

# THE ELEVATOR

October 2025



## BEAUTIFUL HOMES, STRONGER COMMUNITY

Mark your calendars! Saturday, October 11 is the day to experience the beauty and creativity of local living on the Lakes Area Home Tour. This self-guided tour features seven unique homes across the Perham, Vergas, and Dent area, each offering its own story, style, and inspiration. From cozy lake escapes to intentional retirement living, you'll walk away with fresh design ideas and a deeper appreciation for the place we call home.

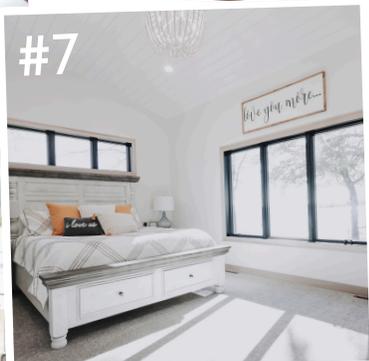
But the Lakes Area Home Tour is about more than open doors and beautiful décor... it's about opening possibilities. This event is Elevate's annual fundraiser, and the dollars raised directly support our programming throughout the year. That means every ticket purchased helps fuel the Connections lunches, Memory Café, health education, volunteer opportunities, and resources that keep our community thriving.

When you tour these homes, you're also helping neighbors stay connected, supporting older adults in living well at any age, and ensuring that creative, inclusive programming continues to grow in our area. It's a fun day out that makes a lasting difference right here at home.

Come for the homes. Stay for the inspiration. Leave knowing you've made an impact.



ONE DAY.  
SEVEN HOMES.



## TICKETS - \$30

Get yours online at [elevateotc.org](http://elevateotc.org)  
or in person at Lumber Depot,  
Nest, Prairiegrass, Periwinkle, or  
Natalie's Serendipity.



Follow us on Facebook for  
sneak peeks and updates!



## SCOOTING THROUGH RECOVERY WITH AL MATZKE

When Al Matzke needed help after an Achilles repair, he didn't have to look far. His wife, an Elevate volunteer, pointed him toward the Mobility Market, Elevate's free community resource for gently used medical and mobility gear. The Matzkes had even donated a walker in the past, so it felt natural to turn to the program when Al needed equipment himself.

Al borrowed a knee scooter, which quickly became a game-changer. "It's made life so much easier since I can't put any weight on my foot," he shared. "It's so much easier than crutches—and now my wife has to race to keep up with me!"

Beyond making daily life more manageable, Al sees the value of having the Mobility Market available to the community. "It's a great resource when something is needed short term and an easy process to navigate," he said.

Thanks to the Mobility Market, Al is scooting his way through recovery with a little more freedom... and a lot more speed.

Need a piece of medical or mobility equipment? Or have gently used gear you'd like to donate? Visit [my.elevateotc.org/mobilitymarket](https://my.elevateotc.org/mobilitymarket) to see what's available and learn how you can support this valuable community resource.

**Mobility Market** 

## WAHL'S WELLNESS WISDOM: HOW TO MAKE HEALTHY FOOD CHOICES

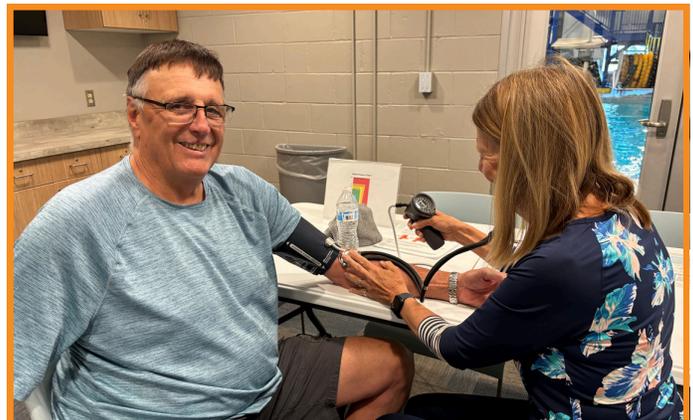
What we eat has one of the biggest impacts on our overall health. But with so much debate over what's "good" or "bad," it's no wonder people feel confused. Marketing adds to the noise, too. Slapping "health food" labels on some items while demonizing others.

At its core, though, making healthy choices doesn't have to be complicated. Think of it this way: soda is obviously less healthy than water, and broccoli is a clear win compared to chips. The real question is how to judge the foods in between.

A simple rule of thumb: the closer a food is to its natural state, the better it is for you. Fresh fruits, vegetables, nuts, fish, and lean meats are nutrient-rich and minimally processed. On the flip side, packaged foods usually come with long ingredient lists full of unpronounceable additives... and those extra chemicals don't do your body any favors.

So here's the goal: eat mostly foods that come straight from nature, and limit the ones that come from a factory. Reach for apples, tomatoes, or almonds instead of candy bars, soda, or donuts. The more natural your plate looks, the healthier you'll be.

*Provided by Perham Health's Dr. Sean Wahl, DC*



## VOLUNTEER LUNCH & LEARN

Ready to step into some volunteering? Join us for our Volunteer Lunch & Learn to learn more about Elevate's volunteer opportunities and how to get sign up for our volunteer platform, Helper Helper.

Registration required and includes a FREE lunch - All participants must be registered by 12pm on Wednesday to get lunch.

**Thursday, November 6 at 10:30am**  
at Perham Area Community Center

**Can't make it?**

Learn more about volunteer opportunities anytime at [elevateotc.org/volunteer](https://elevateotc.org/volunteer).

# 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.

Monday  
**NOVEMBER 10**

**Session 1**  
2-4pm

**Session 2**  
4:30-6:30pm

AT ELEVATE - 318 6TH AVE SW, PERHAM

Reserve your spot at [elevateotc.org/events!](http://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.

## BUILD YOUR TEAM



### A Guide for Dementia Support

*Build Your Team* is a free, practical guide designed to help individuals and caregivers feel more supported, connected, and informed. Inside, you'll find local resources, expert tips, and helpful information on everything from healthcare and counseling to Meals on Wheels and financial planning. It's all about making the journey a little easier with guidance every step of the way.

**Have you built your team yet?** Ask us for a copy and start building your circle of support today.



**MEMORY**  
cafe *where every story counts*

Join us in October for a special **Ask Us Anything** session! This month, we're turning the floor over to you. Bring your questions about caring for a loved one with dementia, big or small.

Attendees will be invited to write down questions when they arrive, and our experienced panel — Carol Wilkowski, Patsy Holper, Mary Karkela, and Pam Tyler — will share their insights. Together, we'll cover a wide variety of topics and experiences to support you on your journey.

**THURSDAY, OCTOBER 23 FROM 1- 3PM**

at Crosspoint Alliance Church - 600 NE 8<sup>th</sup> St, Perham

RSVP Appreciated



We've created a new Facebook group just for our Memory Café community! It's a space to share resources, ask questions, and stay connected in between gatherings. Search Elevate Memory Café on Facebook to join!

## DEMENTIA FRIENDLY MOVIE



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

**WEDNESDAY, OCTOBER 8**

**at Comet Theater, Perham**

Starting at 1pm | Doors open 12:30pm

**Cost: \$8**

includes a pop and popcorn

**RSVP Appreciated!**



## OCTOBER IS CYBERSECURITY MONTH

Staying safe online doesn't have to be complicated, but it does take a little know-how. This month, we're shining a light on cybersecurity with quick tips you can put into practice right away, a "True or False" quiz to test your scam-spotting skills, and two special events with our local banking partners. Check out the details below to get started on protecting yourself from fraud and online threats!

### Quick Security Tips to Get You Started:

- **Use strong, unique passwords** for each account (and consider a password manager to keep track).
- **Don't click suspicious links** in emails, texts, or social media messages — even if they look legit.
- **Enable two-factor authentication (2FA)** on your most important accounts (like email and banking).
- **Keep your devices updated** — those little updates often fix big security issues.

### True or False: Can You Spot the Scam?

Circle T for True or F for False. Answers at the bottom!

- T or F** Your bank will email you a link and ask you to log in to fix a problem with your account.
- T or F** The IRS or Social Security will threaten arrest or demand gift cards for payment
- T or F** Winning a free cruise by text message is a classic scam tactic.
- T or F** If someone calls saying they're your grandchild in trouble, it's best to pause and confirm before sending money.
- T or F** Pop-up messages on your computer that urge you to call a phone number are usually scams.

Answers: 1. False | 2. False | 3. True | 4. True | 5. True

**Together, we can make cybersecurity less intimidating and more empowering. Mark your calendars and take advantage of these free community learning sessions!**

### SPECIAL CYBERSECURITY EVENTS

#### STAYING SAFE FROM SCAMS & CYBER THREATS

Wednesday, October 1 | 1:00pm  
Elevate Conference Room

Join Elevate and United Community Bank for a helpful session on protecting yourself from fraud and online scams. You'll get easy tips for keeping your personal and financial information safe, learn how to spot red flags, and leave with more confidence to stay secure in today's digital world. RSVP appreciated.

#### COFFEE TALK: LET'S TALK FRAUD

Wednesday, October 22 | 10:30–11:30am  
New York Mills Public Library

Representatives from Farmers & Merchants State Bank will share important information on recognizing and preventing fraud. You'll hear about the latest tactics scammers are using, ways to protect your personal information, and steps to take if you suspect fraud. No registration required.

### Kind Words from Our Community

*"Thank you for all you do to keep us seniors informed and involved. Because you shared a flier from Park Rapids community education, we are now doing a bus tour and seeing the USA."*

We love hearing how Elevate helps spark new opportunities... sometimes even big adventures!



## The Mixer

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

### The Salty Pickle Bar & Grill

Tuesday, October 21 from 4:30-6pm

*All are welcome!* Please RSVP



# MASTERING MEDICARE

## PREPARING FOR AEP

**Tuesday, October 7** from 4-5:30pm  
Lakeside Event Center - 2727 450th St, Perham  
*RSVP Requested.*

Medicare's Annual Election Period (Oct 15 – Dec 7) is your chance to make crucial healthcare coverage decisions. Join us to learn essential tips for reviewing your current plan, exploring new options, and making confident choices for the year ahead. We'll arm you with the insights needed to navigate AEP like a pro. Don't miss this chance to optimize your coverage and take control of your healthcare. *Hosted in partnership with Burgau Insurance.*



## THE IMPACT OF IMPAIRED DRIVING

Join us to hear from the Safe Communities Coalition of Otter Tail County, where educators, law enforcement, EMS, engineers, and community members work together to make our roads safer. We'll hear about topics such as impaired and distracted driving, seat belt use, and biking and pedestrian safety.

We'll also hear from local impact speaker, Judy Bradow, who will share with the group. Out of Darkness Came Hope is her powerful story of losing her daughter to a drunk driver.

**Thursday, October 30** at 12:30pm  
*Perham Area Community Center*

### COMMUNITY EVENT

# Hello, Neighbor!

## SOCIAL HOUR

Have you been looking for ways to be involved in the community or looking for services? The Perham Area Community Lions are hosting a casual social hour where you can meet clubs, business, and neighbors. It's free and open to the community!

**Monday, October 27** from 5:30-7pm  
*Gathering Grounds, Perham*



## Coffee Talks

Free and open to the public!

### PERHAM AREA COMMUNITY CENTER

1st + 3rd Wednesdays from 10-11am

#### October 1 - Treating Chronic Pain

Learn how the Perham Health Pain Clinic helps manage chronic pain through diagnosis and treatment, with the goal of improving daily function and quality of life for patients.

#### October 15 - Perham Schools' 549 Media

Find out how 549 Media, the official media source for Perham Schools, got its start, how you can utilize it, and other fun facts and milestones.

#### *Save the Date*

- November 5 - The Buzz on Protein
- November 19 - Year-End Tax Strategies

### NEW YORK MILLS PUBLIC LIBRARY

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

#### October 8 - Passport Series: Costa Rica

Join Laurine Braukmann & Daidre Klinnert as they take us on a journey to Costa Rica's stunning west coast that will make you feel like you've been there!

#### October 22 - Let's Talk Fraud

Representatives from Farmers & Merchants State Bank will share important information about latest tactics scammers are using, ways to protect your personal information, and what steps to take if you suspect fraud.

#### *Save the Date*

- November 12 - Making Your Visit Count
- November 26 - TBD

# October 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>September 29</p> <p>12:30pm - <b>Bingo</b> at Connections 5:30pm - <b>Exploratory: Fall Pottery Painting</b> at Elevate (\$22)</p> <p>Chili &amp; Corn Bread / Chocolate Pudding</p>	<p>30</p> <p>1pm - <b>Nosey Neighbor: Maple Hills Orchard</b> in Frazee (\$5)</p> <p>Rib &amp; Garlic Potatoes / Strawberry Ice Cream</p>	<p>October 1</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Treating Chronic Pain at PACC 1pm - <b>Staying Safe from Scams &amp; Cyber Threats</b> at Elevate</p> <p>Beef Stew / Apple Crisp</p>	<p>2</p> <p>12:30pm <b>Whist Tournament</b> at Connections (\$2 buy in)</p> <p>Meatloaf &amp; Baked Potato / Chex Mix</p>	<p>3</p> <p>10am - <b>Avita Yoga for Joint Health &amp; Arthritis</b> at B Still Yoga (\$5)</p>
<p>6</p> <p>Wild Rice Soup &amp; Sandwich / Dessert Bar</p>	<p>7</p> <p>1pm - <b>Nosey Neighbor: Showcase Homes</b> in Parkers Prairie 3pm - <b>Caregiver Support Group</b> at Perham Living 4pm - <b>Mastering Medicare: Preparing for AEP</b> at Lakeside Event Center</p> <p>Chipped Beef / Tropical Fruit</p>	<p>8</p> <p>9-11am - Free BP Check at PACC 10:30am - <b>Passport Series: Costa Rica</b> at New York Mills Public Library 1pm - <b>Dementia Friendly Movie: Grumpy Old Men</b> at Comet Theater (\$8)</p> <p>Sloppy Joe &amp; Chips / Peanut Butter Bite</p>	<p>9</p> <p>10am - <b>Digital Life Skills: Facebook Basics for Staying Connected</b> at Elevate</p> <p>Pork Loin, Gravy, Potatoes / Sherbet</p>	<p>10</p> <p>10am - <b>Avita Yoga for Joint Health &amp; Arthritis</b> at B Still Yoga (\$5)</p>
<p>13</p> <p>Chili &amp; Corn Bread / Chocolate Pudding</p>	<p>14</p> <p>1pm - <b>Nosey Neighbor: Bongards Creameries</b> in Perham - FULL 2:30pm - <b>Parkinson's Support Group</b> at Elevate 4-7:45pm - <b>Perham Blood Drive</b> at New Creation Lutheran Church</p> <p>Popcorn Chicken Bowl / Pineapple</p>	<p>15</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Inside Perham Schools' 549 Media at PACC</p> <p>BBQ Pork &amp; Mac-n-Cheese / Rice Krispie Bar</p>	<p>16</p> <p>2pm - <b>Navigating Your Grief Monthly Support Group</b> at Elevate</p> <p>Grilled Brat &amp; Pasta Salad / Pumpkin Fluff</p>	<p>Saturday, October 11</p> <p>10am-5pm <b>Lakes Area Home Tour</b></p>
<p>20</p> <p>11:30am - <b>Monthly Birthday Lunch</b> at Connections 1pm - <b>Monday Matinee "The Life of Chuck"</b> at Comet Theatre (\$6)</p> <p>Lasagna / Cheesecake Bar</p>	<p>21</p> <p>1pm - <b>Nosey Neighbor: Sted Foods</b> in Fergus Falls 1:30pm - <b>Tech with Teens</b> at PACC 4:30pm - <b>The Mixer: Salty Pickle</b> in Perham</p> <p>Sweet-n-Sour &amp; Fried Rice / Banana Pudding</p>	<p>22</p> <p>9-11am - Free BP Check at PACC 10:30am - <b>Ask Nurse Jean</b> at Connections 10:30am - <b>Coffee Talk: Let's Talk Fraud</b> at New York Mills Public Library</p> <p>Parmesan Tilapia &amp; Potato Spirals / Peaches</p>	<p>23</p> <p>1-3pm <b>Memory Cafe</b> at Crosspoint Alliance Church</p> <p>Wisconsin Cheese Soup &amp; Sandwich / Chips</p>	<p>24</p>
<p>27</p> <p>1pm - <b>Nosey Neighbor: Re-Ewe'able</b> in Fergus Falls 5:30pm - <b>Hello, Neighbor Social Hour</b> at Gathering Grounds</p> <p>Hamburger Macaroni Casserole / Tropical Fruit</p>	<p>28</p> <p>6:30pm - <b>The Collectors Club</b> at Perham Area Public Library</p> <p>Chicken Pot Pie / Lemon Pudding</p>	<p>29</p> <p>9-11am - Free BP Check at PACC 10am - <b>Exploratory: Autumn Watercolor Class</b> at PACC (\$25)</p> <p>Hamburger &amp; Potato Salad / Orange Cream Bar</p>	<p>30</p> <p>10am - <b>Halloween Parade</b> at Connections 12:30pm - <b>The Impact of Impaired Driving</b> at PACC</p> <p>Sliced Ham &amp; Scalloped Potatoes / Baked Apples</p>	<p>31</p> <p>10am - <b>Avita Yoga for Joint Health &amp; Arthritis</b> at B Still Yoga (\$5)</p>



# NOSEY NEIGHBOR

## Manufacturing Series

October is Manufacturing Month! We've teamed up with local partners to offer tours to give community members a look at the innovation, careers, and the inner workings in our region's manufacturing industry.



### SHOWCASE HOMES

*Tuesday, October 7 at 1pm - 11757 MN-29, Parkers Prairie*

Showcase Homes offers a unique approach to residential construction by building custom, one-piece, stick-built homes indoors and then delivering them directly to your property. During the tour, you'll see firsthand how the process works and explore finished model homes up close.



### FULL – BONGARDS CREAMERIES PERHAM PLANT

*Tuesday, October 14 at 1pm - 110 3rd Ave NE, Perham*

Bongards Creameries' Perham plant transforms fresh milk into the award-winning cheeses they are known for. This tour is currently full, and we are not taking a waitlist. There may be spots that open up online, so be sure to check!



### STED CHOCOLATE

*Tuesday, October 21 at 1pm - 504 S Concord St, Fergus Falls*

Sted Chocolate specializes in crafting premium, bean-to-bar chocolate using organic cacao sourced with care. The tour highlights the full journey from cacao bean to finished bar and shares the story behind the company's passion for quality and sustainability.



### RE-EWE'ABLE

*Monday, October 27 at 1pm - 216 W Lincoln Ave, Fergus Falls*

Re-Ewe'able is a woman-owned business creating bath, body, home, and garden goods with a focus on sustainability and natural ingredients. On the tour, you'll discover the story, values, and artistry that go into products designed to care for both people and the planet.

**RSVP REQUIRED**  [elevateotc.org/events](http://elevateotc.org/events)

elevate





# 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 \$5 donation.

## OCTOBER HAPPENINGS



### Bingo

Monday, October 13  
at 12:30pm



### Monthly Birthday Lunch

Monday, October 20  
at 11:30am



### Ask Nurse Jean

Wednesday, October 22  
at 10:30am



### Halloween Parade

Thursday, October 30  
at 10am

## Memory Lane

Sharing Pictures from the Past



Take a trip down Memory Lane. Bring a photo that fits the week's theme to lunch and join us for fun stories and reminiscing!

**Week of 10/6**  
Fall Colors Picture

**Week of 10/13**  
Picture of you at your job/profession

**Week of 10/20**  
Picture of you when you were a teenager

**Week of 10/27**  
Halloween Pictures

## HALLOWEEN PARADE AT CONNECTIONS

Bring the kids in costume for a festive trick-or-treat parade through Connections! Adults are invited to join the fun by handing out candy and cheering on the little ghouls and goblins.

**Thursday, October 30 at 10am**  
at the PACC - 650 3rd Ave SE, Perham



## DIGITAL LIFE SKILLS

presented by  arvig.

### FACEBOOK BASICS

Facebook is a popular way to see what family and friends are up to, share your own news, and even reconnect with people from the past. We'll show you the basics of navigating Facebook in a simple and easy-to-understand way.

 Thursday, October 9 from 10-11am at Elevate

### WATCHING FAMILY VIDEOS ON YOUTUBE

Do your grandkids share videos online? Learn how to use YouTube (and other streaming services) to easily find and watch their special moments, keeping you connected no matter the distance.

 Thursday, November 13 from 10-11am at Elevate

**PLEASE  
RSVP**



Bring your own devices to follow along!

## PARKINSON'S SUPPORT GROUP: UPCOMING SESSIONS

The Parkinson's Support Group at Elevate offers a welcoming space each month to connect, share, and learn with others impacted by Parkinson's. Whether you're living with the disease or caring for someone who is. Each session includes a presentation on a relevant topic, followed by group discussion, Q&A, and time to build relationships with others who understand.

We've recently made the shift from Sanford's Zoom to hosting our own in-person sessions, which means you'll now hear directly from guest speakers right here at Elevate. The group meets on the second Tuesday of the month from 2:30–3:30 pm at Elevate. An RSVP is appreciated. Register on our website!

### October Session

Tuesday, October 14 | 2:30–3:30pm

A Perham Health pharmacist will share valuable information on common Parkinson's medications. We'll also explore how these medications may interact with diet, food changes, or sensitivities, with time for questions and conversation.

### November Session

Tuesday, November 11 | 2:30–3:30pm

The group will welcome Bridgit Pankonin, Licensed Professional Clinical Counselor and owner of Integrity Counseling. Bridgit will lead an important discussion on mental health, focusing on depression and suicidal thoughts among those living with Parkinson's disease.

Stay tuned for December's topic and more engaging guest speakers in the months ahead!



# HOLIDAY MARKET

DONATE NEW AND GENTLY USED ITEMS!

We're looking for donations like:

- **Outdoor/Hobby:** Hunting or fishing accessories, tools
- **Tech & Gadgets:** Small electronics, phone accessories
- **Kitchen Essentials:** Cookware, utensils, coffee mugs, small gadgets
- **Accessories:** Jewelry, gloves, hats
- **Home & Living:** Decor items, candles, picture frames
- **Self-Care & Beauty:** Bath and body products, perfume
- **Holiday Wrapping Supplies:** Gift bags, tissue paper, gift tags

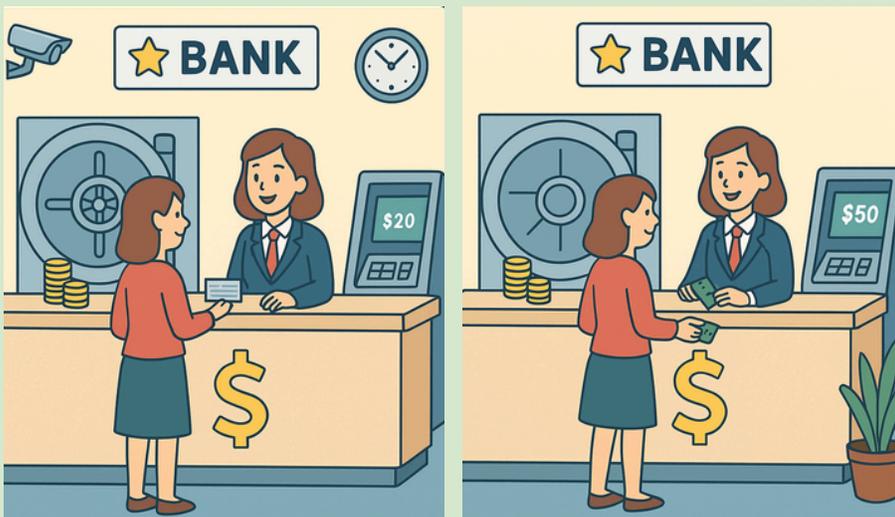
**No glassware this year, please!**

Drop your donations in our bin outside the Elevate office at 318 6th Ave SE, Perham. Let's give these treasures a new home and spread some holiday cheer!

## BRAIN GAME

## SPOT THE DIFFERENCES

See how sharp your eyes are—can you spot all the sneaky changes in these two bank scenes? *Send the number of differences you find to [mindil.larson@perhamhealth.org](mailto:mindil.larson@perhamhealth.org)*



## SEPTEMBER BRAIN GAME RESULTS

Congratulations to our September Brain Game winner, Paulette Stanislawski! The hidden wheelchair was tucked onto one of the tags on the Holiday Market gifts.

We used this puzzle to shine a light on our Mobility Market, a free community resource for gently used medical and mobility gear. Thanks for playing along and helping us spread the word!

# 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

Friday, October 3, 10, and 31 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 THE LIFE OF CHUCK

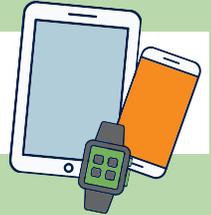
Monday, October 20  
at Comet Theater, Perham

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:  
NOVEMBER 18 | 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 starting 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.

# EXPLORATORIES

Come try something new with us! Registration is required due to space restrictions. RSVP at [elevateotc.org](http://elevateotc.org).



## FALL POTTERY PAINTING

\$22

*Monday, October 13 from 5:30-7:30pm at Elevate - 318 6th Ave SW, Perham*

This class is perfect for all ages and skill levels, giving you the chance to choose a pottery piece, paint it with provided supplies, and explore your creativity. Once finished, we'll kiln-fire your masterpiece for a food-safe finish ready to pick up in 7-10 days. **RSVP required.**



## AUTUMN LEAVES WATERCOLOR

\$28

*Wednesday, October 29 from 10am-noon at PACC - 620 3rd Ave SE, Perham*

Explore watercolor techniques in this beginner-friendly "Autumn Leaves" Watercolor Class with local artist Dawn Duncan from Yellowbright Creative. All supplies are provided to help you capture the rich colors of the season. **RSVP required.**



## LET'S BAKE SCONES

\$28

*Thursday, November 6 from 1-2:30pm at MW Pastry - 105 E Main St, Suite 3, Vergas*

Learn how to make a fresh batch of 8 delicious scones from start to finish. With a variety of flavors to choose from, each participant can customize their scones to match their taste. Everyone will leave with their own batch of scones and the recipe. **RSVP required.**



## BEGINNER PICKLEBALL

\$5

*Wednesday, November 12 from 6:30-8:30pm at PACC - 620 3rd Ave SE, Perham*

This class is designed for adults who want to stay active, learn the basics, and enjoy a game that's easy to pick up and play anywhere. Experienced players will guide you through the rules and skills you need to get started. All equipment will be provided. **RSVP required.**



## LEARN TO LEFSE

\$12

*Thursday, November 13 starting at 1pm at Elevate - 318 6th Ave SW, Perham*

Learn the art of making lefse with Cindy Olson! In this hands-on class, you'll discover traditional techniques, practice rolling and grilling, enjoy tasty samples, and head home with recipes to keep the tradition alive. **RSVP required.**

  
YOUR HEALTH • YOUR WAY

**Ready to live your best life?**  
**Visit [elevateotc.org](http://elevateotc.org) to get started.**

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

 (218) 347-1974

 318 6th Ave SW, Perham

**HOURS** Monday-Thursday from 9am-5pm | Friday from 9am-noon | Closed Saturday & Sunday