

THE ELEVATOR

July 2026



**SWEET
SUMMERTIME**

*Deal
Me In*
♣ CARD CLUB ♣

DEAL ME IN: A WINNING NEW TRADITION

The cards are flying, the laughter is loud, and new friendships are being dealt every Monday afternoon at Deal Me In Card Club!

Since launching this spring, the club has received an incredible response from the community. Each week, participants gather to enjoy a variety of card games, share stories, learn new skills, and spend time together in a welcoming, relaxed environment. Whether you're a seasoned card player or have never held a hand of Pinochle, there's a seat at the table for you.

One of the highlights so far has been seeing multiple generations come together around the same game. On one memorable afternoon, participants ranged in age from 8 to 90, proving that a deck of cards is a great way to connect people of all ages.

Games vary based on who attends and may include favorites like 500, Pinochle, Whist, Cribbage, Gin Rummy, and more. Beginners are always welcome, and there's plenty of opportunity to learn from experienced players.

Deal Me In meets Mondays from 12:30–2:30pm in the front lobby of the Perham Area Community Center. Best of all, treats are provided each week by Yummy Sweets + More, who also generously sponsor the club.

Bring a friend, come solo, or dust off a favorite card game and join the fun. We'd love to see you at the table!

Volunteer Opportunity

BLOOD PRESSURE CHECKERS

Help community members stay informed about their health by providing free blood pressure checks at the Perham Area Community Center. This simple service offers an important wellness resource while creating opportunities for friendly conversation and connection.

What You Can Do

- Take manual blood pressure readings
- Record results for participants
- Provide a welcoming and encouraging experience

Time Commitment

Wednesdays • 9-11am at PACC

Sign up for Wednesdays that work for you!

Good Fit For

- Retired nurses
- Former medical professionals
- Anyone trained to take a manual blood pressure

How to Get Involved

Sign up through Helper Helper or contact Katie at 218-347-1974 for more information



WEDNESDAY + FRIDAY
FROM 10AM-2PM
200 5th St SE, Perham



POWER OF PRODUCE

FRIDAY, JULY 17

The first 50 seniors (55+) will receive a \$2 voucher to spend on produce at the market that day!

ALZHEIMER'S DISEASE: WHAT IT IS AND WHAT CAN BE DONE

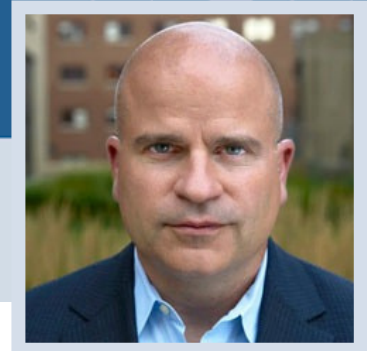
Presented by Joseph Gaugler, PhD

Dr. Gaugler is the Robert L. Kane Endowed Chair in Long-Term Care and Aging and a Professor at the University of Minnesota.

His work focuses on the best way to support families and professionals who care for persons with memory loss. He aims to improve the health and well-being of carers through innovative programs and technologies.

Elevate has been selected as a host site for one of these special presentations across the state. It offers a unique chance to hear directly from one of the field's foremost experts, gain insight into the latest findings in Alzheimer's research, and better understand the realities of living with and caring for someone with dementia. Whether you are a caregiver, healthcare professional, family member, or simply interested in learning more about brain health and aging, this is an event you won't want to miss.

Space is limited! Register at: elevateotc.events/alzheimers



Thursday, July 23

10:00 - 11:30am

at Elevate

318 6th Ave SW, Perham



Public Health
Prevent. Promote. Protect.
OTTER TAIL COUNTY

SCHOOL OF
PUBLIC HEALTH
UNIVERSITY OF MINNESOTA





WELLNESS CENTER

Location:
Ottertail Wellness Center
106 Main Street East,
Ottertail

For more
information,
call 218-203-
9953.

STRENGTH IN MOTION IS BACK!

Gain confidence in the fitness center with this hands-on session designed for older adults. Learn how to safely use gym equipment, discover which machines target specific muscle groups, and get answers to your fitness and exercise questions. Whether you're new to the gym or looking for a refresher, this is a great opportunity to build strength and exercise with confidence.

Upcoming Sessions



Thursday, July 9
at 10:30am



Thursday, July 23
at 10:30am

No RSVP needed. Just join in!

DEMENTIA Live®

What does the world feel like through the eyes of someone living with dementia?

This immersive experience provides a powerful glimpse into the sensory, cognitive, and emotional challenges often faced by individuals living with the different forms of dementia. Through hands-on activities and guided reflection, participants will gain greater understanding, empathy, and insight into the dementia journey.

Monday, August 10
from 10am-noon or 1-3pm
at Elevate - 318 6th Ave SW, Perham
RSVP Required.



MEMORY cafe

where every story counts

Tools to Support Communication

Learn how speech-language pathologists support communication and swallowing through practical strategies, memory aids, and personalized care. Nancy will share helpful insights into maintaining communication, addressing swallowing concerns, and navigating changes that can occur with aging or dementia. *Presented by Nancy Thul, MS, CCC-SLP from Alexandria Technical College.*

Become a Dementia Friend



Dementia Friends is a global movement changing the way we think about dementia. Join us for a casual info session to learn what dementia is, what it's like to live with it, and how to better connect with those affected. You'll walk away with simple ways to make a difference as a Dementia Friend. Let's build a kinder, more supportive community—together.

Wednesday, August 12 from 10:30-11:30am
at New York Mills Public Library

RSVP Appreciated.

THURSDAY, JULY 23

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

RSVP Appreciated!



Coffee Talks

Free and open to the public!

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



JULY 1

Healing Hearts Horse Ranch

Learn more about this faith-based nonprofit dedicated to mentoring and loving children and families. Through meaningful interactions with horses, individuals can experience hope, healing, and encouragement that is rooted in faith.



JULY 15

MyChart Q&A

This Q&A session is designed to help you feel more confident and comfortable using this helpful online tool. Bring your questions and learn simple tips for making appointments, messaging providers, viewing test results, and more.

Save the Date

- August 5 - GLP-1 Insurance Coverage Explained
- August 19 - Antibiotic Stewardship

AGING & OUR VISION

Tuesday, July 21 from 1-2pm
at Elevate - 318 6th Ave SW, Perham

Join us to watch this virtual presentation with Lauren Eliason from State Services for the Blind and learn more about age-related vision loss and healthy aging eyes. Discover services available through State Services for the Blind, explore common eye diseases, and gain helpful information for maintaining independence and quality of life.

RSVP requested.

MONDAY MATINEE

MICHAEL



MONDAY

JULY 20

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



Cost: \$6

includes a pop and popcorn

All ages are welcome!

NEW YORK MILLS PUBLIC LIBRARY

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



JULY 8

Faiths of Our Founders

In celebration of 250 years of independence, Pastor Ryan Stout will explore the varied beliefs, influences, and perspectives that guided our nation's founders and helped form the foundation of the United States.



JULY 22

NYM Backpack for Hunger

Learn how this local program helps NYM children and families facing food insecurity. Committee members will share how shelf-stable, kid-friendly meals are packed and distributed to help bridge the gap over weekends when school meals are unavailable.

Save the Date

- August 12 - Dementia Friends
- August 25 - TBD



Collectors Club

Do you love collecting? Whether it's coins, comics, vinyl records, books, toys, or something completely unique, Collectors Club is a fun place to share your collection, swap stories, and connect with fellow enthusiasts. Bring a favorite item and enjoy great conversation with others who appreciate the thrill of collecting.

4th Tuesday starting at 6:30pm
Perham Area Public Library - 225 2nd Ave NE

The Mixer

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

Wood Fire Pizza

Tuesday, July 21
from 4:30-6pm
in Detroit Lakes

Big Pine Lodge

Tuesday, August 18
from 4:30-6pm
in Perham



All are welcome!
RSVP Appreciated



MobilityMarket

Helping You Stay Independent

Need a walker, wheelchair, shower chair, or other mobility equipment? Elevate's Mobility Market connects community members with gently used mobility and adaptive equipment to help them remain safe, active, and independent.

Many people don't realize these resources are available right here in our community. If you or someone you know could benefit from mobility equipment, we encourage you to browse available equipment at elevateotc.org.

To request or donate equipment, contact Mindi at mindi.larson@perhamhealth.org or 218-347-1974.

MEDICATION MANAGEMENT

Don't miss this valuable free opportunity to sit down one-on-one with a pharmacist and get personalized answers about your medications. Learn whether you're taking them correctly, identify potential interactions with other medications or health conditions, review dosing and monitoring needs, and explore possible cost-saving options. Even small changes can make a big difference in your health and peace of mind.

Thursday, September 17 at Elevate

Two spots are available for each timeslot —
9am, 10am, 11am, 12:30pm, 1:30pm, 2:30pm.

RSVP required.

Claim your timeslot on our website!

In Partnership with Dancing Sky Area Agency on Aging and Lake Region Healthcare



GRANDFRIENDS UPDATE

GrandFriends is off to a fantastic start! Over the past three weeks, our Boys and Girls Club kids and their GrandFriends have been busy building new friendships and making wonderful memories together. We've spent time playing games, sharing laughs, learning about one another, and enjoying plenty of stories. During our most recent gathering, both the children and older adults participated in a special show-and-tell, bringing meaningful items to share and sparking great conversations. It has been so much fun watching these friendships grow each week, and we can't wait to see what adventures and connections the rest of the summer will bring!

Want to join the fun?

Contact Amanda at amanda.kaldor@perhamhealth.org

July 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

Farmers Market





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JUNE 29</p> <p>12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Frazee Troll Walk at Wannigan Park</p> <p>Tacos & Spanish Rice / Blondie Brownie</p>	<p>30</p> <p>10am - GrandFriends at Connections 2pm - Nosey Neighbor: Forest Edge Gallery in Vergas</p> <p>Chicken & Wild Rice / Tropical Fruit</p>	<p>JULY 1</p> <p>9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10am - Coffee Talk: Healing Hearts Horse Ranch at PACC</p> <p>Chicken Tortilla Soup & Sandwich / Ice Cream</p>	<p>2</p> <p>Hamburger, Potato Salad, Beans / Fruited Jello</p>	<p>3</p> <p>10am-2pm - Perham Farmers Market 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>6</p> <p>12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Chair Dance at PACC</p> <p>Macaroni Casserole / Surprise Dessert</p>	<p>7</p> <p>11am - Exploratory: Sourdough Made Simple at Elevate (\$20) 3pm - Caregiver Support Group at Perham Living 5:30pm - Trash Talk: Smarter Ways to Reduce Waste at Elevate</p> <p>Cauliflower Soup & Sandwich / Strawberry Ice Cream</p>	<p>8</p> <p>9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10:30am - Coffee Talk: Faiths of Our Founders at NYM Public Library</p> <p>Ribs & Rosemary Potatoes / Banana Pudding</p>	<p>9</p> <p>10am - Digital Life Skills: Gadgets for Smart Health at Elevate 10am - GrandFriends at Connections 10:30am - Strength in Motion at Ottertail Wellness Center 1pm - Nosey Neighbor: Finn Creek Open Air Museum in New York Mills</p> <p>BBQ Meatballs & Cheesy Potatoes / Lemon Bar</p>	<p>10</p> <p> 10am-2pm Perham Farmers Market</p>
<p>13</p> <p>12:30pm-2:30pm Deal Me In Card Club at PACC  1pm - Healthier Happy Hour + Senior Strength & Stretch at PACC</p> <p>BBQ Little Smokies & Mac-N-Cheese / Fruited Jello</p>	<p>14</p> <p>9am-4pm - Foot Care Clinic at Perham Living Salon (\$30) 11:30am - Monthly Birthday Lunch at Connections 2:30pm - Parkinson's Support Group at Elevate</p> <p>Alfredo Sausage Pasta Bake / Sherbet</p>	<p>15</p> <p>9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10am - Coffee Talk: MyChart Q&A at PACC</p> <p>Sloppy Joe & Potato Wedges / Peanut Butter Bite</p>	<p>16</p> <p>10am - GrandFriends at Connections 12:30pm - FULL Jasper's Theater Trip in Park Rapids (\$55) 2pm - Navigating Your Grief Support Group at Elevate</p> <p>Boneless Wings & Potato Fries / Fudge Bar</p>	<p>17</p> <p>9am-4pm - Foot Care Clinic at Perham Living Salon (\$30) 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5) 10am-2pm - Perham Farmers Market + PoP Plus Day!</p>
<p>20</p> <p>12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Walk or Bike at PACC 1pm - Monday Matinee "Michael" at Comet Theatre (\$6)</p> <p>Hearty Chili & Fruit / Blondie Brownie</p>	<p>21</p> <p>1pm - Aging & Our Vision Virtual Streaming at Elevate 1pm - Monthly Dance: Jerry's Dance Band at Frazee Event Center (\$7) 1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Woodfire Pizza & Catering in Detroit Lakes</p> <p>BBQ Chicken on Bun & Fries / Ice Cream</p>	<p>22</p> <p>9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10:30am - Coffee Talk: NYM Backpack for Hunger at NYM Public Library 3:30pm - ALS Support Group at Elevate</p> <p>Meatballs, Mashed Potatoes, Gravy / Oranges</p>	<p>23</p> <p>10am - Alzheimer's Disease: What It Is & What Can Be Done? at Elevate 10am - GrandFriends at Connections 10:30am - Strength in Motion at Ottertail Wellness Center 1pm - Memory Cafe at Crosspoint Alliance Church</p> <p>Brat, Deli Salad, Beans / Fruited Jello Fluff</p>	<p>24</p> <p>10am-2pm - Perham Farmers Market</p> <p>11am-2pm Senior Day at the Fair EOT County Fair </p>
<p>27</p> <p>10am - GrandFriends at Connections 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Line Dancing at PACC</p> <p>Lasagna & Salad / Cheesecake Bite</p>	<p>28</p> <p>10:30am - MS Support Group at Elevate 12:15pm - Bingo at Connections 1pm - Nosey Neighbor: Forum Communications in Detroit Lakes 6:30pm - The Collectors Club at Perham Area Public Library</p> <p>Fish & Chips / Dessert Bar</p>	<p>29</p> <p>9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market</p> <p>Tator Tot Casserole / Chocolate Ice Cream</p>	<p>30</p> <p>10am - Connections Picnic Lunch at Arvig Plaza</p> <p> Deadline for the September Jasper's Theater Trip!</p> <p>Chicken Thigh & Deli Salad / Strawberry Shortcake</p>	<p>31</p> <p>10am-2pm - Perham Farmers Market 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>

NOSEY NEIGHBORS



FINN CREEK OPEN AIR MUSEUM

Thursday, July 9 starting at 1pm - 55442 340th St, NYM

Step back in time as you explore the sights, sounds, and stories of Finnish-American immigrants and the lasting impact they've had on Otter Tail County and beyond. Wander through nine historic buildings and experience what daily life was like in New York Mills. **RSVP Requested.**

PERHAM CENTER FOR THE ARTS

Tuesday, August 4 at 2:30pm - 101 5th Street NE, Perham

Step inside a piece of Perham history and discover their remarkable transformation. Learn about the building's rich past, explore the renovations that preserved its character while creating new opportunities for community use, and see how the space serves Perham today. **RSVP Required.**

FORUM COMMUNICATIONS

Tuesday, July 28 starting at 1pm - 1030 15th Ave SE, Detroit Lakes

Go behind the scenes at Forum Communications and discover how area newspapers are brought to life! Join us for a fun and informative tour where you'll learn about the printing process, explore the pressroom, and get an inside look at the equipment and teamwork that keep the presses running. **RSVP Required.**

KENNY'S CANDY

Thursday, August 20 from 9am-12pm OR 1pm-4pm at KLN HQ - 109 Lakeside Dr., Perham

Let's get nose at Kenny's Candy with a behind-the-scenes tour of their operations, from classic licorice twists to popcorn and dietary supplements. Enjoy a firsthand look at their manufacturing process—and taste test all the licorice flavors too! Please note: There is a lot of walking, rules for apparel, and a \$5 charge. **RSVP Required.**

FINAL BUS TRIP

Join us for our last bus trip of the season to Jasper's Theater in Park Rapids!



Rockin' 50's Show

TUESDAY, SEPTEMBER 1

This high-octane throwback takes you straight to the jukebox era, where the hits were huge and the vibes were pure rock 'n' roll. The Rockin' 50's Show serves up legendary music from icons like Elvis Presley, Buddy Holly, Johnny Cash, Judy Garland, Chuck Berry, and more.

Deadline to sign up: July 30



Cost: **\$55** includes bus ride and show ticket

Learn more and sign up at elevateotc.org/bus-trips

TRASH TALK

SMARTER WAYS TO REDUCE WASTE

Discover simple ways to reduce household waste and make a positive impact on the environment. Natalee Yates, Information & Education Officer for Otter Tail County, will share practical tips for waste reduction and introduce the basics of home composting.



Registered participants will receive a free composting bucket to help put their new knowledge into action.

Tuesday, July 7 from 5:30-6:30pm
Elevate - 318 6th Ave SW, Perham
RSVP required.



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 business day before. Meals are a suggested \$6 donation.

Monthly
BIRTHDAY LUNCH



Come celebrate July 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, July 14 at 11:30am
in the Connections Room at PACC



Tuesday, July 28
12:15pm at Connections

PICNIC LUNCH

Connections is on the move! Join us at Arvig Plaza (across the street from Arvig HQ) to enjoy some fresh air and fun with a picnic.

Thursday, July 30 at Arvig Plaza
Games & Coffee - 10am | Lunch - 11:30am



FINDING CONNECTION AT CONNECTIONS

When David Bode was asked how he first learned about the Connections senior dining program, he laughed and replied, "I got hungry." But for David, Connections has become much more than a good meal.

After losing his wife, David found himself feeling lonely and facing the challenge of cooking for himself. A retired pastor who served for 40 years, David has always enjoyed being active and connecting with others. Today, he says he comes to Connections "for the food and stays for the talk." The friendships and conversations keep him coming back, and he especially enjoys spending time with like-minded people. His advice to anyone considering attending? "The food is good and the fellowship is better."



Why not join David for lunch? Connections offers a welcoming place to enjoy a delicious meal, meet new friends, and share great conversation. To reserve your spot at an upcoming Connections meal, call 218-347-1974 and leave a message for Amanda.



Local Support Groups

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.

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

A place for individuals living with ALS and their caregivers to find encouragement, share experiences, and learn from experienced facilitators and fellow participants. 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.




BLOOD PRESSURE CHECKS

Wednesdays from 9-11am at PACC

FINDING STRENGTH TOGETHER

When Elevate launched its new ALS Support Group, Judi knew she had found something she had been hoping for.

Judi's husband, John, was diagnosed with ALS nearly two years ago. Since then, she has experienced firsthand the unique challenges that come with caregiving. "I have been so hoping for a group like this," she shared, "where we can share openly about our experiences as caregivers."



Connect with Judi!

pictured with her two daughters and husband

Although Judi was the only attendee at the group's first meeting, she says it was still incredibly valuable. Facilitators Lisa Yonker, Tina McDonald, and Courtney Rooney were there to listen, offer support, and provide guidance. Most importantly, Judi left feeling encouraged and hopeful about what the group can become.

"I'm so glad I attended," she said. "Please consider coming to the next meeting. I know you will be glad you did. We can do this better together, and this opportunity is too good to miss."

The ALS Support Group meets on the fourth Wednesday of each month from 3:30-4:30pm at Elevate. Individuals living with ALS and caregivers are welcome to attend. Whether you're seeking practical resources, emotional support, or simply others who understand the journey, you'll find a caring community waiting for you.

FOOT CARE CLINIC

TUESDAYS FRIDAYS

July 14 July 17

August 25 August 28

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

DIGITAL LIFE SKILLS

presented by 

GADGETS FOR SMART HEALTH

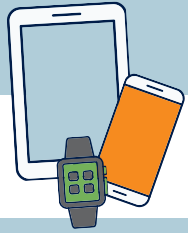
Thursday, July 9 from 10-11am at Elevate
 Discover simple apps and affordable devices (like fitness trackers and scales) that help you easily monitor your activity, track your sleep, and manage wellness goals.

PLEASE RSVP



Bring your devices to follow along!

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

EXPLORATORIES

Try something new with us!



SOURDOUGH MADE SIMPLE

\$20

Tuesday, July 7 from 11am-12pm at Elevate - 318 6th Ave SW, Perham
 Join PHS student Renna Kaldor for an introduction to sourdough, including a live demonstration, samples, and tips for getting started. You'll leave with a recipe, sourdough starter, and a helpful handout to continue your sourdough journey. **RSVP required.**



GOAT YOGA

\$48

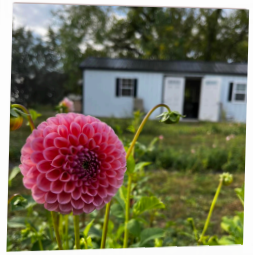
Tuesday, August 11 from 5:45-7pm at Meadowview Mini Farm - 62322 Leaf River Rd, Wadena
 Unwind with a laid-back yoga experience surrounded by nature and the playful charm of baby goats. This gentle, slow-paced class focuses on seated and lying poses, making it easy for all levels to enjoy. Hosted by Nancy Hebert. **RSVP required.**



FERMENTED FOODS MADE EASY

\$25

Thursday, August 13 from 1-2:30pm at Elevate - 318 6th Ave SW, Perham
 Learn how to make healthy fermented foods like kombucha, sauerkraut, pickles, beets, and yogurt. Instructor Janelle Lass will share simple tips, recipes, and step-by-step instructions. Enjoy samples and leave ready to try them at home. **RSVP required.**



U PICK FLOWER

\$20

Tuesday, August 25 from 11am-12pm at True Blue Flower Co - 35191 Co Hwy 4, Frazee
 Join PHS student Renna Kaldor for an introduction to sourdough, including a live demonstration, samples, and tips for getting started. You'll leave with a recipe, sourdough starter, and a helpful handout to continue your sourdough journey. **RSVP required.**



PAINTED QUIRKY MINNESOTA LANDMARKS

\$28

Wednesday, September 23 from 12:30-3pm at Elevate - 318 6th Ave SW, Perham
 Pick out and paint your favorite Minnesota landmark or roadside attraction in this fun acrylic-on-canvas class. All supplies and instruction are provided. Whether you're a beginner or experienced artist, all skill levels are welcome. **RSVP required.**

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.



**NO RSVP
NEEDED.**

**MONDAYS
1PM AT PACC**

July 6
Chair Dance

July 13
Senior Strength
& Stretch

July 20
Walk or Bike

July 27
Line Dancing



AVITA YOGA

for Joint Health & Arthritis

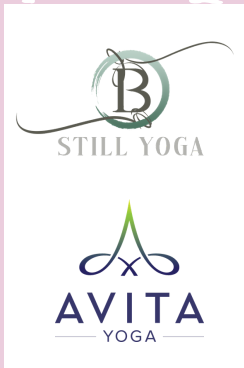
*ease arthritis • increase range
of motion • dissolve restrictions*

FRIDAYS FROM 10-11AM

JULY AUGUST
3, 17, 31 14, 28

at B Still Yoga
650 3rd Ave SE, Suite 4, Perham

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



VARIETY Dance

Put on your dancing shoes and join us for an afternoon of polka music and fun in Frazee! Grab a partner and come dance the afternoon away.

TUESDAY, JULY 21
Jerry's Dance Band

TUESDAY, AUG. 18
LeRoy & Jerry's
Dance Band

TUESDAY, SEPT. 15
Marie's Dance Band

TUESDAY, OCT. 20
Eric's Dance Band

TUESDAY, NOV. 17
Jerry's Dance Band

from 1-4pm
at Frazee
Event Center
114 Lake St N

Admission: \$7
*Beverages will be
available for purchase,
and you're welcome to
stay for supper afterward
for an additional fee.*

For questions,
please contact Mary
at 701-367-7398.

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