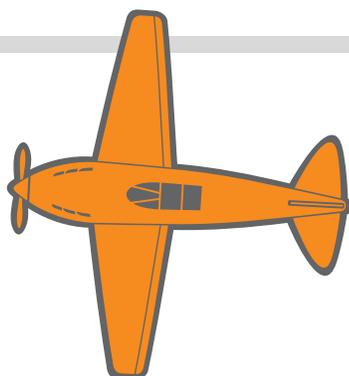


# THE ELEVATOR

March 2024

FULL EVENT  
LIST INSIDE!



elevate  
Connections

starting  
March 6

## ELEVATE CONNECTIONS: JOIN US ON MARCH 6TH!

We are thrilled to introduce our newest program, Elevate Connections, on Wednesday, March 6 at Perham Area Community Center! All adults are welcome to join our vibrant community to explore new interests, share a meal together, engage in fitness opportunities, socialize with old and new friends, and get the resources you need to enjoy life at any stage.

### All are welcome to join us!

Our daily programming is open to adults of all ages, and you are welcome to come and go as you please. A membership or day pass to the Perham Area Community Center is required to join the activities. There are many health insurance companies that offer discounted or free memberships. Our Elevate team and the PACC are happy to see what you qualify for and assist with sign up. Reduced or no cost options are available.

### Let's dine together!

We will be serving a nutritious and delicious lunch Monday through Thursday at 11:30am in the Connections Room at the PACC. Cost for the meals is \$4/meal for those over 60, and \$8/meal for our younger friends. Meals are catered by Perham Living and must be reserved by 12pm the day prior. Call 218-347-1974 to reserve! We will also have daily sign up sheets in the Connections Room.

### Kicking off on Wednesday, March 6th!

Join us for our first official activities on Wednesday, March 6. Make sure to grab our Elevate Connections Activities Calendar for the month of March to view all of the different opportunities for connection. Visit [elevateotc.org/connections](http://elevateotc.org/connections) for more details and calendars.

We hope to see you soon! ➤

## ACTIVITIES

Arts & Crafts  
Blood Pressure Checks  
Card Games  
Coffee Talks  
Fitness Opportunities  
Happy Hour  
Health Resources  
Kindness Club  
Tech Support  
Walking Club  
Wellness Chats  
and more!

## LUNCH

**Monday - Thursday  
served at 11:30am**

Call 218-347-1974 to  
reserve your meal.

## HOURS

**Monday - Thursday  
from 10am-2pm**

Perham Area  
Community Center  
620 3rd Ave SE, Perham

# Upcoming Events

▲ Free Event, Registration Required

▲ Paid Event, Registration Required

▲ Free Event, No Registration Needed

## 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

▲ Blood Pressure Checks  
9-11am | PACC

▲ Coffee Talk: **Operation Freedom**  
10:30-11:30am | NYM Library

▲ Exploratory: **Fresh Bread**  
1-3pm | MW Pastry, Vergas  
Cost: \$25

## Thursday, March 14

▲ Social Security: **Timing is Everything**  
1-2pm | Elevate

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

## Tuesday, March 19

▲ Walking Club  
10-11am | PACC

▲ Mixer: **Skal**  
4:30-6pm | Skal, Vergas

▲ Exploratory: **Stretch for Strength**  
6:30-7pm | PACC

## Wednesday, March 20

▲ Blood Pressure Checks  
9-11am | PACC

▲ Coffee Talk: **Home Health Services**  
10:30-11:30am | PACC

## Tuesday, March 26

▲ Foot Care Clinic  
9am-2pm | Perham Living  
Cost: \$30

▲ Walking Club  
10-11am | PACC

▲ Exploratory: **Spring Floral Workshop**  
1-2:30pm | Elevate  
Cost: \$50

## Wednesday, March 27

▲ Blood Pressure Checks  
9-11am | PACC

▲ Coffee Talk: **Finn Creek Museum**  
10:30-11:30am | NYM Library

▲ Exploratory: **Spring Cookie Decorating**  
1-3pm | Elevate  
Cost: \$25

## Thursday, March 28

▲ Nosey Neighbor: **ITOW Veterans Museum**  
1-3pm | ITOW

## Tuesday, April 2

▲ Walking Club  
10-11am | PACC

▲ Cost Cutting Strategies  
1-2pm | Elevate

## Wednesday, April 3

▲ Blood Pressure Checks  
9-11am | PACC

▲ Coffee Talk: **Coffee with a Cop**  
10:30-11:30am | PACC

## Monday, April 8

▲ Budgeting 101 with **United Community Bank**  
1-3pm | Elevate

## Tuesday, April 9

▲ Walking Club  
10-11am | PACC

▲ Elevating Voices **Memory Loss Chorus**  
2-4pm | Crosspoint Alliance



**REGISTER AT**  
[elevateetc.org/events](http://elevateetc.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



## TRANSFORMING LIVES: FREE BLOOD PRESSURE CHECKS

Join us **every Wednesday from 9-11am** at the Perham Area Community Center for our highly successful free blood pressure checks! Our dedicated team has been making a positive impact by identifying high blood pressure cases, prompting individuals to schedule appointments with their healthcare providers for medication adjustments. If you or someone you know is dealing with blood pressure concerns, take the first step towards a healthier life by stopping by for a free blood pressure check. Your well-being is our priority, and together, we can work towards better heart health. Don't miss out – join us and take control of your blood pressure journey! ➤

## MASTERING MEDICARE

# A GUIDE FOR SOON-TO-BE 65S

**Turning 65 this year?** Join us for an introduction to Medicare! This session will help you navigate your healthcare transition as you turn 65. We'll break down the basics of Medicare Parts A, B, C, and D, talk about what they cover, and discuss costs. From enrollment periods to supplemental plans, we'll give you the tools to make informed decisions about your healthcare.

Even if you have been on Medicare for a while, you are welcome to attend for refresher course on the basics of Medicare.

Hosted by Elevate and Burgau Insurance. Light appetizers provided!



**TUESDAY, MARCH 12**

from 4-5:30pm  
Lakeside Event Center

**RSVP Appreciated**  
[elevateotc.events/medicare-101](http://elevateotc.events/medicare-101)



## CALLING ALL LOCAL PRODUCERS AND ARTISANS!

Exciting News! The Perham Farmers Market is gearing up for a fantastic season with new times (9am-1pm) and a fresh location at the old high school grounds. We invite farmers, growers, bakers, makers, and vendors to be part of our vibrant community market by showcasing your locally sourced goods starting after Memorial Day.

Join us in creating a diverse marketplace that celebrates the best our region has to offer! Whether you grow fresh produce, bake delicious treats, craft unique items, or offer handmade goods, we want YOU at the Perham Farmers Market.

Ready to be a part of this thriving community event? Fill out your vendor application today at [elevateotc.org/farmers-market](http://elevateotc.org/farmers-market). Let's make this season the best one yet – together! ➤



## Elevating Voices SPRING SESSION COMING SOON

Come sing with us! We're seeking individuals living with memory loss and volunteers to join our Elevating Voices Memory Loss Chorus starting on Tuesday, April 9. We'll sing familiar tunes and then spend time socializing for 8 weeks from 2-4pm at Crosspoint Alliance in Perham.

Visit [elevateotc.org/elevating-voices](http://elevateotc.org/elevating-voices) for details or call us at 218-347-1974.

### NEED A LIFT? GIVE US A CALL!



There are many individuals in our community that don't have transportation to their critical medical appointments. Elevate is proud to partner with local volunteers to staff the Elevate van and fill the gap in transportation.

There are some requirements: individuals must be ambulatory, there is a cost, rides must be scheduled in advance, and the van is subject to availability.

Give us a call at 218-347-1974 for more details and availability.



### A NEW CONCEPT FOR THE MIXER

We had a blast checking out the Continental Divide Brew Pub in New York Mills for our last Mixer, so we figured we should start mixing it up! It's called The Mixer after all. Moving forward, we are going to go check out a different local restaurant each month, and everyone is invited to join us! We do want to give the establishments a headcount for our group, so registration is preferred.

On Tuesday, March 19, we're heading over to Skål in Vergas. On Tuesdays, they have a taco special -- 2 tacos for just \$5, but you're welcome to order anything off the menu.

Register today at [elevateotc.org/events!](http://elevateotc.org/events!)

### VROOM, VROOM: DON'T FORGET ABOUT THE 2024 COACH BUS TRIPS!

We're partnering with the Engage program in Detroit Lakes to bring coach bus trips to Perham! Check out the full schedule and details at [elevateotc.events/bus-trips](http://elevateotc.events/bus-trips).



✉ [connect@elevateotc.org](mailto:connect@elevateotc.org)

☎ (218) 347-1974

🌐 [elevateotc.org](http://elevateotc.org)

📍 318 6th Ave SW, Perham



Follow us on  
Facebook



Sign up for  
our Email List