

THE ELEVATOR

May 2026



FARMERS MARKET

WEDNESDAY + FRIDAY
FROM 10AM-2PM

200 5th St SE, Perham

NEW HOURS!

2026 PRESENTING SPONSOR



UNITED COMMUNITY BANK

Perham | Dent | Frazee

Member FDIC | Equal Housing Lender



THE PERHAM FARMERS MARKET IS BACK FOR THE SEASON!

Mark your calendars, grab your tote bags, and get ready. The Perham Farmers Market is kicking off for the season on Friday, May 22, and we couldn't be more excited to welcome everyone back.

We're returning to the same great location you know and love, with a small but mighty upgrade. This year, market hours are 10am-2pm, giving vendors a little more breathing room to set up and, let's be honest, giving the grass a chance to dry before the morning rush. Everybody wins.

Thanks to the continued support of United Community Bank, this season is shaping up to be one of our best yet. You'll find a mix of fresh faces and familiar favorites lining the market, bringing everything from homegrown produce and baked goods to handmade items and locally crafted products. It's the kind of place where you come for tomatoes and leave with flowers, cookies, and at least one thing you didn't know you needed.

Whether you're a weekly regular or just stopping by now and then, the market is more than a place to shop. It's a place to connect, support local, and soak up everything that makes this community special.



DEMENTIA FRIENDLY MOVIE

Join us for a special Dementia Friendly screening of *The Wizard of Oz*, designed to offer a nostalgic, inclusive movie experience for those living with memory loss and their loved ones of all ages.

WEDNESDAY
JUNE 24

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

Cost: \$8 includes a pop and popcorn

THINKING ABOUT JOINING US THIS SEASON? THERE'S STILL TIME.

Whether you're brand new or returning, we'd love to have you be part of the market. It's a great way to share what you do, connect with the community, and maybe even sell out before noon.

Apply now: elevateotc.org/farmers-market



SEEING DEMENTIA DIFFERENTLY

When someone you love begins to change, it can feel like you're trying to help without fully understanding what's happening. That's where Dementia Friends and Dementia Live come in. One local family (who wishes to remain anonymous out of respect for their loved one) shared how these programs changed everything for them.

Before attending, they felt unsure and unprepared. "We knew broadly of dementia, but not the specific effects. We were unsure how to help, when to take action, or how to respond to what we were noticing."

Then came the turning point. During Dementia Live, participants step into a simulation designed to mimic what living with dementia can feel like. It's not just educational, it's perspective-shifting. **"Participating in the Dementia Live simulation gave us the most clarity. It helped us understand the confusion and frustration she feels—and why."**

That understanding led to simple, meaningful changes. More light in living spaces. Slowing down conversations. Giving time to process. Asking one question at a time. Making safety adjustments at home. "We've become more proactive and confident in her care. It's opened up more dialogue and helped her maintain independence."

And it didn't stop there. They tapped into other resources, like our Mobility Market, to support her needs at home. Caregiving doesn't suddenly become easy. But it becomes clearer, more manageable, and less lonely.

"These experiences and connections have removed many of our fears and brought more peace of mind as we help her navigate this season of life."

If you've ever found yourself wondering *Am I doing this right?*, you don't have to figure this out on your own. Join us for Dementia Friends or Dementia Live and take the next step with confidence. See event details to the right.



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, May 20 from 10:30-11:30am
at Elevate - 318 6th Ave SW, Perham

RSVP Appreciated.



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.

Wednesday, May 20
from 12:30-2:30pm or 3-5pm
at Elevate - 318 6th Ave SW, Perham
RSVP Required.

The Mixer

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

Billy's Corner Bar

Tuesday, May 19 from 4:30-6pm
in Vergas

The Woodshed

Tuesday, June 16 from 4:30-6pm
in Ottertail



All are welcome!

RSVP Appreciated

DIGITAL LIFE SKILLS

presented by  arvig

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. Learn what younger generations are sharing, and how to better understand and connect with their digital world.

Thursday, May 14 from 10-11am

ONLINE BANKING MADE SIMPLE

Walk through the essential steps of checking balances, paying bills, using Venmo (and other apps), and safely transferring money using your bank's website or mobile app, while focusing on security protocols.

Thursday, June 11 from 10-11am

**PLEASE
RSVP**



*Bring your devices
to follow along!*

Sessions held at Elevate



MASTERING MEDICARE

WHAT YOU NEED TO KNOW

Monday, June 8 from 4-5:30pm

Elevate - 318 6th Ave SW, Perham

RSVP Requested.

Turning 65 soon or retiring? Join Burgau Insurance at this Mastering Medicare session to learn the basics! They'll simplify Medicare Parts A, B, C, D and E, guide you through enrollment periods and explain coverage and costs - helping you make informed healthcare decisions.

STARTING IN MAY

NEW ALS SUPPORT GROUP

Find connection, understanding, and support at this monthly ALS Support Group—a welcoming space to share, learn, and simply be among others who get it. Individuals living with ALS and caregivers are both invited, whether you attend together or on your own if getting out is a challenge. Each session is guided by experienced facilitators Lisa Yonker and Tina McDonald of Revive & Thrive, along with counselor Courtney Rooney, offering both heartfelt support and practical insight.

Fourth Wednesdays of the Month

Wednesday, May 27 from 3:30-4:30pm at Elevate

No RSVP needed!

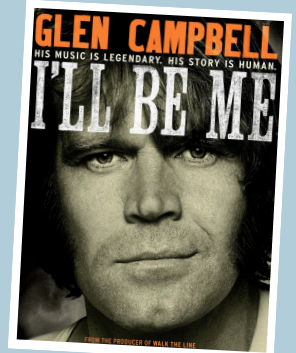
I'LL BE ME

MOVIE SCREENING &
DISCUSSION

Join us for a screening of the documentary I'll Be Me, which follows music legend Glen Campbell during his farewell tour while living with Alzheimer's. The film gives us a vivid window into how Alzheimer's affected him and all the people around him.

After the film, stay for a guided conversation with Sue Sailer, retired Director of Social Services for Perham Health & Perham Living.

RSVP appreciated!



MONDAY

JUNE 1

from 5:30-7:30pm

at Elevate




**OTTERTAIL
WELLNESS
CENTER**

Location:
Ottertail Wellness Center
106 Main Street East, Ottertail

**For more information,
call 218-203-9953.**

No RSVP needed!

NEW BEGINNER FITNESS SESSIONS

We're excited to partner with the Ottertail Community & Wellness Center to bring **Strength in Motion** to the community. This series of free, guided fitness classes is designed specifically for seniors and focuses on building strength, improving balance, and increasing mobility. Participants will also learn how to safely and confidently use gym equipment, making it easier to stay active and independent.



THURSDAY, MAY 7 AT 10:30AM

Learn to Use Cardio Machines

Focus on heart health & endurance, joint-friendly movement, and walking ability



THURSDAY, MAY 21 AT 10:30AM

Learn to Use the Compound Machines

Focus on full body strength and mimics real-life pushing, pulling, and standing



THURSDAY, JUNE 4 AT 10:30AM

Learn to Do Dumbbell Compounds

Focus on balance & coordination, stabilization, & functional movement



THURSDAY, JUNE 18 AT 10:30AM

Learn to Use Machine Accessories

Focus on joint support, muscle imbalances, & mobility



HORMONE HEALTH

FROM MIDLIFE TO MENOPAUSE
& BEYOND

TUESDAY, JUNE 2 FROM 5-6:30PM
at Elevate - 318 6th Ave SW, Perham

Gain a better understanding of your body during this informative session with McKenzie Kemper, DNP, APRN, FNP-C, owner of Next Chapter Hormone & Wellness in Perham. She will break down the basics of how women's hormones change over time—from middle adulthood through pre- and post-menopause. She will also be sharing practical insights to help you feel your best. You'll leave with a clearer understanding and simple tools to help get your health back on track! **RSVP Required.**



SOLVE THIS RIDDLE!

I hold many lives within
a single skin,
Each one a beginning,
though none have yet
been.

Split me apart and you
multiply what's to come

—
What am I?

HEALTHIER HAPPY HOUR



Start your week feeling good, not groggy.
Join us for Healthier Happy Hour, where we kick things off with light movement to wake up the body, followed by a healthy snack and simple games that get people laughing and connecting. It's easy, energizing, and a fun way to take care of yourself without overthinking it.

MONDAYS AT 1PM
at the PACC

May 4
Stretch & Strength

May 11
Line Dancing

May 18
Walk or Bike

May 25
No Class



MONDAYS
from 12:30 – 2:30pm
PACC Front Lobby

Join in on a fun, relaxed afternoon of card playing at the PACC **starting Monday, May 11!** Whether you're a seasoned pro or just learning the ropes, there's a seat at the table for you.

WHAT TO EXPECT:

- ♣ A variety of card games based on the group (*500, Pinochle, Whist, Gin Rummy, Cribbage, & more*)
- ♣ Different games at each table
- ♣ Friendly players and a welcoming atmosphere
- ♣ Simple lessons if you want to learn something new



No charge, but space is limited!

Bring a friend or come solo. Either way, you'll find good company and a great game.

Plus, treats provided by Yummy Sweets + More, who also generously sponsor the club.

Love to bake? We need you.

Cookie COMMITTEE

Join our Cookie Committee and help provide treats for Elevate gatherings.

No set schedule.
Just bake when you can!

Call 218-347-1974 or email mindil.larson@perhamhealth.org to join the committee!

MEET YOUR NEW SUMMER HIGHLIGHT:

Grand Friends

This new program brings together local older adults and Boys & Girls Club youth (K–1st grade) for meaningful, joy-filled connection each week from June 11 through August 6. Join us in the Connections Room at the PACC for 40 minutes of simple fun like reading, crafts, and games that spark real relationships. Participants will be paired with the same child each week when possible, so showing up consistently helps these friendships truly take root.

Ready to make a lasting impact (and have a little fun while you're at it)? Reach out to Amanda Kaldor at amanda.kaldor@perhamhealth.org to get involved.



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.

May 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

Farmers Market

Community Event

Free Event

Paid Registration

MONDAY

TUESDAY

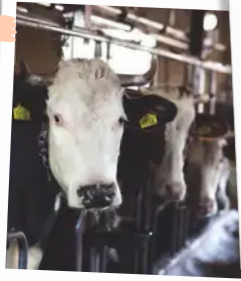
WEDNESDAY

THURSDAY

FRIDAY

<p>4</p> <p>1pm - Healthier Happy Hour + Senior Strength at PACC 1:30pm - Exploratory: Beginner Pickleball at PACC 5:30pm - Exploratory: Breathwork + Soundbath at Elevate (\$35)</p> <p>Egg Salad Sandwich / Mandarin Fruit Salad</p>	<p>5</p> <p>3pm - Caregiver Support Group at Perham Living</p> <p>Pork Carnitas Tacos / Blondie Brownie</p>	<p>6</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: The Story of Elevate at PACC 5:30pm - Exploratory: Petals & Pours at Elevate (\$50)</p> <p>Sloppy Joe & Chips / Peanut Butter Bite</p>	<p>7</p> <p>10:30am - Strength in Motion: Cardio Machines at Ottertail Wellness Center</p> <p>12:30pm Adopt-A-Highway Cleanup starting at Elevate</p> <p>Boneless Wings & Fries / Ice Cream Fudge Bar</p>	<p>8</p> <p>10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p> <p>Saturday, May 9</p> <p>10am - Exploratory: Spring Closet Refresh at Elevate (\$22)</p>
<p>11</p> <p>12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Line Dancing at PACC 1:30pm - Exploratory: Beginner Pickleball at PACC</p> <p>Chili & Corn Bread / Fruited Fluff</p>	<p>12</p> <p>1pm - Elevating Voices Memory Loss Chorus at Crosspoint Alliance Church 2:30pm - Parkinson's Support Group at Elevate</p> <p>BBQ Chicken on Bun / Sherbet</p>	<p>13</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: OTC Sheriff's Safety & Survival Tips at NYM Public Library 1pm - Exploratory: Finnish Stamped Tea Towels at Elevate (\$28)</p> <p>Wild Rice Meatballs & Gravy / Mandarin Oranges</p>	<p>14</p> <p>10am - Digital Life Skills: See What They're Sharing at Elevate 11:30am - Monthly Birthday Lunch at Connections</p> <p>Grilled Brat & Deli Salad / Fruited Jello</p>	<p>15</p>
<p>18</p> <p>10am - Nosey Neighbor: Stockyards Auction & Lunch at Perham Stockyards 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour at PACC 1pm - Monday Matinee "I Can Only Imagine 2" at Comet Theatre (\$6)</p> <p>Lasagna / Cheesecake Bite</p>	<p>19</p> <p>1-3pm Elevating Voices Community Performance at Crosspoint Alliance Church</p> <p>1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Billy's Corner Bar in Vergas</p> <p>Fish & Chips / Dessert Bar</p>	<p>20</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Coffee with a Cop at PACC 10:30am - Dementia Friends at Elevate 12:30pm/3pm - Dementia Live at Elevate</p> <p>Tator Tot Casserole / Vanilla Ice Cream</p>	<p>21</p> <p>10:30am - Strength in Motion: Compound Machines at Ottertail Wellness Center 2pm - Navigating Your Grief Support Group at Elevate 4:30pm - Cooking Club at Elevate</p> <p>Orange Chicken & Fried Rice / Fortune Cookie</p>	<p>22</p> <p>10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p> <p>10am-2pm Perham Farmers Market First Market Day!</p>
<p>25</p> <p>HAPPY MEMORIAL DAY</p> <p>No lunch today.</p>	<p>26</p> <p>9am-4pm - Foot Care Clinic at Perham Living (\$30) 12:30pm - Bingo at Connections 6:30pm - The Collectors Club at Perham Area Public Library</p> <p>Chicken & Wild Rice / Fruited Jello Fluff</p>	<p>27</p> <p>9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10:30am - Coffee Talk: Medicare Benefits & Savings at NYM Public Library 2pm - Nosey Neighbor: Hoot Lake Solar Facility in Fergus Falls 3:30pm - ALS Support Group at Elevate</p> <p>Chicken Tortilla Soup & Sandwich / Cookie</p>	<p>28</p> <p>1-3pm Memory Cafe at Crosspoint Alliance Church</p> <p>Hamburger & Potato Salad / Ice Cream Sandwich</p>	<p>29</p> <p>10am-2pm - Perham Farmers Market</p>
<p>June 1</p> <p>12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour at PACC 5:30pm - "I'll Be Me" Moving Screening at Elevate</p> <p>TBD</p>	<p>2</p> <p>3pm - Caregiver Support Group at Perham Living 5pm - Hormone Health: From Midlife to Menopause & Beyond at Elevate</p> <p>TBD</p>	<p>3</p> <p>9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10am - Coffee Talk: Easing Arthritis Pain at PACC</p> <p>TBD</p>	<p>4</p> <p>10:30am - Strength in Motion: Dumbbell Compounds at Ottertail Wellness Center 1pm - Nosey Neighbor: Phelps Mill in Underwood</p> <p>TBD</p>	<p>5</p> <p>9am-4pm - Foot Care Clinic at Perham Living Salon (\$30) 10am-2pm - Perham Farmers Market</p>

NOSEY NEIGHBORS



STOCKYARDS AUCTION & LUNCH

Monday, May 18 starting at 10am at Perham Stockyards - 45240 Co Hwy 80, Perham

Curious about how a livestock auction works? Join us at Perham Stockyards to experience a live auction featuring multiple livestock breeds. Stick around after to grab lunch at the on-site restaurant (at your own expense). This free outing isn't a formal tour—just a fun chance to check it out together! **RSVP Requested.**

PHELPS MILL

Thursday, June 4 at 1-2pm at Phelps Mill - 29029 Co Hwy 45, Underwood

Explore the historic mill on a guided tour starting at the bridge overlooking the dam. Learn how the mill operated and supported the surrounding area. Inside, you'll see original equipment on each level, with a video option available for those not using stairs. **RSVP Required.**

HOOT LAKE SOLAR FACILITY

Wednesday, May 27 at 2pm at Otter Tail Power - 619 Main St, Fergus Falls

Get an up-close look at how sunshine turns into power with Otter Tail Power! Start with a short presentation in the Operations and Maintenance Building, then head outside for a guided walk through the solar arrays to see the technology in action and learn how it all works. **RSVP Required.**

KENNY'S CANDY

Tuesday, June 9 from 9am-12pm OR 1pm-4pm at KLN HQ - 109 Lakeside Dr., Perham

Let's get nose-y 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.**

Join us for the community performance of

ELEVATING VOICES

MEMORY LOSS CHORUS

TUES **MAY 19** 1 PM

Crosspoint Alliance Church
600 NE 8th St, Perham

REFRESHMENTS TO FOLLOW.
FREE WILL OFFERING.

Brought to you by:  **BlueCross BlueShield**
Minnesota

Volunteer Opportunity
Help us clean up the highway!

THURSDAY, MAY 7
from 12:30-3:30pm



We're heading out to clean our stretch of Highway 10 and we'd love your help! Meet us at Elevate at 12:30pm and we'll head out together to cover our 2-mile section (both sides of the highway)—so the more volunteers, the better!

After we wrap up, we'll head back to Elevate for ice cream and a little show-and-tell of the most interesting "treasures" we found along the way. It's a great way to do some good, get outside, and have a little fun while you're at it.

Sign up in Helper Helper!

EXPLORATORIES

Try something new with us!



BREATHWORK + SOUNDBATH

\$35

Monday, May 4 from 5:30-7pm at Elevate - 318 6th Ave SW, Perham

Unwind with an evening of breathwork and a sound bath designed to calm your nervous system and prepare your body for deep sleep. Start with guided breathing to ease stress, then relax into a one-hour sound bath for relaxation and renewal. **RSVP required.**



BEGINNER PICKLEBALL

FREE

Mondays, May 4 or 11 from 1:30-3pm at PACC - 620 3rd Ave SE, Perham

Ready to see what all the pickleball buzz is about? This upbeat, beginner-friendly class will get you moving, learning the basics, and having fun with guidance from experienced players. Bring a paddle if you have one. **No RSVP needed** – just show up and play!



PETALS & POURS

\$50

Wednesday, May 6 starting at 5:30pm at Elevate - 318 6th Ave SW, Perham

Enjoy a hands-on, feel-good event with Kellie Smith Floral where you'll create a fresh spring floral bouquet with premium blooms to take home. Then craft a refreshing mocktail with edible flowers and relax as you sip, laugh, and celebrate the season. **RSVP required.**



SPRING CLOSET REFRESH

\$22

Saturday, May 9 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.**



FINNISH STAMPED TEA TOWELS

\$28

Wednesday, May 13 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. Design and carve your own repeating pattern stamp before printing your design on tea towels! Hosted by NYM Cultural Center. **RSVP required.**



FLOWER POT POTTERY PAINTING

\$25

Tuesday, June 23 from 5-7pm at Elevate - 318 6th Ave SW, Perham

Join us for a fun and relaxing pottery painting experience that's perfect for all ages and skill levels. Choose your piece, get creative with all supplies provided, and we'll fire it in the kiln for pickup in 7–10 days. Hosted by The Crafty Otter. **RSVP required.**

**DID YOU
KNOW?**

You don't need to be a "member" to join our activities! All of our programming is open to the public. See something you would enjoy? We'd love for you to join us!



Coffee Talks

Free and open to the public!

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



MAY 6

The Story of Elevate

We'll share how the idea first took shape to how the program has grown into the vibrant community resource it is today. We'll talk about how Elevate is funded, the partnerships that make it possible, and the people who helped bring it to life.



MAY 20

Coffee with a Cop

This casual event gives community members the opportunity to meet local officers, learn more about the police department, and stay informed about what's happening in town.

Save the Date

- June 3 - Easing Arthritis Pain
- June 17 - Hearing Health & Quality of Life

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



MAY 13

Sheriff Safety & Survival Tips

Gain valuable insights into safety and survival tips tailored for Otter Tail County residents. Chief Deputy Reinbold will discuss crucial topics such as home protection, handling suspicious phone calls and individuals, and much more!



MAY 27

Medicare Benefits & Savings

Learn about programs that can lower Medicare premiums, deductibles, and out-of-pocket costs. Find out who qualifies, how to apply for assistance and learn about program benefits. We'll also cover Medicare preventive services, like free screenings, vaccines and wellness visits.

Save the Date

- June 10 - Notable Norwegian American Women
- June 24 - Acupuncture for Pain Relief & Wellness

PARKINSON'S SUPPORT GROUP

Led by Revive & Thrive Therapy, this monthly Parkinson's Support Group offers a welcoming space for education, movement, and connection. Facilitated by Lisa Yonker, PT, and Tina McDonald, OT, each session includes practical insights, gentle exercises to support mobility and function, and time to share with others who understand the journey.

Whether you're living with Parkinson's or supporting someone who is, you'll find helpful tools, encouragement, and community here.

TUESDAY, MAY 12

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.

May: Guilty Pleasures Made Healthy

Let's reinvent our favorite indulgent dishes with smarter, feel-good ingredients. From lightened-up comfort foods to creative swaps that don't sacrifice flavor, it's all about enjoying what you love in a better-for-you way.

THURSDAY, MAY 21

starting at 4:30pm at Elevate

RSVP Appreciated!

P.S. Cooking Club is taking a break over the summer, but we'll be back in September!

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

Fridays, May 1, 8, and 22 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

I CAN ONLY IMAGINE 2

Monday, May 18
at Comet Theater, Perham

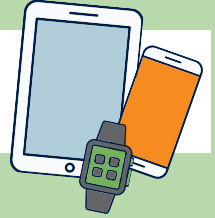
Starting at 1pm | Doors open 12:30pm

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

TUESDAYS

May 26

July 14

August 25

FRIDAYS

June 5

July 17

August 28

Call Julie at 218-731-4190 for 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.

EASY GROUP TRIPS TO JASPER'S THEATER

Looking for an easy, fun way to get out, hear great music, and laugh a little? These Jasper's Theater trips are the perfect excuse. Ride with us to enjoy a fantastic live show, grab dinner with friends on the way home, and be back in Perham by early evening. Zero stress. All the good vibes.



WAYLON, WILLIE, AND THE BOYS

Wednesday, June 10

A high-energy tribute to outlaw country legends Waylon Jennings, Willie Nelson, Merle Haggard, and a fiery fiddle salute to Charlie Daniels. Packed with stories, laughs, and classic country hits. Plus, a stop at A&W on the way home!

Sign-up deadline: May 10

GREAT AMERICAN VARIETY SHOW

Thursday, July 16

A feel-good celebration of music from every decade, brought to life by multiple generations of the Jasper's family. Expect great tunes, hilarious skits, heartfelt moments, and their signature tribute to Veterans.

Plus, a stop at West Forty on the way home!

Sign-up deadline: May 29

NEIL DIAMOND & JOHNNY CASH TRIBUTE

Wednesday, August 19

Two legendary artists. One unforgettable show. Sing along to Neil Diamond favorites like Sweet Caroline and Johnny Cash classics like Ring of Fire and Walk the Line in this crowd-pleasing tribute. Plus, a stop at A&W on the way home!

Sign-up deadline: June 30

ROCKIN' 50'S SHOW

Tuesday, September 1

Step back into the jukebox era with hits from Elvis, Buddy Holly, Johnny Cash, Judy Garland, Chuck Berry, and more. Big nostalgia, big talent, and nonstop '50s fun. Plus, a stop at West Forty on the way home!

Sign-up deadline: July 30

TRIP DETAILS

(same for all trips)

Bus departs:
12:30pm from Mark's
Home & More

Showtime: 2:00pm
Return to Perham:
~6:30pm

Cost: \$55 per person
*includes bus ride and show
ticket. Dinner and concert
snacks not included.*

Reserve your spot at elevateotc.org or call 218-347-1974

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