

THE ELEVATOR

September 2026

PERHAM CELEBRATE AGING EXPO

LET'S CELEBRATE AGING!

We're thrilled to be partnering with Leighton Media to bring a Celebrate Aging Expo to Perham on **Wednesday, September 16 from 9am-1pm**. It's an educational community event that is geared towards aging adults and designed to help attendees navigate the maze of products, services, and resources available in Central Minnesota.

See you on
WEDNESDAY, SEPTEMBER 16
FROM 9AM-1PM | PACC

- Over 50 vendors!
- Make and take crafts
- Lunch served 11am-1pm
(proceeds benefit Relay for Life)
- Tote Bags (first 350 people!)
- Free health screenings, therapy dogs, and door prizes



FREE Bingo



Need a ride?

Let The Otter Express take you! If you live in Perham, you're eligible for a ride. Seats are limited, so don't wait.

Call The Otter Express at **218-998-3002** to reserve your spot!



BREAKOUT SESSIONS

9:30AM

Neuropathy: Causes, Symptoms, and Tips for Everyday Living

Tim Fresonke, Perham Health

Learn practical strategies for managing neuropathy, reducing discomfort, improving balance, and protecting your health so you can live with confidence and independence.

10:30AM

Arthritis: Understanding Joint Health & Everyday Relief

Dave Dahl, Perham Health

Learn practical tips for protecting your joints, staying active, and maintaining your independence while living well with arthritis.

11:30AM

Smart911: Be Prepared Before an Emergency

Patrick Waletzko, Otter Tail County

Learn how Smart911 can help first responders better assist you during an emergency through the free service and personal profiles.

FREE PACC FITNESS CLASSES

9:30-10:15AM

Chair Yoga

10:30-11AM

Senior Strength

11:30AM-12PM

Chair Fitness

Hosted in the second floor Fitness Studios

Did you know that you don't have to be wealthy to make a lasting difference?

THE FUTURE OF COMMUNITY GIVING

This inspiring presentation explores the future of community giving and how people of all income levels can support the organizations, programs, and community amenities they care about through legacy giving.

Learn how a future gift, even a small percentage of your estate, can help sustain organizations like Elevate and other local nonprofits for generations to come. Discover simple ways to leave your mark on the community you love and ensure our area continues to thrive for future families, neighbors, and friends.

Monday, September 14 from 5-6:30pm
at Elevate - 318 6th Ave SW, Perham

Hosted by West Central Initiative
RSVP requested! All attendees will receive a free Estate Planning Booklet.

Volunteer Opportunity



LAKES AREA HOME TOUR HELPERS

This is our program's biggest fundraiser, and it wouldn't be possible without the support of our wonderful volunteers. Spend a fun day welcoming guests, visiting with attendees, and helping the tour run smoothly.

BONUS: All volunteers will receive a **free ticket** to tour the homes before/after their shift!

What You Can Do

- Greet guests at one of the homes
- Be a lunch delivery driver

Time Commitment

Saturday, October 10 for 2-3 hours

How to Get Involved

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



LAKES AREA HOME TOUR

Saturday, October 10

HOMES OPEN FROM 10AM - 5PM

Step inside some of the most unique and beautiful homes during the Lakes Area Home Tour! From lakeside retreats to thoughtful layouts, each stop on this self-guided tour will spark ideas and showcase creative ways to live well at every stage of life.



Tickets - \$40

Find tickets at these locations:

New York Mills	Ottertail
Lumber Depot	Periwinkle
Perham	Vergas
Nest	Vergas
Prairiegrass	Hardware

You can also purchase online at elevateotc.events/home-tour

BLOOD PRESSURE CHECKS



FREE!

Wednesdays
from 9-11am
at PACC

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**

September 7
Closed for Labor Day

September 14
Senior Strength
& Stretch

September 28
Walk or Bike

new! BUNGEE FITNESS at Ottertail Wellness Center



Bungee fitness offers seniors a fun, low-impact way to stay active. The supportive harness gently lifts your body weight, easing pressure on joints while helping build strength, balance, and flexibility. It's a safe, joyful way to get moving.

Classes start September 14!

Learn more and sign up by calling 218-203-9953 or online at ottertailcommunityandwellnesscenter.com.

APPLE SALE fundraiser



WEDNESDAYS IN SEPTEMBER

from 9-11am in PACC front lobby

NEW VARIETIES EACH WEEK!

- September 2 - First Kiss
- September 9 - Sweet Tango
- September 16 - Cordera
- September 23 - Kudo
- September 30 - Honeycrisp

just
\$1
per
apple

Apples are grown north of Perham near Little Pine Lake and generously donated by Craig & Liz Swanson. 100% of proceeds benefit the Perham Community Garden!



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, SEPTEMBER 15

Marie'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, contact Mary at 701-367-7398.

AVITA YOGA for Joint Health & Arthritis

*ease arthritis
increase range of motion
dissolve restrictions*

FRIDAYS FROM 10-11AM
September 11 & 25

at B Still Yoga
650 3rd Ave SE, Suite 4, Perham
Cost: \$5

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



STILL YOGA





Coffee Talks

Free and open to the public!

PERHAM AREA COMMUNITY CENTER

1st + 3rd Wednesdays from 10-11am



SEPTEMBER 2

Fire Safety & Prevention with Perham Fire Dept

Learn practical tips on preventing fires, protecting your home, and staying safe in an emergency. We'll hear about everyday fire prevention, escape planning, smoke alarms, and simple steps you can take to keep yourself and your loved ones safe.



SEPTEMBER 16

No Coffee Talk!

We'll be at Celebrate Aging Expo at Perham Area Community Center from 9am-1pm. Check out the front page of the newsletter for the breakout sessions and fitness classes available that day!

Save the Date

- October 7 - Pelvic Health for Everyday Living
- October 21 - Perham Health Expansion

NEW YORK MILLS PUBLIC LIBRARY

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



SEPTEMBER 9

The Joy of Painting

Relax, get creative, and enjoy a morning of painting with artist Val Voight. You'll paint a 5x7 greeting card using a simple design, or create your own, while Val shares stories, tips, and the benefits of art as you paint!



SEPTEMBER 23

Passport Series: Finland

The NYM Cultural Center will be presenting on their recent trip to Finland! Come have a cup of coffee & learn about their adventure!

Save the Date

- October 14 - Fraud Prevention Symposium
- October 28 - Rural Schools & Childhood Memories



PROBATES, WILLS, & TRUSTS

Curious about what happens to your estate after you pass?

The legal process can be confusing, but this relaxed discussion is a great chance to learn more and get your questions answered. Attorney Sam Felix from Karkela, Hunt, & Chesire PLLP will talk us through when probate is needed, when it isn't, and some of the state and federal rules that can come into play.

You'll gain a clearer picture of the legal steps and tax considerations involved in managing your estate. **RSVP Required.**

Tuesday, September 22 from 10am-noon
at Elevate - 318 6th Ave SW, Perham



MASTERING MEDICARE

AEP: CHANGES FOR 2027

Tuesday, October 6 from 4-5:30pm

Elevate - 318 6th Ave SW, 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.

EXPLORATORIES

Try something new with us!



KINUSAIGA SUNFLOWERS | *Heritage Art Series*

\$30

Wednesday, September 9 from 1-3:30pm at Elevate - 318 6th Ave SW, Perham

Discover the beauty of Kinusaiga, a traditional Japanese no-sew quilting art form! In this hands-on session hosted by NYM Cultural Center, you'll use colorful fabric to create a stunning sunflower quilt block without ever threading a needle. **RSVP required.**

GOAT YOGA

\$48

Tuesday, Sept. 15 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.**



STAINED GLASS LOON OR MAPLE LEAF

\$65

Saturday, September 19 | Three sessions: Morning 10am-12:30pm, Afternoon 1-3:30pm, or Evening 4-6:30pm at Elevate - 318 6th Ave SW, Perham

Learn how to apply copper foil and solder glass into a beautiful finished suncatcher to take home. Choose from a colorful fall maple leaf or an iconic loon design at registration, with all supplies included. **Great for anyone age 13+! RSVP required.**



MEAL PREP SUPPER LIKE A PRO

\$20

Sunday, September 20 from 3-4:30pm at Elevate - 318 6th Ave SW, Perham

Take the stress out of weeknight dinners in this hands-on meal prep class! You'll prepare three healthier, family-friendly meals—Burger Bowls, Chicken Stir Fry, and Meatballs—while learning practical meal prep strategies and the basics of macros to support your nutrition goals. Check out our website for a list of everything that's provided and what you'll need to bring along! **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.**



FARMERS MARKET

THANK YOU FOR A WONDERFUL FARMERS MARKET SEASON!

Another Farmers Market season is nearly in the books, and we couldn't have done it without our amazing community and vendors!

Thank you to every vendor who showed up each week with fresh produce, delicious food, handmade goods, local products, and plenty of friendly smiles. And thank you to everyone who stopped by to shop, visit, grab a bite, and support our local businesses and growers.

Your enthusiasm and support made this season a great one. We're grateful for everyone who helped make the Perham Farmers Market a place to gather, connect, and celebrate all the wonderful things our community has to offer.

September 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
August 31 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Chair Dance at PACC Lasagna & Salad / Cheesecake Bite	1 11:30am - Pizza Party at Connections 12:30pm - FULL Jasper's Theater Trip to Park Rapids (\$55) 3pm - Caregiver Support Group at Perham Living Pizza Party!	2 9-11am - Free BP Check at PACC 9-11am - Apple Sale Fundraiser at PACC 10am-2pm - Perham Farmers Market 10am - Coffee Talk: Fire Safety & Prevention with Perham Fire Department at PACC Tator Tot Casserole / Chocolate Ice Cream	3 11am - Grandparenting in the Age of Overindulgence Virtual Streaming at Elevate Orange Chicken & Fried Rice / Fortune Cookie	4 10am-2pm Last Day of Perham Farmers Market
7 Happy Labor Day No lunch today.	8 1pm - Nosey Neighbor: Kit Masters & Swan Machine in Perham 2:30pm - Parkinson's Support Group at Elevate Chicken Marsala & Mashed Potatoes / Tropical Fruit	9 9-11am - Free BP Check at PACC 9-11am - Apple Sale Fundraiser at PACC 10:30am - Coffee Talk: The Joy of Painting at NYM Public Library 1pm - Exploratory: Kinusaiga Sunflowers at Elevate (\$30) Chicken Noodle Soup & Sandwich / Ice Cream	10 10am - Digital Life Skills: Buying & Selling on Facebook Marketplace at Elevate Hamburger, Potato Salad, Beans / Fruited Jello	11 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)
14 11:30am - Birthday Lunch at Connections 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Senior Strength & Stretch at PACC 5pm - The Future of Community Giving at Elevate Macaroni Casserole / Surprise Dessert	15 1pm - Monthly Dance: Marie's Dance Band at Frazee Event Center (\$7) 1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Lakeside Golf Course in Perham 5:45pm - Exploratory: Goat Yoga at Meadowview Mini Farm (\$48) Cauliflower Soup & Sandwich / Strawberry Ice Cream	16 9-11am - Apple Sale Fundraiser at PACC 9am-1pm Celebrate Aging Expo at Perham Area Community Center No lunch today.	17 9am/10am/11am/12:30pm/1:30pm/2:30pm - Medication Mangement at Elevate 2pm - Navigating Your Grief Support Group at Elevate BBQ Meatballs & Cheesy Potatoes / Lemon Bar	Saturday, September 19 10am/1pm/4pm - Exploratory: Stained Glass at Elevate (\$65) Sunday, September 20 3pm - Exploratory: Meal Prep Supper Like a Pro at Elevate (\$20)
21 12:30pm - Deal Me In Card Club at PACC 1pm - Monday Matinee "Young Washington" at Comet Theatre (\$6)  Kids Holiday Market Donations Open BBQ Little Smokies & Mac-N-Cheese / Fruited Jello	22 10am-Probates, Wills, & Trusts with Sam Felix at Elevate 12:30pm - Nosey Neighbor: Prospect House & Civil War Museum in Battle Lake (\$10) 6:30pm - Collectors Club at Perham Area Public Library Alfredo Sausage Pasta Bake / Sherbet	23 9-11am - Free BP Check at PACC 9-11am - Apple Sale Fundraiser at PACC 10:30am - Passport Series: Finland at NYM Public Library 12:30pm - Exploratory: Painted Quirky Minnesota Landmarks at Elevate (\$28) 3:30pm - ALS Support Group at Elevate Sloppy Joe & Potato Chips / Peanut Butter Bite	24 11am - Funeral Pre-Planning at Elevate  1-3pm Memory Cafe at Crosspoint Alliance Church Boneless Wings & Potato Fries / Fudge Bar	25 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)
28 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Walk/Bike at PACC Hearty Chili & Toppings / Blondie Brownie	29 10:30am - MS Support Group at Elevate 12:15pm - Bingo at Connections BBQ Chicken on Bun & Fries / Ice Cream	30 9-11am - Free BP Check at PACC 9-11am - Apple Sale Fundraiser at PACC Meatballs, Mashed Potatoes, Gravy / Oranges	October 1 10am-2pm Community Clean Up Day	2

NOSEY NEIGHBORS



KIT MASTERS + SWAN MACHINE

Tuesday, September 8 from 1-2pm - 825 1st St NE, Perham

See how cutting-edge technology, precision machining, and innovative engineering come together to produce fan clutches, truck parts, and other essential components used across the country. Discover the people, processes, and equipment that keep this local industry moving forward! **RSVP Required.**

PROSPECT HOUSE & CIVIL WAR MUSEUM

Tuesday September 22 at 12:30pm - 403 Lake Ave. N, Battle Lake

Step back in time with a guided tour of this beautifully preserved 1886 Georgian mansion. Discover the remarkable story of Civil War Veteran "Cap" Colehour, and view fascinating artifacts, memorabilia, and personal collections that bring history to life. Cost: \$10 per person. **RSVP Required.**



Manufacturing Month PREVIEW

Join us in celebrating Manufacturing Month throughout October with free tours of local manufacturing right here in Otter Tail County.

LUND BOATS

Tuesday, October 6
1pm | New York Mills

PAUL'S METAL PETALS

Tuesday, October 20
1pm | Battle Lake

TAG-UP

Monday, October 12
1pm | Fergus Falls

THOUSAND LAKES BREWING

Tuesday, October 27
1:30pm | Parkers Prairie

NORTH CIRCLE SEEDS

Tuesday, October 13
1pm | Vergas

Space is limited.
RSVP REQUIRED!



MEMORY cafe *where every story counts*

Grieving the Changes

When a loved one is living with memory loss, families often experience ambiguous loss, a type of grief that occurs when someone is physically present but gradually changing. This session explores how ambiguous grief affects relationships, roles, and identities over time. Learn supportive strategies and practical tools to cope with ongoing grief, build resilience, and maintain meaningful connections. *Presented by Wendy Tabor-Buth, LBSW, from Vivie.*

THURSDAY, SEPTEMBER 24

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

Individuals living with memory loss, care partners, family, friends, professionals, and community members are all welcome to join us for connection, conversation, and fun. **RSVP appreciated!**

The Mixer

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



Lakeside Golf Course

Tuesday, September 15
from 4:30-6pm in Perham

All are welcome!

RSVP Appreciated



Support That Comes From the Heart



Schoeneberger's Team

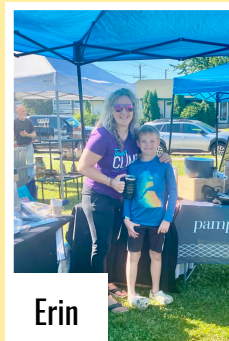


Addison

Schoeneberger Funeral & Cremation Service has a deep-rooted connection to Elevate, with so many members of their team finding their own unique ways to support what we do.

Addison's grandparents, Roger and Kathi, found their way to Elevate after she began tagging them in every event she thought they should attend—and they've been involved ever since! Rich is one of our dedicated volunteers who helps care for and maintain donated equipment in our Mobility Market. Sue supports Elevate from her kitchen as a member of our Cookie Committee, making sure there's always a little something sweet to share. You'd be hard-pressed to find a bigger Perham Farmers Market champion than Erin, and several times each year, Chad shares his expertise with our community by providing valuable education on the importance of funeral pre-planning.

Support for Elevate doesn't always come in the form of a check. Sometimes, the most meaningful support comes from people willing to share their time, talents, knowledge, and enthusiasm. The team at Schoeneberger is a wonderful example of what it looks like when people use their hands and hearts to make a difference—and we are incredibly grateful to have them in the Elevate family.



Erin



Rich



Sue



Chad



MEDICATION MANAGEMENT

Private Session!

Medication Management is a free opportunity for you to visit with a pharmacist individually about your medications and whether you are taking them properly. The private appointments cover interactions with other medications and conditions, appropriate doses, correct usage, monitoring, potential cost savings, and more.

Appointments available Thursday, September 17
from 9am-3:30pm at Elevate

RSVP required. Call 218-347-1974 to reserve!

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

FUNERAL PRE-PLANNING

Join us for a thoughtful and informative session about funeral preplanning with Schoeneberger Funeral & Cremation Service.

Discover the peace of mind that comes with planning ahead and making your wishes known. We'll explore funeral and cremation options, preplanning and prepayment, costs and payment options, and important decisions to consider when making arrangements. Learn how planning ahead can help ensure your wishes are honored while easing the emotional and financial burden on your loved ones during a difficult time.

There will be an opportunity to ask questions and learn more about the planning process in a comfortable, no-pressure setting.

Thursday, September 24 from 11am-noon
at Elevate - 318 6th Ave SW, Perham
RSVP Appreciated.



Join us for cards, games, treats, and plenty of laughter. Whether you're a seasoned player or just learning, everyone is welcome at the table. Plus, treats provided by Yummy Sweets + More, who also generously sponsor the club.

MONDAYS FROM 12:30 – 2:30PM
PACC Front Lobby



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

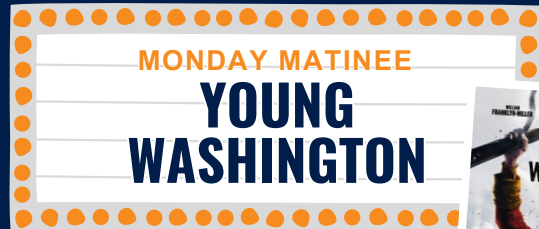
Fourth Wednesday | 3:30-4:30pm | Elevate

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.



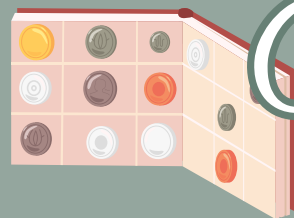
MONDAY
SEPT. 21

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



Cost: \$6
includes a pop and popcorn

All ages are welcome!



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

**FOOT
CARE
CLINIC**

TUESDAYS

August 25

October 6

November 17

FRIDAYS

August 28

October 9

November 20

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

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

DIGITAL LIFE SKILLS

presented by
 arvig.

BUYING & SELLING ON FACEBOOK MARKETPLACE

Thursday, September 10 from 10-11am
at Elevate - 318 6th Ave SW, Perham

Learn how to confidently buy and sell items on Facebook Marketplace in this hands-on class. Arvig's tech gurus will cover how to create listings, communicate safely with buyers and sellers, spot common scams, and make secure transactions.

**PLEASE
RSVP**



*Bring your devices
to follow along!*

GRANDPARENTING IN THE AGE OF OVERINDULGENCE VIRTUAL STREAMING

Thursday, September 3 from 11am-noon
at Elevate - 318 6th Ave SW, Perham

Join us for a group streaming of this webinar available through the University of Minnesota Extension for their 2026 Healthy Aging Month Webinar Series. The grandparent-grandchild relationship differs for each family and will change over time. This can be a challenge when overindulgence is happening within the family system. Learn ways to successfully navigate the relationships between grandparent, parent, and grandchild. Presented by U of M professors Ellie McCann & Kelly Kunkel.
RSVP requested.



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 August birthdays with us at Connections. Thanks to Magnifi Financial, folks celebrating their birthday get a free lunch and everyone gets a special birthday dessert!

Monday, September 14 at 11:30am
in the Connections Room at PACC



Tuesday, September 29
12:15pm at Connections



HOLIDAY MARKET

DONATE STARTING
SEPTEMBER 21

THE KIDS ONLY HOLIDAY MARKET IS BACK!

Our Elevate Elves are ready to make the season magical for kids again! Starting Monday, September 21, we're collecting gently used or new items for kids to pick out as holiday gifts for their loved ones.

We're looking for donations like:

- **Outdoor/Hobby:** Hunting or fishing accessories, tools
- **Tech & Gadgets:** Small electronics, phone accessories
- **Kitchen Essentials:** Cookware, utensils, 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 SW, Perham. Let's give these treasures a new home and spread some holiday cheer!



Community CLEANUP

FRIDAY, OCTOBER 2

We're organizing a day of service to help older adults in our community get ready for the season. Know someone who could use an extra hand? We're looking for fall projects we can tackle with care and kindness.

PROJECTS INCLUDE:

Weed pulling
Cut back perennials
Harvest final produce
Flower pot clean out
Cover ACs
Bring in hoses
Store outdoor furniture
Window washing
Change Batteries
Fall Decorating
and more!

**SUBMIT YOUR
PROJECT**



Project Registration Forms can be found and submitted at Perham Area Community Center or United Community Bank!

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