



WELCOME TO ELEVATE!

Are you new here? So am I. My name is Mindi Larson and I am the Community Coordinator here at Elevate. My husband, Scott, and 14-year-old daughter, Jovie, moved to Perham this fall and it has been so fun to meet new people and explore our new community.

My goal is to connect people with people! I have planned events to give others the chance to try something new, helped some Nosey Neighbors see inside local businesses and organizations, locate flexible work options, and so much more.



Each time I put an event like the upcoming stained glass exploratory class together, I get so nervous! (And excited!) Will people like this? Will they show up? Will they learn something new? And so far: many of you have shown up! I am so excited to see what is next for Elevate. We have some really awesome upcoming events and I hope to see lots of familiar and even more new faces and names.

So-join us! Bring a friend. Or call me-I'd be happy to meet you there.

Contact Mindi



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(218) 347-1974

Upcoming SIGNATURE EVENTS

 **CPR + First Aid 101**
Monday, March 13 from 4-7pm
Perham Fire Department
Cost: FREE

 **PiYo 101**
Wednesday, March 15 at 5pm
Lakes Fit, Vergas
Cost: \$15

 **MELT Method 101**
Friday, March 17 at 1:30pm
Perham Area Community Center
Cost: \$16

 **Lund Boats**
Tuesday, March 21 at 1pm, 2pm
New York Mills

 **The Bridge**
Tuesday, March 21 at 3pm
Perham

 **Strong & Movin' 101**
Tuesday, March 28 at 2pm
Perham Area Community Center
Cost: \$10

 **Bongards**
Thursday, March 30 at 2pm
Perham

 **Boys & Girls Club**
Tuesday, April 4 at 2pm
Perham

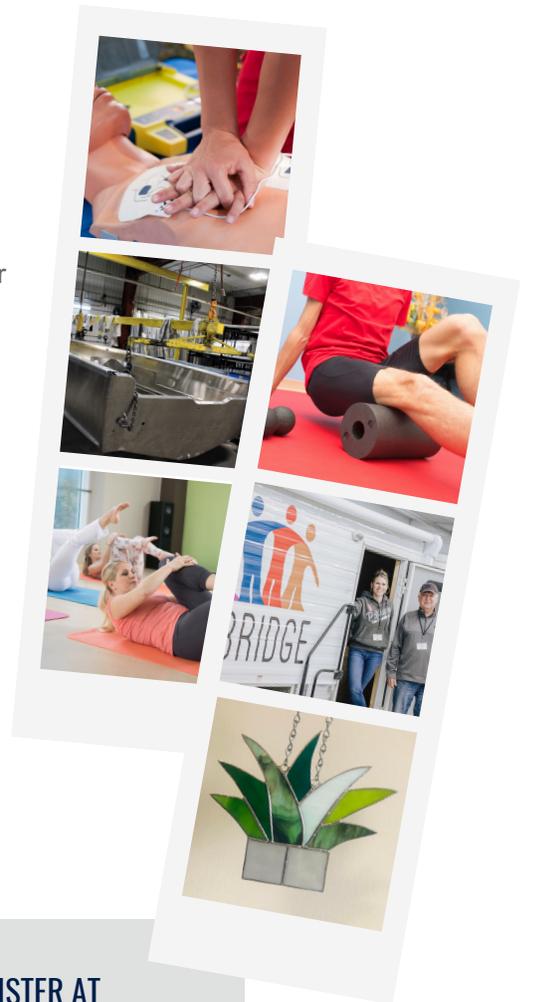
 **Holistic Healing**
Tuesday, April 11 at 3-5:30pm
Michelle's Cutting Edge, Dent

 **Stained Glass 101**
Saturday, April 15 at 2pm
Gathering Grounds
Cost: \$40

 **EXPLORATORY**
Explore a new activity or skill in our casual, no-commitment classes.

 **NOSEY NEIGHBOR**
Explore what happens behind the scenes of our local businesses.

REGISTER AT
elevateotc.org/events



INTRODUCING TECHNOLOGY 101

Keeping up with your kids and grandkids isn't as easy as it used to be. With constant updates to technology and devices, it can be hard to stay in the loop.

So we're launching Technology 101! Join us for FREE technology sessions at the Perham Public Library to get the help you need.

Register at elevateotc.org/events
15 spots available

INTRO TO EMAIL

Tuesday, March 28 at 2pm

In this digital world, we need to be able to communicate safely. Let's talk through email set up, management, and security.



INTRO TO APPS

Tuesday, April 25 at 2pm

There are so many different applications that can be used and downloaded on a smartphone. Let's talk through popular phone apps and what they can help you do.

INTRO TO SECURITY

Tuesday, May 30 at 2pm

Internet security can be intimidating. Let's talk through how you can protect yourself on your devices and be safe on the internet.

Upcoming COFFEE TALKS

Explore a topic or idea while sipping coffee and connecting with others.

Wednesday, Mar 1 at 10am

Perham Area Community Center
Topic: Lutheran Social Services

Wednesday, Mar 22 at 10:30am

New York Mills Public Library
Topic: Recycling in Otter Tail County

Wednesday, Mar 8 at 10:30am

New York Mills Public Library
Topic: Volunteering in Your Community

Wednesday, Mar 29 at 10am

Perham Area Community Center
Topic: Reverse Mortgages

Wednesday, Feb 15 at 10am

Perham Area Community Center
Topic: Nutrition with Gwen Horter, Dietician

See you there!



UNRETIREMENT IS TRENDING

Have you heard? All the cool retirees are heading back to work... but it's not what you're thinking.

Neuroscientist Daniel Levitin says that the key to living a satisfying, long life is simply: Stay busy. But not with busy work or trivial pursuits, but with meaningful activities.

For some, that may mean returning to the workforce in some capacity. It doesn't have to be full-time. Maybe it's a few hours a week bagging groceries or cutting fabric just to get out of the house and socialize with others.

For others, that might mean volunteering their time. There is a transformative effect in helping others that can lead to lasting health benefits.

Either way, we're here to help you find meaningful ways to spend your life wherever you are. Join us for fun events, check out our volunteer opportunities, or learn more about flexible work at elevateotc.org.


YOUR HEALTH • YOUR WAY

 connect@elevateotc.org

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 elevateotc.org

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