

THE ELEVATOR

January 2025



MOVING TOGETHER FOR A BETTER LIFE

The Best Life Club is Elevate's newest crew of idea shapers, cheerleaders, and "sure, I'll try that" teammates. It grew out of a simple truth. Our community is full of great ideas, and people wanted a place to shape them together. As Best Life Club member Monica shared, "What inspired me to join was collaborating with Elevate and others to create more ways for people to stay active and engaged." The vibe is friendly, low-pressure, and open to all. No perfect pace, no special skills, just show up.

Two of the club's first ideas are already in motion.

- **Healthier Happy Hour** brings a spark to Mondays with light movement, a healthy snack, and easy games that get people laughing and connecting.
- **Cookbook Club** invites folks to try new recipes, share food, and enjoy good conversation around the table.

The Best Life Club is about trying new things together and leaving feeling better than when you arrived. Monica says, "Even if it feels a little intimidating at first, everyone leaves smiling. We move a bit, connect, and have fun." Come be part of it. We'd love to build what's next with you.

Interested in shaping the future of Elevate with us?

The Best Life Club brings people together to dream up and try new ways to stay healthy, active, and connected. If you like sharing ideas, moving a little, and helping good things grow, we'd love to have you. Contact Amanda at amanda.kaldor@perhamhealth.org to jump in.

HEALTHIER HAPPY HOUR

Think low-pressure, good energy, and just enough movement to shake off the day and start your week on the right foot. We meet **Mondays at 1pm at the PACC**, we'll move a little, snack smart, and play easy games that get people laughing and connecting.

We're **kicking off the series on Monday, January 12**, and we're making it extra fun with a line dancing basics session hosted by the PACC. Afterward, stick around for a popcorn bar, beverages, games, and prizes because movement is better with snacks and smiles.

The rest of the month keeps it simple and flexible with walking the track, biking, and a Silver Sticks drumming session. New to the PACC or not sure where to start? That's our favorite kind of person. We'll help you feel comfortable, confident, and right at home.

COOKBOOK CLUB

Each month, we'll choose a cookbook—focusing on healthier meals or recipes sized for 1–2 people—and everyone will select a recipe to prepare and share at the following meeting. Cookbook Club will include fun discussion topics designed to help us eat well, feel better, and enjoy the experience together.

For our first meeting, please bring a dish made from your favorite recipe, along with a copy of the recipe to share with the group.

THURSDAY, JANUARY 22
starting at 4:30pm at Elevate



A LOOK BACK
2025

2025 YEAR IN REVIEW

A note from Mindi Larson, Program Manager

When Elevate hosted our very first event in January of 2023, I was equal parts terrified and excited. Three people attended Yoga 101 at B Still Yoga—a moment I will never forget. Three people saw our event, three people were curious, and those three people asked the question that started it all: “What’s next?”

If someone had told me that, as we prepare to celebrate our third year of making aging the cool thing to do, we would connect with more than 11,000 people in 2025, host over 7,000 events, provide more than 140 van rides, and so much more: I never would have believed it. While these numbers are impressive on their own, it’s the impact behind them that truly tells the story of what programs like Elevate can do.

Blood pressure checks have caught medical emergencies in real time, leading to immediate action. People are seeing the country because we’ve expanded access to bus trips and travel opportunities. Meal delivery now reaches outlying communities, ensuring support regardless of zip code. The Mobility Market provides equipment that eases everyday travel challenges. Through Health Reset, participants are building new habits—one losing 10 pounds along the way. Memory Café connected a family with essential equipment to make daily life a little easier. A simple social media post helped a family find part-time caregiving support so their parents could continue living independently with confidence.

Nosey Neighbor tours, our first lefse class, and shared meals at the Mixer add joy and spice to life- but it’s the engagement, generosity, and support you provide that make this mission possible. Together, you are creating life-changing impact for our little slice of rural Minnesota, and for that, I am endlessly grateful. We can't thank you all enough for the kind words, hugs, financial support, donations and everything else you give to us day after day.

As we look ahead, we invite you to be part of what’s next: attend an event, invite a friend, volunteer, donate, or simply share our story. Every connection matters, and every action—big or small—helps us continue building a community where aging is not just supported, but celebrated.

11,200+
EVENT ATTENDEES
7,300+ attendees in 2024

765 EVENTS HOSTED*
380 events in 2024
**includes Connections lunch*

405 MEMORY CAFE
ATTENDEES
New in 2025!

6,161 MEALS SERVED AT
CONNECTIONS
3,160 meals in 2024

3,036
HEALTH COACH
INTERVENTIONS
1,292 interventions in 2024

3,560
VOLUNTEER HOURS
FOR ELEVATE
975 hours in 2024

145 VAN RIDES
131 rides in 2024

1,376 MEALS DELIVERED
(OUTSIDE OF PERHAM)
480 meals in 2024

657 FREE BLOOD
PRESSURE CHECKS
842 checks in 2024

DEMENTIA Live®

Have you ever wondered what your loved one living with dementia might be experiencing?

Come join us for a hands-on experiential opportunity designed to help understand the physical and mental challenges of those living with Alzheimer's and other dementias.

TUESDAY, FEBRUARY 3

Session 1 | 10am-12pm

Session 2 | 1-3pm

AT ELEVATE - 318 6TH AVE SW, PERHAM

Reserve your spot at elevateotc.org/events!



Please Note: This experience is not intended for people that have any memory loss, cognitive impairments, or impaired hearing / vision / mobility. It may not be safe to increase those impairments.

PARKINSON'S SUPPORT GROUP

RESCHEDULED FROM DECEMBER: 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, JANUARY 13

from 2:30-3:30pm at Elevate

RSVP Appreciated!

YOUR WORD FOR 2026

Instead of a long list of resolutions, try choosing one word to guide your year. Something you want more of, something you're working toward, or a reminder you want to carry with you through 2026. Write your word in the space below. Let it gently guide your choices and bring you back on track when life gets busy.



Coffee Talks

Free and open to the public!

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

January 7 - Learn, Lift, & Look Around the PACC

Join us at the PACC for a brief tour, an overview of programs and amenities, and a simple demo on how to use the weight machines. It's a friendly, low pressure way to get familiar with all that's available!

January 21 - Common Pharmacy Questions

Join Perham Health pharmacists for a session covering common pharmacy questions, including what to do with expired or unused medications, how to stay organized with your prescriptions, and which vaccines are available and covered by insurance.

Save the Date

- February 4 - Stroke Education & Prevention
- February 18 - Dementia Friends

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

January 14 - Smart911

Join Patrick Waletsko from Otter Tail County to explore the benefits of Smart911, and learn how to get registered. This event is designed with your family's safety in mind.

January 28 - Tips for Care Partners

Join Rob Hendrickson from Lakes Home Solutions to learn about tips, tricks, and strategies to assist in taking care of friends, family, and loved ones living with dementia.

Save the Date

- February 11 - Early Finnish Settlers of NYM
- February 25 - Yahtzee Tournament



NEW YORK MILLS REGIONAL

CULTURAL CENTER
 CULTIVATING THE ARTS

WHERE CREATIVITY MEETS TRADITION

We're kicking off a new Exploratory partnership with the New York Mills Cultural Center, and we're pretty excited about it. Together, we're introducing a heritage-inspired art series that highlights the traditions, stories, and creative roots that shape our community. Each month brings a hands-on workshop led by talented local artists who know how to make history feel both meaningful and fun.

Sessions will rotate between the NYM Cultural Center and our Elevate conference room, giving you a chance to experience both creative spaces. From folk techniques to culturally rich crafts, every workshop offers something to learn, something to make, and something to enjoy.

Here's what's coming up in the series:

- January 14 | Needle-Felted Rosemaling
- February 11 | Scherenschnitte Heart Design
- March 11 | Barn Quilt Coaster Set
- April 8 | Spring Chickens inspired by Polish Folk Art
- May 13 | Finnish Stamped Tea Towels

Want the inside scoop on the first two sessions? Check out the Exploratories on the next page for full details on January and February!



MICROPLASTICS: A COMMUNITY SCREENING AND DISCUSSION

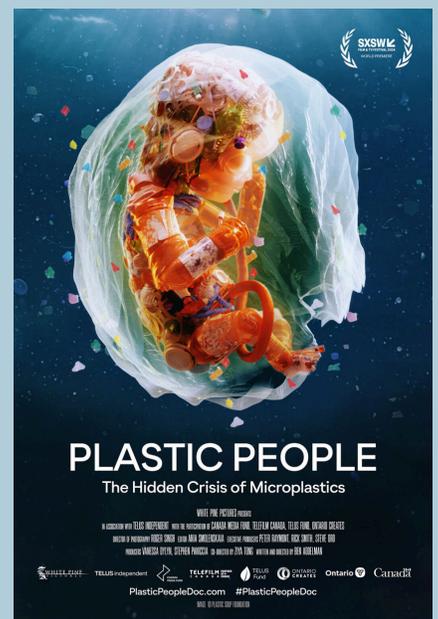
Grab a seat, some popcorn, and get ready to learn something that might just change how you look at everyday plastic.

Join us for a free community screening of the documentary *Plastic People: The Hidden Crisis of Microplastics*, presented with our friends at West Central Initiative. The film starts at 6pm, followed by a short, facilitated conversation where we can share reactions and questions. West Central Initiative is bringing the popcorn, and you're welcome to bring your own beverage of choice.

Plastic People digs into our world's love affair with plastic and what happens after it breaks down into tiny particles called microplastics. Spoiler alert: they don't just disappear. These microscopic pieces are now in our air, water, soil, and yes, inside the human body. Scientists are finding them in blood, organs, brain tissue, and even placentas. Not exactly a fun fact, but an important one.

A quick heads up: the film includes sensitive content and is not recommended for anyone under 13.

Come for the movie, stay for the conversation, and leave with a better understanding of what microplastics mean for our health and what small changes might actually matter. Big topic, friendly setting, no homework required.



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

RSVP Appreciated

EXPLORATORIES

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



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 rosemaling. 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.**



CHICKEN THIGHS THREE WAYS

\$15

Thursday, January 29 from 11-12pm or 2-3pm at Elevate - 318 6th Ave SW, Perham

Join our favorite home chef, Peggy Rutten, as she turns the humble chicken thigh into the hero of your dinner table with three simple, flavor-packed methods. Enjoy hearty samples, and leave with fresh inspiration to elevate your everyday cooking. **RSVP required.**



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. **RSVP required.**

DIGITAL LIFE SKILLS

presented by  arvig.

**PLEASE
RSVP**



*Bring your own devices
to follow along!*

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.

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

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*

January 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>December 29</p> <p>11:30am - December Birthday Lunch at Elevate</p> <p>🍴 Lasagna / Cheesecake Bar</p>	<p>30</p> <p>1pm - Nosey Neighbor: Garbage Incinerator in Perham</p> <p>🍴 Sweet-n-Sour & Fried Rice / Banana Pudding</p>	<p>31</p> <p>9-11am - Free BP Check at PACC 11:30am - New Year's Party & Countdown at Connections</p> <p>🍴 Tilapia & Potato Spirals / Peaches</p>	<p>January 1</p> <p>Happy New Year</p> <p>🍴 No lunch today.</p>	<p>2</p> <p>10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>5</p> <p>1pm - Healthier Happy Hour at PACC</p> <p>🍴 Soft Shell Beef Taco / Cinnamon Churro</p>	<p>6</p> <p>3pm - Caregiver Support Group at Perham Living</p> <p>🍴 Chicken & Biscuits / Lemon Pudding</p>	<p>7</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: PACC Learn, Lift, and Look Around at PACC</p> <p>🍴 Hamburger & Potato Salad / Orange Dream Bar</p>	<p>8</p> <p>10am - Digital Life Skills: Spotting & Avoiding Online Scams at Elevate</p> <p>🍴 Beef Ravioli Bisque / Cookie</p>	<p>9</p> <p>10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>12</p> <p>1-2:30pm Healthier Happy Hour Kickoff + Boot Scootin' Basics Line Dancing at PACC</p> <p>🍴 Country Fried Steak / Surprise Dessert</p>	<p>13</p> <p>9am-2pm - Foot Care Clinic at Perham Living (\$30) 2:30pm - Parkinson's Support Group at Elevate 5pm - Health Care Directives at Elevate</p> <p>🍴 Ribs & Potatoes / Vanilla Ice Cream</p>	<p>14</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: Smart911 at New York Mills Public Library 1pm - Exploratory: Needle-Felted Rosemaling at Elevate (\$28)</p> <p>🍴 Beef Stew / Apple Crisp</p>	<p>15</p> <p>11:30am - Monthly Birthday Lunch at Connections 2pm - Navigating Your Grief Support Group at Elevate</p> <p>🍴 Meatloaf & Baked Potato / Chex Mix</p>	<p>Saturday, January 10</p> <p>10am - Clear the Way: A Workshop for an Organized Home at Elevate (\$22)</p>
<p>19</p> <p>1pm - Healthier Happy Hour at PACC 1pm - Monday Matinee "Eleanor the Great" at Comet Theatre (\$6)</p> <p>🍴 Vegetable Beef Soup & Sandwich / Dessert Bar</p>	<p>20</p> <p>1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: The Cactus in Perham</p> <p>🍴 Chipped Beef / Tropical Fruit</p>	<p>21</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Common Pharmacy Questions at PACC 12:30pm - Nosey Neighbor: PHS Jacket Manufacturing at Perham High School</p> <p>🍴 Sloppy Joe & Chips / Peanut Butter Bite</p>	<p>22</p> <p>1-3pm Memory Cafe at Crosspoint Alliance Church 4:30pm - Cookbook Club at Elevate</p> <p>🍴 Pork Loin, Gravy, Potatoes / Sherbet</p>	<p>23</p> <p>10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>26</p> <p>1pm - Healthier Happy Hour + Silver Sticks at PACC</p> <p>🍴 Chili & Corn Bread / Chocolate Pudding</p>	<p>27</p> <p>5:30pm - Exploratory: Sound Bath at Elevate (\$28) 6:30pm - The Collectors Club at Perham Area Public Library</p> <p>🍴 Popcorn Chicken Bowl / Pineapple</p>	<p>28</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: Tips for Care Partners at New York Mills Public Library</p> <p>🍴 BBQ Pork Mac-n-Cheese / Rice Krispie Bar</p>	<p>29</p> <p>11am/2pm - Exploratory: Chicken Thighs Three Ways at Elevate (\$15) 1pm - Nosey Neighbor: ITOW Veteran's Museum in Perham</p> <p>🍴 Grilled Brat & Pasta Salad / Pumpkin Fluff</p>	<p>30</p>

NOSEY NEIGHBORS



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.**

ITOW VETERAN'S MUSEUM

Thursday, January 29 from 1-2pm at 805 West Main Street, Perham

Come explore the powerful stories preserved at the ITOW (In Their Own Words) Veterans Museum—the only museum in the nation built entirely from the oral histories of America's veterans. **RSVP Required.**

ARVIG

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

Discover the secrets behind Arvig's innovative services on our Nosey Neighbor tour! Experience their team environments, uncover fun Arvig facts, and witness the technology driving home and business connectivity. **RSVP Required.**

HEALTH CARE DIRECTIVES



Join us for a free, informative session on Health Care Directives with Tim Fresonke, PA, and Perham Health social workers Taylor Helmeke, MSW, and Jenny Doll, LSW, as they guide you through the process of completing your own directive with ease. Learn the basics and get helpful tips for clearly communicating your healthcare wishes.

Tuesday, January 13 from 5-6pm

Elevate - 318 6th Ave SW, Perham

RSVP Requested!

WAHL'S WELLNESS WISDOM: NEW YEAR'S HEALTH GOALS

Another new year is rolling in, and many of us are gearing up to make changes that help us feel better and live better. For a lot of people, that means setting health goals, often centered on weight loss. Before you dive into your resolutions, here are a few tips to help you actually follow through this time.

Start with small, specific steps. "Lose weight" is vague. "Lose 20 pounds" gives you something you can measure. Even better: shift your focus from just losing weight to becoming healthier overall. Plenty of people lose weight and still don't feel great. A health-focused goal points you toward feeling better, living longer, and reducing future health issues.

A solid plan for better health usually includes three key areas:

1. **Exercise Health** - Mix cardiovascular movement like walking with resistance training like lifting weights. Both types strengthen different systems in your body and support long-term health.
2. **Nutritional Health** - Aim for whole, nutrient-rich foods. Keep highly processed snacks to a minimum, and build meals around lean meats, dairy, vegetables, and fruits.
3. **Spinal Health** - Support the part of your body that supports everything else. Stretch for flexibility, practice balance exercises to reduce fall risks, and build core strength to protect your spine and slow early arthritis.

Make this new year a healthier one by choosing small daily changes that add up in a big way. These habits can have a huge impact on how well you live as well as how long you live.

Article provided by Perham Health's Dr. Sean Wahl



elevate
Connections

HERE'S WHAT YOU MISSED IN DECEMBER!

We've missed seeing some familiar faces at our weekday lunches and wanted to share what's been happening! We've enjoyed big groups filled with lots of laughter, including one of our largest meals on the first Wednesday of the month. A special highlight was our Christmas carol sing-along with children ages 0-5 — ringing the jingle bells was a definite favorite. We also celebrated with a Christmas party full of appetizers and plenty of funny games. Coming up shortly after this newsletter is our annual New Year's countdown to noon, complete with bubbly beverages. We hope to see you back with us soon!

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.



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



ELEVATING
VOICES MEMORY
LOSS
CHORUS

We're warming up our voices for another season of singing, laughter, and connection!

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.

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



OUR EXTRAORDINARY ELEVATE ELVES

The Kids-Only Holiday Market may be wrapped up for the season, but we're still smiling thanks to the incredible Elevate Elves who made it all possible. This crew powered the entire experience from start to finish, and wow, did they deliver. Because of their hard work, 325 kids came through the market, each one with the chance to shop, choose, and give with pride.

They sorted every donation that came through the door, turned a blank room into a cheerful mini market, and spent hour after hour helping little shoppers pick out gifts with confidence and joy. One of our volunteers summed it up perfectly, saying, "It's so fun to see the expressions on the kids' faces when they find the perfect gift for mom, dad, or a grandparent." That moment was the heartbeat of the whole market.

They wrapped tiny treasures, encouraged nervous kiddos, kept the space running smoothly, and then rolled up their sleeves to clean it all up when the last gift was chosen. It was a true labor of love, and we wouldn't have been able to offer this magical experience without them.

To every Elevate Elf who showed up, pitched in, and made holiday memories for so many families: thank you. You made the season brighter than you know.



Based on an official elf survey here is the recollection of this year's top chosen gifts:

- Necklace for Mom
- A pair of pizza socks for his grandpa
- The bath salts for Grandpa
- A little girl just had pure joy on her face when she found the perfect gift for Grandma.
- An NDSU Mens baseball cap- the shopper said his Dad used to play for NDSU. He thought that was pretty cool!



Breaking the News

The diagnosis has been confirmed, how do you tell loved ones of all ages? What's appropriate? Come to learn some tips on how to make the conversations a little easier and understandable, for friends, and family of all ages, including children.

Presented by Deb Kaul from Memory Café of the Red River Valley.

THURSDAY, JANUARY 22 FROM 1- 3PM

at Crosspoint Alliance Church - 600 NE 8th St, Perham

RSVP Appreciated



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

January 2, 9, 14, 23, and 28 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 ELEANOR THE GREAT

Monday, January 19
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 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.



Lives Restarted, Stories Shared

HEART HEALTH MONTH IN ACTION

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.

Monday, February 9
from 5-6:30pm at Elevate
318 6th Ave SW, Perham

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.

Space is limited. 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

The Mixer

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

The Cactus

Tuesday, January 20 from 4:30-6pm

El Vallarta Mexican Grill

Tuesday, February 17 from 4:30-6pm



All are welcome!

RSVP Appreciated

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