at Elevate

SEE WHAT THEY'RE SHARING

Ever wonder what your kids or grandkids are really doing on their phones? This engaging session gives you the inside scoop on popular platforms like Snapchat, Instagram, TikTok, and more.

 **17** Thursday, May 14 from 10-11am at Elevate



Coffee Talks

Free and open to the public!

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

February 4 - Stroke Education & Prevention

Stroke & Trauma RN Specialist Ellie VanEnk will talk us through recognizing the signs of stroke and learning simple steps to protect your heart and brain through prevention.

February 18 - Dementia Friends

Join us for an engaging, easy-to-follow session where we'll break down what dementia is, what it can feel like day to day, and simple communication tips that actually work.

Save the Date

- March 4 - Let's Talk Vertigo
- March 18 - Fall Prevention & Home Safety

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

February 11 - Early Finnish Settlers of NYM

Discover the story of the earliest Finnish settlers in New York Mills and how they built new lives in Minnesota. Hosted by Kip Peltoniemi, a 2025 Fellow of the American Scandinavian Foundation.

February 26 - Yahtzee Tournament

We are changing things up for coffee talk this week! Join us for a fun Yahtzee tournament...coffee, conversation, and prizes included!

Save the Date

- March 11 - History of the Kirkbride
- March 25 - Passport Series: Egypt

Funeral Pre-Planning



Join us for a thoughtful event on funeral preplanning with Schoeneberger Funeral & Cremation Service. Discover the peace of mind that comes with preplanning and prepaying for your final arrangements. We'll explore various options that alleviate the emotional and financial burden from your loved ones. **RSVP Appreciated.**

Tuesday, March 10 from 11am-Noon
at Elevate - 318 6th Ave SW, Perham

PARKINSON'S SUPPORT GROUP

FEBRUARY SPEAKER:

This month, we will have Revive & Thrive presenting on the importance of exercise through hands-on PWR! movements, with modifications available for those at risk of falls. They will also share helpful guidance on home safety and adaptive equipment to support everyday activities.

TUESDAY, FEBRUARY 10

from 2:30-3:30pm at Elevate

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.

In celebration of Heart Health Month, February's Cooking Club theme is chicken! Bring your favorite heart-healthy (or simply feel-good) chicken dish and your recipe, and come ready to enjoy great food and great company.



**THURSDAY,
FEBRUARY 26**
starting at 4:30pm
at Elevate

RSVP Appreciated!

Supporting a Loved One Living with Memory Loss

You don't need all the answers. You just need a few good tools and a community that gets it.

Supporting someone with dementia is part love, part patience, and part learning as you go. It can feel overwhelming one day and deeply meaningful the next. The good news is you don't have to figure it out alone. There are many ways to show up for a loved one, and this month, we're offering experiences designed to support both caregivers and those living with memory loss.



START WITH UNDERSTANDING.

Education can be a game-changer. Learning how dementia affects the brain, behavior, and communication helps replace frustration with empathy. Our Dementia Friends session focuses on practical, real-life communication strategies you can use right away. Fewer awkward moments. More meaningful connection.

Coffee Talk: Dementia Friends
Wednesday, February 18 from 10-11am at PACC

STEP INTO THEIR SHOES.

The Dementia Live experience offers something powerful. A brief simulation of what daily life might feel like for someone living with dementia. It's eye-opening, emotional, and often shifts how caregivers approach care with more compassion and patience. Warning: you may leave seeing the world differently.

Dementia Live
*Tuesday, February 3 from 10am-12pm or 1-3pm at Elevate – **RSVP Required***

LEAN ON OTHERS WHO GET IT.

Caregiving can be isolating, even when you're surrounded by people. Our Caregiver Support Group creates space to share experiences, ask questions, vent without guilt, and learn from others walking a similar path. Sometimes the most helpful words are simply, "Me too."

Caregiver Support Group
Tuesday, February at 3pm at Perham Living

PLAN AHEAD, TOGETHER.

At our Memory Café, we blend learning and social connection. This month's focus is planning for future care, paired with time to relax, visit, and enjoy being together. It's not all heavy conversations. Laughter and community matter too.

Memory Cafe: Preparing for Future Care
Thursday, February 26 from 1-3pm at Crosspoint Alliance Church

CREATE MOMENTS OF JOY.

Not everything has to be clinical or instructional. In March, we'll launch our spring session of Elevating Voices, a chorus experience for individuals living with memory loss. Singing together creates joy, connection, and belonging, no musical experience required. Proof that memory loss doesn't erase the ability to feel, connect, and belong.

Elevating Voices Memory Loss Chorus
Rehearsals start Tuesday, March 17 from 1-3pm at Crosspoint Alliance Church

Supporting a loved one living with dementia looks different for everyone, and that's okay. Some days call for learning and planning. Others call for empathy, patience, and simply showing up. Education, community, and moments of joy all play a role, and you don't have to take them on all at once. Start with one step, one conversation, or one event. We'll be here to walk alongside you, offering support, connection, and practical tools along the way.

Learn more about these events and additional resources at elevateotc.org.

EXPLORATORIES

Try something new with us!



CHICKEN TENDERLOINS THREE WAYS

\$15

Monday, February 9 from 11-12pm or 2-3pm at Elevate - 318 6th Ave SW, Perham

Join our favorite home chef, Peggy Rutten, as she turns simple chicken tenderloins and breasts into quick, flavor-forward dishes, complete with hearty samples to enjoy. You'll leave with easy techniques and fresh inspiration for weeknight cooking. **RSVP required.**



SCHERENSCHNITTE HEART DESIGN

\$28

Wednesday, February 11 from 1-3pm at NYM Cultural Center - 24 N Main Ave, NYM

Practice the traditional German art of paper cutting as you create a beautiful Scherenschnitte heart to celebrate Valentine's Day and German heritage, perfect to keep or share with someone you love. Hosted by NYM Cultural Center. **RSVP required.**



MAKE-AHEAD JAR SALADS

\$20

Tuesday, February 24 from 11-12pm or 5-6pm at Elevate - 318 6th Ave SW, Perham

Our favorite home chef, Peggy Rutten, will share simple techniques for building make-ahead jar salads. You'll sample three hearty, meal-prepped salad options along the way. Then you'll assemble your own grab-and-go salad jar to take home. **RSVP required.**



BARN QUILT COASTER SET

\$28

Wednesday, March 11 from 1-3pm at Elevate - 318 6th Ave SW, Perham

Enjoy a culturally rich art experience celebrating local heritage and the traditions that have shaped our community. Paint your own set of four mini barn quilts using simple patterns, perfect as coasters or for display. Hosted by NYM Cultural Center. **RSVP required.**



SPRING ACRYLIC CARD MAKING

\$10

Wednesday, March 18 from 1-3pm at Elevate - 318 6th Ave SW, Perham

Talented instructor Val Voight will guide this fun, inspiring art class on creating handmade spring greeting cards, with all supplies provided and three unique cards to take home. **RSVP required.**



SPRING CLOSET REFRESH

\$22

Saturday, March 28 from 10am-noon at Elevate - 318 6th Ave SW, Perham

A practical, encouraging class on sorting, simplifying, and organizing your entire closet. Professional organizer Janelle Lass also shares easy, chemical-free tips to keep your closet and home fresh without harsh products. **RSVP required.**

Shake up your routine and join us for something a little different. Registration is required due to limited space. **Reserve your spot at elevateotc.org.**

February 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>2</p> <p>1pm - Healthier Happy Hour at PACC</p> <p>🍴 Lasagna / Cheesecake Bar</p>	<p>3</p> <p>10am / 1pm - Dementia Live at Elevate 3pm - Caregiver Support Group at Perham Living</p> <p>🍴 Sweet-n-Sour Chicken / Banana Pudding</p>	<p>4</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Stroke Education & Prevention at PACC 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p> <p>🍴 Tilapia & Potato Spirals / Peaches</p>	<p>5</p> <p>🍴 Wisconsin Cheese Soup & Sandwich / Chips</p>	<p>6</p>
<p>9</p> <p>11am / 2pm - Exploratory: Chicken Tenderloins Three Ways at Elevate (\$15) 1pm - Healthier Happy Hour + Line Dancing Basics at PACC 5:30pm - Lives Restarted, Stories Shared: Heart Health Month in Action at Elevate</p> <p>🍴 Soft Shell Beef Taco / Cinnamon Churro</p>	<p>10</p> <p>2:30pm - Parkinson's Support Group at Elevate</p> <p>🍴 Chicken Biscuit Casserole / Lemon Pudding</p>	<p>11</p> <p>9-11am - Free BP Check at PACC 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5) 10:30am - Coffee Talk: Early Finnish Settlers of NYM at NYM Public Library 1pm - Exploratory: Scherenschnitte Heart Design at NYM Cultural Center (\$28)</p> <p>🍴 Hamburger & Potato Salad / Orange Dream Bar</p>	<p>12</p> <p>All Day - Giving Hearts Day 10am - Digital Life Skills: Google Maps for Everyday Travel at Elevate 11:30am - Spuds for Love Baked Potato Lunch Fundraiser at Boys & Girls Club</p> <p>🍴 Spuds for Love Baked Potato Fundraiser</p>	<p>13</p>
<p>16</p> <p>11:45am - Nosey Neighbor: Comet Theater in Perham 1pm - Monday Matinee "Song Sung Blue" at Comet Theatre (\$6) 1pm - Healthier Happy Hour at PACC</p> <p>🍴 Country Fried Steak / Surprise Dessert</p>	<p>17</p> <p>1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: El Vallarta Mexican Restaurant in Perham</p> <p>🍴 Ribs & Potatoes / Vanilla Ice Cream</p>	<p>18</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Dementia Friends at PACC 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5) 12:30pm - Whist Tournament at Connections</p> <p>🍴 Beef Stew / Apple Crisp</p>	<p>19</p> <p>11:30am - Monthly Birthday Lunch + Bingo at Connections 2pm - Navigating Your Grief Support Group at Elevate</p> <p>🍴 Meatloaf & Baked Potato / Chex Mix</p>	<p>20</p>
<p>23</p> <p>10:30am - Sock Hop with Leslie at Connections 1pm - Healthier Happy Hour + Silver Sticks Drumming at PACC 6pm - Microplastics: A Community Screening and Discussion at Perham High School</p> <p>🍴 Vegetable Beef Soup & Sandwich / Dessert Bar</p>	<p>24</p> <p>11am / 5pm - Exploratory: Make-Ahead Jar Salads at Elevate (\$20) 1:30pm - Nosey Neighbor: Arvig in Perham 6:30pm - The Collectors Club at Perham Area Public Library</p> <p>🍴 Spaghetti & Meat Sauce / Tropical Fruit</p>	<p>25</p> <p>9-11am - Free BP Check at PACC 10:30am - Ask Nurse Jean at Connections 10:30am - Coffee Talk: Yahtzee Tournament at New York Mills Public Library</p> <p>🍴 Sloppy Joe & Chips / Peanut Butter Bite</p>	<p>26</p> <p> 1-3pm Memory Cafe at Crosspoint Alliance Church 4:30pm - Cooking Club at Elevate</p> <p>🍴 Pork Loin, Gravy, Potatoes / Sherbet</p>	<p>27</p> <p>10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>March 2</p> <p>1pm - Healthier Happy Hour at PACC</p> <p>🍴 Chili & Corn Bread / Chocolate Pudding</p>	<p>3</p> <p>3pm - Caregiver Support Group at Perham Living</p> <p>🍴 Popcorn Chicken Bowl / Pineapple</p>	<p>4</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Let's Talk Vertigo at PACC</p> <p>🍴 BBQ Pork Mac-n-Cheese / Rice Krispie Bar</p>	<p>5</p> <p>10:30am - Connections 2nd Birthday Party at Connections 1pm - Nosey Neighbor: Perham Printing in Perham</p> <p>🍴 Grilled Brat & Pasta Salad / Pumpkin Fluff</p>	<p>6</p>

NOSEY NEIGHBORS



COMET THEATER

Monday, February 16 starting at 11:45am at 146 1st Ave S, Perham

Take a behind-the-scenes look at the Comet Theater in Perham, exploring its history dating back to 1938 with open-house access to the basement, speakeasy, and balcony before a presentation by owner Matthew Quincer. Stay for the 1pm showing of *Song Sung Blue* and enjoy pop and popcorn, all for just \$6. **RSVP Required.**

ARVIG

Tuesday, February 24 from 1:30-3pm at 150 2nd St SW, Perham

Discover the secrets behind Arvig's innovative services while touring their headquarters! Experience their team environments, uncover fun Arvig facts, and witness the technology driving home and business connectivity. **RSVP Required.**

PERHAM PRINTING

Thursday, March 5 from 1-2pm at 210 6th Ave NE, Perham

Learn about the history of Perham Printing while seeing how ideas come to life through professional graphic design, mailing services, and high-quality offset and high-speed digital printing. **RSVP Required.**

BUCKS MILL BREWING

Thursday, March 12 from 2-4pm at 824 Washington Ave, Detroit Lakes

Learn how Bucks Mill Brewing got its start, hear about the journey of building the business, and explore the brewing process from grain to glass. We'll enjoy a sample together, and everyone is welcome to stick around as long as they'd like! **RSVP Required.**

WAHL'S WELLNESS WISDOM: IMPROVING CARDIOVASCULAR HEALTH

Focusing on cardiovascular health is important for everyone. Heart disease remains one of the leading causes of death in the United States, yet many cardiovascular events such as heart attacks, strokes, and heart failure are largely preventable.

Research shows that most cardiovascular deaths are closely tied to lifestyle choices, meaning much of the risk is within our control. Two key areas play the biggest role in prevention: diet and physical activity.

A diet centered on whole foods such as vegetables, fruits, lean proteins, and fiber is associated with a significant reduction in heart-related mortality. However, many Americans consume 40–50% of their diet from highly processed foods. These foods are typically high in calories and low in nutrients and include items that are altered with ingredients not found in nature. Common examples include packaged snacks, ready-to-eat meals, and foods high in added sugar and sodium.

Regular physical activity is another powerful tool for protecting heart health. Research shows that walking about 7,000 steps per day at a brisk pace can reduce all-cause mortality by up to 60%. Aim to include cardiovascular exercise such as walking, biking, or swimming at least four to five days per week. Adding resistance training, such as lifting weights, using resistance bands, or body-weight exercises, further supports cardiovascular health by improving blood sugar control.

When healthy eating and regular movement become as routine as brushing your teeth, they create lasting habits that significantly reduce the risk of heart disease.

Article provided by Perham Health's Dr. Sean Wahl

Have a question for a chiropractor?

Ask Dr. Wahl! Email your questions to connect@elevateotc.org, and Dr. Wahl will answer a few in an upcoming issue of our newsletter.



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.

VOLUNTEERS NEEDED!

Connections needs a few helping hands! Volunteering takes a little over 2 hours, anyone can learn the ropes quickly, and you'll be treated to a free lunch. With many of our regulars away or sidelined, your support now truly matters.

Sign up on Helper Helper!

SOCK HOP WITH LESLIE

Get ready to twist and shout at our Sock Hop with Leslie! Leslie will be bringing the fun with classic love songs in celebration of Valentine's month. Come enjoy the music, memories, and a toe-tapping good time with friends.

Monday, February 23 starting at 10:30am
Just outside the Connections Room at PACC



Think you have the best hand?

Come join us
for a fun and
friendly

Whist
TOURNAMENT



WEDNESDAY, FEBRUARY 18
in the PACC Connections Room

starting at
12:30pm



With a \$2 buy-in, the pot will be split among the top 3 winners so bring your best game face! Play will wrap up around 3 pm.

Space is limited to 20 players, so be sure to sign up early and secure your spot on the Elevate website!

<https://elevateotc.events/whist>

ASK NURSE JEAN

Ask Nurse Jean is back! Join our registered nurse as she answers your health and healthcare questions and shares helpful guidance in a relaxed, welcoming setting. At the next session, Nurse Jean will focus on how to be prepared for your yearly exam and make the most of your appointment.

Wednesday, February 25 starting at 10:30am
Connections Room at PACC



**Birthday Lunch
& BINGO**



Thursday, February 19
11:30am at Connections



THE HEART BEHIND OUR COLLECTORS CLUB

Rose and Don Weber are the spark behind Elevate's Collectors Club, a gathering built on connection, nostalgia, and the simple joy of sharing what you love.

The idea didn't exactly come out of thin air. Don was part of a Collectors Club in Crookston for nearly 20 years. Even after moving to Perham 4 ½ years ago, he and Rose kept making the two-hour drive to attend whenever they could. Eventually, the miles won. Don missed the camaraderie, the show-and-tell moments, and the fun of meeting people who light up over the same quirky things he does. So the Webers reached out and asked if Elevate could help bring a club to life right here at home. Good call.

For Rose, collecting is a lifelong hobby with heart. She gravitates toward Terry Redlin and Norman Rockwell plates and has a soft spot for old furniture. Don's collections cover plenty of ground, especially wood carvings and fish decoys. Together, they create an atmosphere that celebrates every kind of collector, whether your passion is coins, cookbooks, marbles, maps, or something so oddly specific your friends have learned not to ask follow-up questions.

The Webers hope to see the club grow just like their old one in Crookston. It began with eight members and now boasts more than thirty. They're betting Perham's club will find its people too. We're betting the same.

Bring your curiosity. Bring your collection. Bring that one item no one else understands but you.

Collectors Club meets on the 4th Tuesday of each month at 6:30 pm at Perham Area Public Library. Everyone is welcome, and every collection has a story worth sharing.

Your treasure might be the one that sparks the next great conversation.

The Mixer

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

El Vallarta Mexican Grill
Tuesday, February 17 from 4:30-6pm



All are welcome!

RSVP Appreciated

HEALTHIER HAPPY HOUR



Healthier Happy Hour is our heart-happy way to kick off the week. We gather for light movement to get the blood pumping, enjoy a healthy snack, and jump into simple games that spark connection and laughter. It's low-pressure, high-energy, and an easy way to care for your heart, body, and mind while starting your Monday on the right foot.

MONDAYS AT 1PM
at Perham Area Community Center

February Movement Highlights
Line Dancing on February 9 • Sticks on February 23 • Walking or Biking on the other Mondays



How many times is the word **heart** in this February newsletter?

Email your guess to mindil.larson@perhamhealth.org for the chance at winning a prize!

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

Wednesday, February 4, 11, 18, and Friday, February 27 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 SONG SANG BLUE

Monday, February 16
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 - MARCH 13, APRIL
24, JUNE 15, JULY 17

Call Julie at 218-731-4190 to
book 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.

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



Need a little extra support right now?

Weekly frozen meal delivery is available through Nutrition Services, Inc., with friendly Elevate volunteers delivering meals every Wednesday to rural Perham, Richville, Dent, Ottertail, and Vergas.

Each delivery includes a well-balanced meal with protein, starch, vegetables, fruit, a beverage, and dessert. Meal costs vary based on the information in your application, and the service can be used short-term or longer, whatever fits your season of life.

If you or someone you care about could use a break from cooking, this is an easy way to stay nourished and supported at home. To learn more or get started, contact Katie at 218-347-1974 and select option 2.

What is the big deal with microplastics?

Plastic doesn't disappear, it breaks down into microplastics that are now showing up in our air, water, and bodies. This eye-opening documentary invites you to take a closer look in a welcoming, no-pressure setting. Popcorn provided. Curiosity encouraged.

MICROPLASTICS: A COMMUNITY SCREENING & DISCUSSION

Monday, February 23 from 6-8pm
at PHS Studio - 800 Coney St W, Perham
Enter through front door of Perham High School.

RSVP Requested! ⚠️ Not recommended for ages under 13.

Hosted in partnership with West Central Initiative



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