

## ELEVATE YOUR SPRING EXPERIENCE WITH FUN-FILLED EVENTS IN OUR AREA

from Mindi, Community Coordinator

Spring is the perfect time to get out and enjoy the beautiful weather, and our area offers many perfect opportunities to do just that! Our signature Elevate events provide a fun and engaging atmosphere where you can meet new people and make lasting memories. Often, these gatherings are an excellent way to support local businesses and organizations while having a great time. So whether you want to tour a local business or try your hand at watercolor: we've got something for everyone. Can't wait to spend my Spring with you. Join us!

### Upcoming SIGNATURE EVENTS

#### Charcuterie 101

Wednesday, May 3 from 4-7pm  
Lakeside Golf Course  
\$40

#### Self-Defense 101

Wednesday, May 10 from 6-8pm  
Perham Area Community Center  
Cost: \$25

#### CrossFit 101

Tuesday, May 16 at 3pm  
CrossFit Teho, Perham  
Cost: \$20

#### Walker Lake Hatchery

Friday, May 19 from 4-5:15pm  
32870 Co Hwy 14, Richville

#### Industrial Finishing Services

Tuesday, May 23 from 3-4:30pm  
Perham

#### Jacket Manufacturing

Wednesday, May 24 from 12:30-2pm  
Perham High School

#### Tech 101: Intro to Security

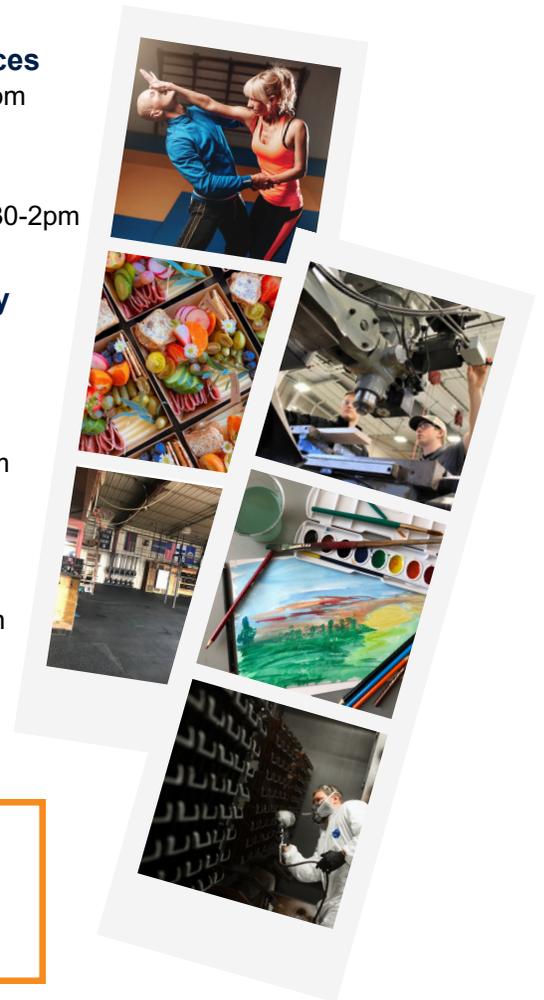
Tuesday, May 30 at 2pm  
Perham Area Public Library

#### Handguns 101

Wed, June 7 from 5:30-7:30pm  
Perham Sportsmans Club  
FREE

#### Watercolor 101

Thursday, June 22 from 5-7pm  
Sculpture Park, NYM  
Cost: \$35



REGISTER AT [elevateotc.org/events](https://elevateotc.org/events)



#### 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.

## The Mixer

Adulting is hard. Join us for a break from life while learning a thing or two.

Tuesday, May 16

from 4:30-6pm

Mills Liquor, NYM

*All are welcome!*

*Topic: Otter Berry Farm*

Join Kris from Otter Berry Farm to learn all about growing strawberries and how the fall corn maze is created!

Join in on the day trip to

## JERSEY BOYS

at Chanhassen Dinner Theatre

Saturday, October 21

<https://elevateotc.events/jersey-boys-bus-trip>

### Upcoming COFFEE TALKS

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

#### More for Less Travel

Wednesday, May 3 at 10:30am  
New York Mills Public Library

#### Acupuncture with Rob Reed

Wednesday, May 10 at 10am  
Perham Area Community Center

#### Genealogy Resources

Wednesday, May 17 at 10:30am  
New York Mills Public Library

#### TBD

Wednesday, May 24 at 10am  
Perham Area Community Center



Photo from  
Giving Voices  
Chorus

# GIVING A NEW VOICE TO THOSE WITH MEMORY LOSS

We are excited to share with you about Elevating Voices, a unique and empowering chorus program for individuals living with memory loss. This program is designed to help people with memory loss find fulfillment and joy in being a part of a chorus.

The program runs for eight weeks, with rehearsals taking place once a week for two hours. During rehearsals, participants will spend an hour singing together and another hour socializing. It is a great opportunity for individuals to come together, form connections, and experience the power of music.



## ELEVATING VOICES MEMORY LOSS CHORUS

**STARTS MAY 23**

LOCATION **CROSSPOINT ALLIANCE CHURCH**  
TIME **2-4PM**

Rehearsals will be two hours in length once a week for eight weeks.

**SIGN UP TODAY!**

**(218) 347-1974**  
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elevateotc.org/elevating-voices

Singing in a chorus is a wonderful activity for those with memory loss. Research shows that the part of the brain that processes music is the last part of the brain affected by Alzheimer's. This means that even people with advanced memory loss can still engage in and enjoy music. Singing in a chorus also provides a sense of community, purpose, and belonging - things that can be hard to come by for people with memory loss.

We are looking for individuals living with memory loss, volunteers, and care partners to join us in this effort. Whether you are someone who loves to sing, enjoys volunteering, or wants to support the program in other ways, we welcome you to be a part of this chorus.

If you or someone you know is living with memory loss and would like to be a part of this program, we encourage you to reach out to us. We believe that everyone has a voice and that every voice deserves to be heard.

Together, we can elevate the voices of those living with memory loss and make a positive impact in their lives. Thank you for your support and we look forward to making music with you!



*Don't miss out on the fun!*  
Get the latest scoop on fun events and happenings to enjoy.



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