



From Left to Right:

Mindi Larson
Community Coordinator

Emily Dreyer
Community Relations Specialist

Jean Tobkin
Health Coach

Maggie Fresonke
Program Manager

MEET OUR ELEVATE TEAM!

We thought it was about time to introduce you to the incredible team behind Elevate—the masterminds responsible for the magic that makes Elevate shine. From organizing the wildly popular Nosey Neighbors tours to facilitating seamless patient referrals, our team has been hard at work, ensuring our community ages with grace and joy. We invite you to join us on a journey where we dream big, exploring innovative ways to enhance the well-being of our community and create a brighter future for all. So buckle up and get ready to join us for some fun events this summer. We look forward to meeting you!



WE'RE TAKING ON A FARMERS MARKET!

We're partnering with the Perham Chamber and City of Perham to take over the marketing and management of the Perham Farmers Market! You can find the Farmers Market in NP Park (between the post office + MN Tru North) on Wednesdays and Fridays from 8am-3pm.

Want to be a vendor?

Fill out the application at elevateotc.org/farmers-market

Upcoming SIGNATURE EVENTS

- 👉 **City of Perham**
Tuesday, June 6 from 4-5:30pm
Ride the trolley between stops!
- 💡 **Handguns 101**
Wed, June 7 from 5:30-7:30pm
Perham Sportsmans Club
FREE
- **Mastering Medicare: The Donut Hole**
Wednesday, June 21 from 4-5:30pm
Lakeside Event Center, Perham
- 💡 **Watercolor 101**
Thursday, June 22 from 5-7pm
Sculpture Park, NYM
Cost: \$35

- **Cookbook Club**
Wednesday, July 12 at 5pm
Perham Public Library
- 👉 **Kenny's Candy**
Tuesday, July 18
Two tours: 9am-noon or 3-5pm
- **Outdoor Open Mic Night**
Thursday, July 20 at 7pm
NYM Sculpture Park
Food Truck starting at 6pm

REGISTER AT
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.





INTRODUCING MASTERING MEDICARE

Most Medicare eligibles are overwhelmed by their coverage options. We're partnering with Burgau Insurance to offer Mastering Medicare sessions so that you have the right coverage and can make the most of it.

Our first session will cover Medicare Part D Prescription plans. June/July is around the time that many Medicare eligibles start hitting the "donut hole" with their plans. Most don't understand what this means, how they get there, or how and when they would move through the donut hole. And no—it's not the sweet treat that you're thinking.

If you have questions about Medicare, join us for an engaging conversation to learn more about your coverage and what it can do for you.

Mastering Medicare: The Donut Hole
Wednesday, June 21 from 4-5:30pm

The Mixer

Tuesday, June 20
from 4:30-6pm
 Mills Liquor, NYM

All are welcome!

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

Topic: History of Lunds

Let's get ready for Lundmania with an interesting history of Lund Boats! Plus, a lake-themed cocktail to enjoy during the chat.



Don't miss out on the fun!

Get the latest scoop on fun events and happenings to enjoy.



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Sign up for
 our Email List

Upcoming COFFEE TALKS

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

Lakes Area Bike Club
 Wednesday, June 7 at 10am
 Perham Area Community Center

Funeral Pre-Planning
 Wednesday, June 14 at 10:30am
 New York Mills Public Library

Sisu Nutrition
 Wednesday, June 28 at 10:30am
 New York Mills Public Library

Join in on the day trip to

JERSEY BOYS

at Chanhassen Dinner Theatre

Saturday, October 21 ↖

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

Bus Trip organized by Perham/Frazee Community Education.