

THE ELEVATOR

February 2024

FULL EVENT
LIST INSIDE!

EMBARK ON EXCITING ADVENTURES WITH BUS TRIPS IN 2024!

Bus trips were the most requested activity since we started hosting events, and now we can finally check it off the list! We've teamed up with Engage, a program similar to Elevate out of the Detroit Lakes Community & Cultural Center, to bring even more exciting opportunities to our community. We're thrilled to announce that their bus trips will now make a convenient stop in Perham allowing more participants to come aboard and enjoy the journey.

What can you expect from our trips? A diverse range of activities awaits, from captivating musicals to thrilling baseball games and, of course, indulging in delicious fair-style food on a stick! There's something for everyone on our bus trips.

Here is the 2024 bus trip schedule:

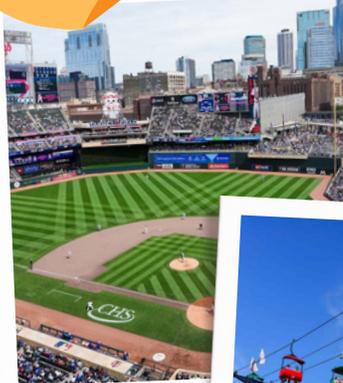
- ▲ **Winter Blues Overnighter**
Wednesday, March 13 - Thursday, March 14
- ▲ **Beautiful: The Carole King Musical**
Wednesday, June 5
- ▲ **Minnesota Twins vs Philadelphia Phillies**
Wednesday, July 24
- ▲ **Senior Day at Minnesota State Fair**
Thursday, August 29
- ▲ **Minnesota Renaissance Fair**
Friday, September 27

To make your participation even more enticing, we are pleased to offer a special member discount for DLCCC and Perham Area Community Center members. All of the planning, registration, and trip coordination are seamlessly managed through the DLCCC and Melia (Engage Coordinator).

If you have any questions, please connect with Melia at 508-446-4410 or melia@dlccc.org. ▲



leaving from
**Detroit Lakes
& Perham**



Scan the QR code for more
details + registration!

<https://elevateotc.events/bus-trips>

Upcoming Events

▲ Free Event, Registration Required

▲ Paid Event, Registration Required

▲ Free Event, No Registration Needed

Thursday, February 1

- ▲ **Exploratory: Hearty Soups**
12-1pm | Elevate
Cost: \$10 - FULL

Tuesday, February 6

- ▲ **Walking Club**
10-11am | PACC

Wednesday, February 7

- ▲ **Blood Pressure Checks**
9-11am | PACC
- ▲ **Coffee Talk: MyoFascial Release**
10:30-11:30am | PACC
- ▲ **Exploratory: Paper Beads**
5:30-7pm | NYM Cultural Center
Cost: \$30

Tuesday, February 13

- ▲ **Senior Day at the PACC**
9am-1pm and 4-7pm | PACC
- ▲ **Foot Care Clinic**
9am-2pm | Perham Living Salon
Cost: \$30
- ▲ **Walking Club**
10-11am | PACC

Wednesday, February 14

- ▲ **Blood Pressure Checks**
9-11am | PACC
- ▲ **Coffee Talk: TESTIFY Exhibit**
10:30-11:30am | NYM Library

Friday, February 16

- ▲ **Exploratory: Water Fitness**
9-10am | PACC

Monday, February 19

- ▲ **Exploratory: XaLite Dance**
4:30-5:15pm | PACC

Tuesday, February 20

- ▲ **Exploratory: Water Fitness**
9-10am | PACC
- ▲ **Walking Club**
10-11am | PACC
- ▲ **The Mixer: Continental Divide Brew Pub**
4:30-6pm | Brew Pub

Wednesday, February 21

- ▲ **Blood Pressure Checks**
9-11am | PACC
- ▲ **Coffee Talk: Live Well in Your Home**
10:30-11:30am | PACC

Tuesday, February 27

- ▲ **Walking Club**
10-11am | PACC
- ▲ **Nosey Neighbor: Jacket Manufacturing**
1-2:15pm | Perham High School

Wednesday, February 28

- ▲ **Blood Pressure Checks**
9-11am | PACC
- ▲ **Coffee Talk: New Extension Educator**
10:30-11:30am | NYM Library
- ▲ **Exploratory: Leather Earrings**
1-2:30pm | Elevate
Cost: \$10

Thursday, February 29

- ▲ **Nosey Neighbor: History Museum**
1-3pm | EOTC History Museum

Tuesday, March 5

- ▲ **Walking Club**
10-11am | PACC

Wednesday, March 6

- ▲ **Blood Pressure Checks**
9-11am | PACC
- ▲ **Coffee Talk: Balanced Breakfast**
10:30-11:30am | PACC
- ▲ **Nosey Neighbor: Kit Masters**
1-2:30pm | Kit Masters

Thursday, March 7

- ▲ **Exploratory: Woven Mug Rugs**
3-5pm | NYM Cultural Center
Cost: \$35

Tuesday, March 12

- ▲ **Walking Club**
10-11am | PACC
- ▲ **Mastering Medicare: A Guide for Soon-to-Be 65s**
4-5:30pm | Lakeside, Perham

Wednesday, March 13

- ▲ **Exploratory: Fresh Bread**
1-3pm | MW Pastry, Vergas
Cost: \$25
- ▲ **Coffee Talk: Operation Freedom**
10:30-11:30am | NYM Library

Thursday, March 14

- ▲ **Tech 101: eBooks**
2-4pm | NYM Library

REGISTER AT elevateotc.org/events



Elevate
318 6th Ave SW
Perham

PACC
620 3rd Ave SE
Perham

Perham Library
225 2nd Ave NE
Perham

NYM Library
30 Main Ave N
New York Mills

NYM Cultural Center
24 Main Ave N
New York Mills



NOSEY NEIGHBOR *Jacket Manufacturing*

Get a peek at what local students have been working on this year! Join on for a tour of Perham High School's student-run manufacturing facility and business on Wednesday, February 21 from 1-2:15pm. Space is limited. Registration required.



VOLUNTEER OPPORTUNITY *Perham Living Happy Hour*

Say what? There is an opportunity to volunteer at Happy Hour? Sounds like a win-win!

Join residents and their guests every Thursday from 2-3pm at Perham Living for a social hour complete with beverages, snacks, and comradery. Volunteers help keep residents company, pass out light appetizers, clean up, and more!

See all volunteer opportunities available in the area at www.elevateotc.org/volunteer ▲



Join our **WALKING CLUB CHALLENGE**

Have you given up on your New Year's resolution? Get back on track (literally) and join our Walking Club Challenge! Starting February 6, sign in 10 times at Walking Club to be put into a drawing for a Perham mug and a Nest gift card.

Join us every Tuesday from 10-11am at Perham Area Community Center! ▲



FOOT CARE **CLINIC**

TUESDAYS - FEB. 13 & MAR. 26

Appointments available from 9am - 2pm
Perham Living Salon, 735 3rd Street SW
Cost: \$30

BOOK YOUR APPOINTMENT:

- Call or text 218-371-8888
- Email polishedspa18@gmail.com

FREE BLOOD **PRESSURE CHECKS**

Wednesdays from 9-11am

Perham Area Community Center



Staffed by volunteers. No registration needed!

SENIOR DAY

AT THE PACC

Hosted By:



DISCOVER WELLNESS AND COMMUNITY AT SENIOR DAY!

We are delighted to announce a special event that promises to be a day of discovery, community, and well-being. Get ready for "Senior Day at the PACC" – a fantastic collaboration between Elevate and the Perham Area Community Center.

Come learn about what the PACC has to offer, get more information on membership options through your health insurance, get a free blood pressure check, and enter for a chance at some giveaways!

See you there on Tuesday, February 13 from 9am-12pm or 4-7pm at Perham Area Community Center!

Tuesday, February 13
from 9am-12pm and 4-7pm

Tours of the newly renovated
Perham Area Community Center

Free Blood
Pressure Checks

Equipment + Fitness
Demonstrations

Membership
Signups

Giveaways



ELEVATING VOICES

MEMORY LOSS CHORUS

Elevating Voices empowers people living with memory loss to find fulfillment and joy in being part of a chorus. All individuals living with memory loss, volunteers, and care partners are invited to join us.

Rehearsals are from 2-4pm at Crosspoint Alliance Church. We'll sing for about an hour, and then spend an hour socializing!

**REHEARSALS START
TUESDAY, APRIL 9**

Learn more at elevateotc.org/elevating-voices



Exploratory: LEATHER EARRINGS

Join us for a leather earring making class with Lana Westland Holmer! You'll get to choose from many colors and styles of leather to make two pairs of earrings. All earring hardware supplied is hypoallergenic. Leather earrings are lightweight and very comfortable to wear.

Wednesday, February 28 from 1-2:30pm
at Elevate Conference Room
Cost: \$10



✉ connect@elevateotc.org

☎ (218) 347-1974

🌐 elevateotc.org

📍 318 6th Ave SW, Perham



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our Email List