

# THE ELEVATOR

February 2025



## CONNECTIONS: AT THE HEART OF WHAT WE DO

February is Heart Health Month, a time to focus on the things that keep our hearts healthy and full. For us, that means celebrating our Connections program, which truly lies at the heart of what we do. Connections is the only daily program we offer, and it has become so much more than just a meal—it's a gathering of hearts, a place where friendships flourish, and a cornerstone of community.

Every day, we witness the joy of new and old friends coming together to share more than just food. They share stories, laughter, and the ups and downs that come with aging. It's a safe space to connect, whether you're celebrating life's small victories or navigating its challenges. These moments remind us that heart health isn't just about what's on your plate—it's about connection, support, and joy.

All are welcome to join us. Whether you're looking for a place to enjoy a hot meal, a cup of coffee, or simply good conversation, you'll find a chair waiting for you and friendly faces ready to greet you.

If you're feeling inspired to give back, we're always looking for volunteers to help make Connections even stronger. Whether it's serving meals, assisting with activities, or simply offering a listening ear, your time and energy can make a world of difference.

This Heart Health Month, let's remember that a healthy heart is a connected heart. Join us at Connections and experience the warmth, joy, and community that's waiting for you. ➤



## Heroes AT Heart



### INSPIRING STORIES AND LIFE-SAVING LESSONS

Join us this February for an empowering Heart Health Month event focused on AED and CPR education. Hear Brent Hanson's inspiring story of surviving cardiac arrest at 19, learn from Perham EMS about real-life lifesaving scenarios, and participate in hands-on AED and CPR training. While not a certification course, this event is open to all and designed to equip you with the confidence to save lives.

**Monday, February 24**  
from 5:30-6:30pm at Elevate  
*RSVP Required*

## FREE BLOOD PRESSURE CHECKS

Wednesdays from 9-11am

Perham Area Community Center



# elevate

## Connections



Connections is more than just a meal—it's a place to build friendships, share laughter, and feel supported. Come join the fun. You're always welcome at our table!



### COFFEE IS ON!

Stop in for a cup of coffee and social time starting at 10am daily in the Connections Room!



### CONNECTIONS DAILY LUNCH

Lunch is served Monday - Thursday at 11:30am in the Connections Room at Perham Area Community Center.

### PLAY CARDS

Join us for a few rounds of cards after lunch in the Connections Room at PACC!

- **Mondays - Whist**
- **Thursdays - Nickel Nickel or Cribbage**



### VALENTINE'S DAY PARTY & BINGO

Celebrate Valentine's Day with us at Connections! Enjoy a fun-filled party with bingo, prizes, and plenty of love in the air.

**Wednesday, February 12 at 12:30pm**  
*Connections Room at PACC*

### SPUDS FOR LOVE BAKED POTATO LUNCH

Join our Connections crew for lunch at Spanky's Stonehearth baked potato bar to support Boys & Girls Club and Empowering Kids—free-will donations appreciated!

**Thursday, February 13 at 11:30am**  
*Boys & Girls Club - 221 Fox St, Perham*



### CONNECTING THE AGES

Join us for fun activities that bring generations together, creating lasting memories and connections for all ages, in partnership with Mom's Life of Perham!

**Tuesday, February 18 at 10am**  
*Adventure Lounge at PACC*



### MONTHLY BIRTHDAY LUNCH

Celebrating a birthday in February? Join us for our Monthly Birthday Lunch complete with candles and singing!

**Wednesday, February 19 at 11:30am**  
*Connections Room at PACC*

### ASK NURSE JEAN

Connections Members are invited to join us for an interactive session with Elevate's RN Health Coach, Jean Tobkin, to get personalized advice on chronic conditions, medication, nutrition, and wellness!

**Wednesday, February 26 at 10:30am**  
*Connections Room at PACC*

Please Note: The suggested donation for Connections lunches has increased to \$5 per meal to help cover rising costs and ensure the program continues. Donations are voluntary and confidential, and **no one will be refused a meal**, so we encourage everyone to contribute what they can—thank you for your support!

Reserve your meal by leaving a message at 218-347-1974 by **12pm the business day before.**



## THE STELTONS: FINDING COMMUNITY AND WELLNESS AT CONNECTIONS

Gary and Judy Stelton have found a meaningful way to stay active and engaged by attending the "Connections" meal program at the Perham Area Community Center (PACC) two to three times a week. After Judy's heart surgery, both of them realized that they needed to become more active in order to maintain their health. As Gary put it, "If you don't use it, you lose it, so we knew we needed to become more active."

One day, while they were at the PACC, an announcement on the TV screens caught their attention about the Connections meal. Intrigued, they decided to give it a try – and have been enjoying it ever since.

Not only have they found the food to be satisfying, but the social aspect has been just as rewarding. Judy shared, "The people are fun to talk to. They are so friendly and just embrace you from the start." Gary added, "I've learned a lot about Perham and other things from the group. They are so interesting to talk with." The Steltons appreciate the diverse group of people they meet and the conversations that enrich their experience.

Judy's favorite dish at Connections is the chili, while Gary enjoys the beef stroganoff or roast beef. "The food is good, but the connections are even better," said Judy. Both Gary and Judy have noticed how the Connections program continues to grow, welcoming new faces and sharing new stories. They leave each meal feeling refreshed and grateful for the sense of community.

For the Steltons, Connections has become much more than a meal – it's a place where friendships flourish, and the sense of connection is as nourishing as the food itself. ➤

# MOVE IT ➤➤➤ CHALLENGE

*If you don't use it, you'll lose it.*

We're on a mission to move for Heart Health Month. Join the Move It Challenge and make every minute of movement count toward a healthier heart and lasting independence!

### ▲ HOW IT WORKS:

Get minutes by joining us for lunch and completing an activity at the PACC—every minute brings us closer to our group goal of 2,400 movement minutes!

### ▲ PARTICIPATE IN DAILY GROUP ACTIVITIES AT CONNECTIONS:

**Mondays/Wednesdays:**  
Movement Videos

**Try It Tuesdays** = 5 bonus minutes!

- Silver Sneakers - Feb. 11 at 10:30am
- Pickleball - Feb. 25 at 10:30am

**Thursdays:**  
Stretching Video

### **And More!**

Try other PACC activities on your own like walking, Nu-Step, chair yoga, water aerobics, or basketball.

### ▲ WIN PRIZES:

- Top 3 Individuals with the most accumulated minutes will win special prizes!
- Group Prizes if we hit our goal of 2,400 movement minutes!

## READY TO GET MOVING WITH US AND KEEP YOUR HEART HEALTHY?

Stop by the Connections Room at the PACC to learn more and sign up!

# NOSEY NEIGHBORS

## LAKESHIRTS

Tuesday, February 25 from 1-3pm at Lakeshirts - 750 Randolph Rd, Detroit Lakes

Join us on an exclusive tour of Lakeshirts, a cutting-edge 325,000 square foot production and warehouse facility, where you'll witness firsthand the meticulous craftsmanship behind their premium clothing and merchandise. Learn why life is better in a t-shirt! **RSVP Required.**

## ROOTS & WINGS FOREST SCHOOL

Thursday, February 27 from 5-7pm at Roots & Wings - 35320 550th Ave, New York Mills

Discover the innovative education at Roots & Wings Forest School during our Nosey Neighbor Tour, where you'll explore indoor and outdoor classrooms, learn about community events, view student projects, and gain insight into our unique, nature-based approach to learning. **RSVP Required.**



## KICK THE WINTER BLUES OVERNIGHTER

Thursday, April 17 - Friday, April 18

Feeling the winter blues? Brighten your spirits with a trip to St. Paul! Enjoy the Secret Warriors show at the History Theatre, a tour of the Swedish Institute Museum, coach bus travel, and a stay at the Drury Plaza Hotel—all fully guided! Pricing starts at \$331.16.



### REGISTER

Scan the QR code or visit [elevateotc.events/bus-trips](http://elevateotc.events/bus-trips) for more details and to register.

### QUESTIONS?

Contact Teri at [teri@dlccc.org](mailto:teri@dlccc.org) or 218-844-4221 ex. 218



# EXPLORATORIES

Come try something new with us! Registration is required due to space restrictions. RSVP at [elevateotc.org](http://elevateotc.org).



## CERAMICS

**COST: \$120**

Tuesdays, February 11, 18, 25, and March 4 (building sessions) and Thursday, March 13 (glazing session) from 6-8pm at PHS Art Studio

Discover the art of ceramics and create unique pieces like pots, bowls, tiles, or sculptures. Over five sessions, you'll learn hand-building techniques, try the electric wheel, and finish your creations with vibrant glazes! Hosted by Peder Butenhoff. **RSVP required.**



## CREPE PAPER FLOWER MAKING

**COST: \$27**

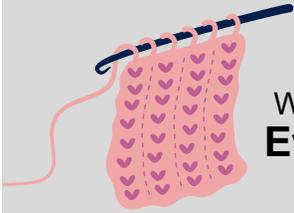
Wednesday, March 26 from 1-3pm at Elevate - 318 6th Ave SW, Perham

Learn to make crepe paper flowers, we will make daffodils for spring. Please bring your own sharp scissors, other supplies provided. We will make one daffodil, and you will go home with enough crepe paper to make an additional flower. Hosted by Leona's Flowers. **RSVP required.**

HAPPENINGS  
AT THE



NEW YORK MILLS REGIONAL  
**CULTURAL CENTER**  
CULTIVATING THE ARTS



## SIT 'N' STITCH

Weekly Fiber Artists' Gathering  
**Every Thursday 5-7pm**  
Free & Open to All!



## ART FOR LUNCH: MINI BARN QUILT

A monthly creative break designed to try new art materials and processes.  
**Thursday, February 13 at 12pm**

## MACRAME WALL HANGING WORKSHOP

Create your own beautiful wall hanging or plant hanger!  
**Wednesday, February 26**  
from 11am-1pm



## DETAILS + REGISTRATION

Please call the NYM Cultural Center at (218) 385-3339 or visit their website.

# GOT A UNIQUE SKILL OR HOBBY TO SHARE?

Do you have a unique skill or hobby you'd love to share? Elevate is seeking enthusiastic individuals to host engaging classes and inspire the community! From creative ideas to practical tips, we'd love to help you bring your passion to life.

**Ready to get started?** Contact Katie at 218-347-1974 or [katie.murdock@perhamhealth.org](mailto:katie.murdock@perhamhealth.org) to get started!



Common Threads is a social fiber arts gathering. Bring your own project and supplies from home and meet others with similar interests. From knitting and crocheting to embroidery and cross stitch, fiber artists of any style and skill level are welcome to drop in.

**Every Saturday Morning from 10:30am-Noon**  
in January, February, and March  
at Perham Area Public Library - 225 2nd Ave NE

For more information, contact Perham Library  
at 218-346-4892.

## BRAIN GAME

Complete  
the heart  
maze!

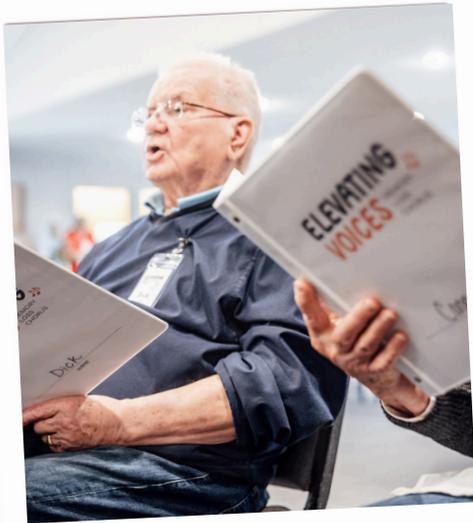


# February Calendar

**EVENT COLOR KEY >** Free Registration Paid Registration Free Event Community Event

Please note that some events need to be pre-paid and pre-registered! More details available in our newsletter.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9-11am   4-7pm - <b>PACC Open House</b> 10am   1pm - <b>Exercise Orientation</b> at PACC (free) 12:15pm - <b>Whist</b> at Connections 2:30pm - <b>Intro to Yoga Workshop</b> at PACC (free) 4pm - <b>Gentle Yoga Stretch</b> at PACC (free)</p> <p>🍴 Hearty Bean Chili / Rice Pudding</p>	<p>4</p> <p>1pm - <b>Safe and Sound: Creating a Clutter-Free Home for Aging</b> at Elevate</p> <p>🍴 Sliced Ham &amp; Pesto Pasta / Toffee Bar</p>	<p>5</p> <p>9-11am - <b>Free BP Check</b> at PACC 10:30am - <b>Coffee Talk: MAHUBE-OTWA &amp; Senior Services</b> at PACC</p> <p>🍴 Turkey Ala King &amp; Biscuit / Pumpkin Spice Fluff</p>	<p>6</p> <p>12:15pm - <b>Nickel Nickel/Cribbage</b> at Connections 5pm - <b>Sit &amp; Stitch</b> at NYM Library (free)</p> <p>🍴 Cheesy Chicken Bake / Red Velvet Cake</p>	<p>7</p> <p>8:45am - <b>Step, Stretch, &amp; Strength</b> at PACC (free) 10am - <b>Yoga for Joint Health &amp; Arthritis</b> at B Still Yoga (\$5)</p> <p>Saturday, February 8</p> <p>10:15am - <b>Intro to Line Dancing</b> at PACC (free)</p>
<p>10</p> <p>12:15pm - <b>Whist</b> at Connections 4:30pm - <b>XaLite Valentines Dance Fitness</b> at PACC (free) 5:30pm - <b>XaBeat Valentines Dance Fitness</b> at PACC (free)</p> <p>🍴 Roast Beef &amp; Mashed Potatoes / Cheesecake</p>	<p>11</p> <p>9am - <b>Foot Care Clinic</b> at Perham Living Salon (\$30) 10:30am - <b>Connections Try it Tuesday: Silver Sneakers</b> at PACC 6pm - <b>Ceramics Class Starts</b> at Perham High School Art Studio (\$120)</p> <p>🍴 BBQ Pork Sandwich / Creme Puffs</p>	<p>12</p> <p>9-11am - <b>Free BP Check</b> at PACC 10:30am - <b>Coffee Talk: Moments Hospice</b> at New York Mills Public Library 12:30pm - <b>Valentine's Day Party with Bingo</b> at Connections</p> <p>🍴 Chicken Alfredo / Chocolate Chunk Bar</p>	<p>13</p> <p>12pm - <b>Art for Lunch: Mini Barn Quilt</b> at NYM Cultural Center (\$10) 4pm - <b>Aging &amp; Wellness: Health Education w/ Tai Chi Chih</b> at Elevate (\$12) 5pm - <b>Sit &amp; Stitch</b> at NYM Library (free)</p> <p>🍴 Spuds for Love Baked Potato Luncheon</p>	<p>14</p> <p>10am - <b>Yoga for Joint Health &amp; Arthritis</b> at B Still Yoga (\$5)</p>
<p>17</p> <p>12:15pm - <b>Whist</b> at Connections 1pm - <b>Monday Matinee "Here"</b> at Comet Theatre (\$6)</p> <p>🍴 Beef Stroganoff / Strawberry Rhubarb Pie</p>	<p>18</p> <p>10am - <b>Connect the Ages</b> at Connections 1:30pm - <b>Tech with Teens</b> at PACC 4:30pm - <b>The Mixer: The Woodshed</b> in Ottertail</p> <p>🍴 Chicken Vegetable Stir Fry / Assorted Bars</p>	<p>19</p> <p>9-11am - <b>Free BP Check</b> at PACC 10am - <b>Coffee Talk: Herbology</b> at PACC 11:30am - <b>Monthly Birthday Lunch</b> at Connections</p> <p>🍴 Pot Roast, Potatoes, Carrots / Carrot Cake</p>	<p>20</p> <p>12:15pm - <b>Nickel Nickel / Cribbage</b> at Connections 2pm - <b>Grieving with Grace Support Group</b> at Elevate 5pm - <b>Sit &amp; Stitch</b> at NYM Library (free)</p> <p>🍴 Grilled Brat, Pasta Salad, Baked Beans / Brownie</p>	<p>21</p> <p>10am - <b>Yoga for Joint Health &amp; Arthritis</b> at B Still Yoga (\$5)</p>
<p>24</p> <p>12:15pm - <b>Whist</b> at Connections 5:30pm - <b>Heroes at Heart: Inspiring Stories and Life-Saving Lessons</b> at Elevate</p> <p>🍴 Chicken Parmesan / Apple Crisp</p>	<p>25</p> <p>10:30am - <b>Connections Try it Tuesday: Pickleball</b> at PACC 1pm - <b>Nosey Neighbor: Lakeshirts</b> in Detroit Lakes</p> <p>🍴 Scalloped Potatoes &amp; Ham / Lemon Pudding</p>	<p>26</p> <p>9-11am - <b>Free BP Check</b> at PACC 10:30am - <b>Coffee Talk: Your Guide to PACC in New York Mills</b> at New York Mills Public Library 10:30am - <b>Ask Nurse Jean</b> at Connections 11am - <b>Macrame Wall Hanging</b> at NYM Cultural Center (\$25)</p> <p>🍴 Hamburger, Potato Salad / Cheesecake</p>	<p>27</p> <p>12:15pm - <b>Nickel Nickel / Cribbage</b> at Connections 2pm - <b>eBooks &amp; Beyond: Mastering Library Technology</b> at Perham Library 5pm - <b>Sit &amp; Stitch</b> at NYM Library (free) 5pm - <b>Nosey Neighbor: Roots &amp; Wings</b> Forest School</p> <p>🍴 Baked Chicken / Peanut Butter Bar</p>	<p>28</p> <p>10am - <b>Yoga for Joint Health &amp; Arthritis</b> at B Still Yoga (\$5) 7:30pm - <b>Dawson Redenius Septet Concert</b> at NYM Cultural Center (\$TBD)</p>
<p>MARCH 3</p> <p>12:15pm - <b>Whist</b> at Connections 1pm - <b>Living to 100: Blue Zones Documentary Series</b> at Elevate</p> <p>🍴 Chicken Cordon Bleu / Assorted Bars</p>	<p>4</p> <p>4pm - <b>Mastering Medicare: Simplifying the Essentials</b> at Elevate</p> <p>🍴 Ribs &amp; Garlic Potatoes / Strawberry Cake</p>	<p>5</p> <p>9-11am - <b>Free BP Check</b> at PACC 10am - <b>Coffee Talk: Robots in Medicine</b> at PACC</p> <p>🍴 Chicken &amp; Dumpling Casserole / Warm Apples</p>	<p>6</p> <p>12:15pm - <b>Nickel Nickel / Cribbage</b> at Connections 5pm - <b>Sit &amp; Stitch</b> at NYM Library (free)</p> <p>🍴 BBQ Meatballs, Potatoes / Pecan Pie</p>	<p>7</p> <p>10am - <b>Yoga for Joint Health &amp; Arthritis</b> at B Still Yoga (\$5)</p>



# ELEVATING VOICES

MEMORY LOSS CHORUS

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, March 25**. We'll sing familiar tunes and then spend time socializing for 8 weeks from 2-4pm at Crosspoint Alliance in Perham.

For more info or to sign up, visit [elevateotc.org/elevating-voices](http://elevateotc.org/elevating-voices) or call 218-347-1974!

## FUNERAL PRE-PLANNING

Join us for a thoughtful event on funeral preplanning with Schoeneberger Funeral & Cremation Service. Discover the peace of mind that comes with preplanning and prepaying for your final arrangements. We'll explore various options that alleviate the emotional and financial burden from your loved ones. **RSVP Appreciated.**

**Tuesday, March 11 from 5:30-6:30pm**  
at Elevate - 318 6th Ave SW, Perham

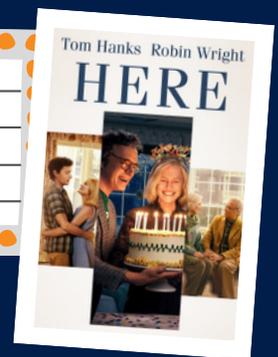


## MONDAY MATINEE HERE



*Monday,*  
**February 17**  
at Comet Theater

**Cost: \$6** includes a pop and popcorn



12:30pm Doors Open  
1pm Movie Starts



## Grieving WITH GRACE Support Group

### GRIEVING WITH GRACE: FINDING SUPPORT IN GRIEF

If you haven't already noticed, our theme throughout this newsletter is Heart Month—a time to focus on physical health and emotional well-being. While we often think of heart health in terms of exercise and nutrition, it's important to acknowledge the emotional toll of grief and its impact on the heart. For those navigating the loss of a loved one, our *Grieving with Grace Support Group* offers a safe, compassionate space to share and heal.

Through open conversations, shared stories, and guided support, participants find comfort in knowing they're not alone. Grief is a journey, but it doesn't have to be walked alone. If you or someone you know could benefit from this support group, we invite you to join us as we focus on caring for both the emotional and physical heart. Together, we can honor the past while building hope for the future.

This group meets on the **third Thursday of each month from 2–3pm** at Elevate. February's session will be held on Thursday, February 20. No registration needed. For more information, please contact Vivie Hospice (formerly Knute Nelson) at (320) 759-4935. ➤

# Coffee Talks

Free and open to the public!

## PERHAM AREA COMMUNITY CENTER 1st + 3rd Wednesdays from 10-11am

**February 5 - MAHUBE-OTWA & Senior Services**  
Learn about MAHUBE-OTWA programs for seniors designed to help stretch retirement savings and connect you to valuable resources.

**February 19 - Herbology**  
Join Certified Naturopath and Herbalist Danika Leitheiser for an herbal healing 101 session, including an open discussion, remedy samples, and the option to purchase her handcrafted medicinal products.

### Save the Date

- March 5 - Orthopedics & Robotics
- March 19 - Supplements Simplified!

## NEW YORK MILLS PUBLIC LIBRARY 2nd + 4th Wednesdays from 10:30-11:30am

**February 12 - Moments Hospice**  
Learn about hospice care, the services they provide, and meaningful ways to support patients and families during life's final stages.

**February 26 - Your Guide to PACC in NYM**  
Explore the PACC's New York Mills location, learn about membership access, programs, events, and opportunities at both PACC locations, and enjoy a facility tour from 12-1pm!

### Save the Date

- March 12 - Safety & Survival Tips
- March 26 - Parkinson's Warning Signs

## DID YOU KNOW?

Our Elevate activities and events are for all adults! Whether you're seeking to stay active, connect with others, or explore new interests, we have something for everyone to enjoy.

## SAFE & SOUND CREATING A CLUTTER-FREE HOME FOR AGING

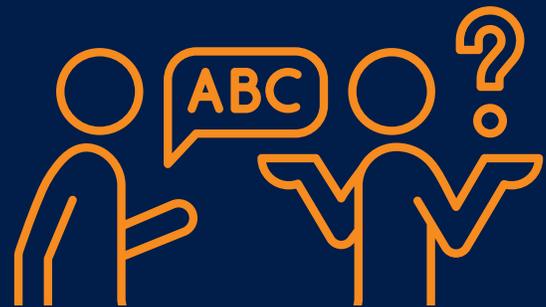
Ideal for seniors, family members, and caregivers, this event will help you plan a comfortable, safe, and adaptable home for the years ahead. Explore home modifications, downsizing tips, and financial considerations, and leave with a personalized plan and planning packet to make aging in place easier. Free session. **RSVP required.**

**Tuesday, February 4**  
from 1-2pm at Elevate  
318 6th Ave SW, Perham



How many times  
is the word **heart**  
in this February  
newsletter?

Email your guess to [mindi.larson@perhamhealth.org](mailto:mindi.larson@perhamhealth.org), and we may just have a prize or two laying around!



## MASTERING MEDICARE: SIMPLIFYING THE ESSENTIALS

Medicare can be tricky, but we're here to help you navigate it! Join us for a session covering essential topics like Annual Wellness Visits, Health Risk Assessments, vaccinations, and more, along with tips on understanding insurance terms and making informed decisions about your Medicare benefits. **RSVP Required.**

**Tuesday, March 4 from 4-5:30pm**  
at Elevate - 318 6th Ave SW, Perham  
Hosted in partnership with Burgau Insurance

Dr. Wahl's  
Wellness Wisdom

# STRENGTHEN YOUR HEART



# STRENGTHEN YOUR LIFE

Heart health should be a top priority, but it's easy to overlook since the heart rarely signals issues with pain or soreness. Yet, as the body's most vital muscle, the heart powers every other function. Without proper care, the entire body suffers.

## Strengthen Your Heart with Exercise

The heart is a muscle that thrives on regular use. Cardiovascular exercise strengthens the heart, improving its efficiency in pumping blood. Activities that raise your pulse into your Target Heart Zone place healthy stress on the heart. Mixing moderate and intense exercises enhances these benefits even further.

## Fuel Your Heart with Healthy Choices

Diet also plays a key role in preventing heart issues like atherosclerosis, which can block the major blood vessels of the heart. A heart-healthy diet includes:

- Plenty of fruits and vegetables for nutrients and fiber.
- Limiting unhealthy fats and avoiding trans fats.
- Reducing refined carbohydrates and excess sugar to minimize strain on your heart.

By pairing regular exercise with mindful eating, you can protect your heart and support long-term wellness. ➤



# AGING WELL

## HEALTH TIPS & TAI CHI CHIH

Join Dr. Sean Wahl and Nancy Hebert for an inspiring session on aging gracefully and maintaining wellness through nutrition, exercise, and more. After the discussion, enjoy an introductory Tai Chi Chih session with Nancy, featuring gentle movements to promote relaxation, balance, and energy. Wear comfortable clothing and embrace a healthier you!

**Thursday, February 13**  
from 4-6pm at Elevate  
318 6th Ave SW, Perham

Cost: \$12  
RSVP Required

## HEART HEALTHY RECIPE

### 3-Ingredient Sweet Potato & Brussel Sprouts Hash with Chicken Sausage

#### Ingredients

2 cups cubed peeled sweet potatoes  
2 apple-flavored precooked chicken sausages  
3 teaspoons olive oil, divided  
(10 ounce) bag shaved Brussels sprouts

#### Directions

Place sweet potatoes in a microwave-safe dish and add ¼ inch water. Cover tightly with plastic wrap and microwave on High until fork-tender, about 3 minutes; drain.

Dice sausages. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add the sausage; cook, stirring, until heated through and golden brown, about 3 minutes. Remove the sausage to a plate.

Heat the remaining 2 teaspoons oil in the pan over medium heat. Add Brussels sprouts and cook, stirring, for 3 minutes. Add the sweet potato and sausage; stir to combine. Season to taste with salt and pepper, if desired.



# \$5 FRIDAYS!

## YOGA FOR JOINT HEALTH & ARTHRITIS

Join Monica at B Still Yoga for a class designed to ease arthritis, increase range of motion, and dissolve restrictions. Perfect for all levels, including those waiting for or recovering from joint replacements, this class accommodates everyone with options for ground or chair practice and helpful props for comfort. Take a step toward better joint health in a supportive and relaxing environment!

**Fridays in February**  
from 10-11am at B Still Yoga  
650 3rd Ave SE, Suite 4, Perham

*For more details,  
contact B Still Yoga  
at 218-205-2955.*



# LIVING TO 100

## BLUE ZONES DOCUMENTARY SERIES

Explore the secrets to living longer, healthier, and happier lives in this engaging documentary series inspired by the world's Blue Zones—regions where people thrive well into their 100s.

Each week, we'll watch an episode of Live to 100: Secrets of the Blue Zones and discuss its fascinating insights, from lifestyle habits to community connections.

Join us for thoughtful conversations and inspiration to incorporate these longevity practices into your own life. Come for the film, stay for the meaningful discussion!

**Mondays in February**  
from 1-2pm at Elevate  
318 6th Ave SW, Perham

*Free  
RSVP Appreciated*

# PACC

## FREE FITNESS CLASSES

Get moving with free fitness classes at the PACC—no registration, membership, or day pass required! Simply check in at the front desk and join the fun. All are welcome to come and get active!

**Exercise Orientation**  
Monday, February 3  
from 10-11am or 1-2pm

**Intro to Yoga Workshop**  
Monday, February 3  
from 2:30-3:30pm

**Gentle Yoga Stretch**  
Monday, February 3  
from 4-5pm

**Step, Stretch, & Strength**  
Friday, February 7  
from 8:45-9:45am

**Intro to Line Dancing**  
Saturday, February 8  
from 10:15-10:45am

**XaLite Valentines Dance Fitness**  
Monday, February 10  
from 4:30-5:15pm

**XaBeat Valentines Dance Fitness**  
Monday, February 10  
from 5:30-6:30pm



**APRIL 8 | JUNE 3 | JULY 29**  
at Perham Living

Call or text Christina at 218-371-8888  
to book your appointment!



## RETURNING IN 2025 - LAKES AREA HOME TOUR!

We are excited to announce that Elevate will now be hosting an annual Lakes Area Home Tour fundraiser! Previously organized by the 549 Family Foundation, this beloved community event has graciously been entrusted to us, and we're honored to continue its legacy.

As part of our mission to promote healthy aging, the Lakes Area Home Tour will highlight the different stages of living in our community, from first-time homebuyers to retirees. It offers inspiration and practical ideas for thriving in your home at any age. Proceeds from the event will support Elevate and our ongoing efforts to create a community where we can all age with joy and fulfillment. We can't wait to bring this event to life and make a lasting impact! ➤

# TECH *with* TEENS

**3RD TUESDAY OF THE MONTH**  
from 1:30-3pm at PACC



## Struggling with technology?

Our teens are here to help! Bring your devices and get easy solutions. Hosted by PHS Interact.

## The Mixer

Let's mix it up! Join us to explore and support local restaurants.

### The Woodshed in Ottertail

Tuesday, February 18  
from 4:30-6pm

### Billy's in Vergas

Tuesday, March 18  
from 4:30-6pm

*All are welcome!*  
Please RSVP

# elevate

YOUR HEALTH • YOUR WAY

**Ready to live your best life?**  
**Visit [elevateotc.org](http://elevateotc.org) to get started.**

✉ [connect@elevateotc.org](mailto:connect@elevateotc.org) ☎ (218) 347-1974 📍 318 6th Ave SW, Perham

**HOURS** Monday-Thursday from 9am-5pm | Friday from 9am-noon | Closed Saturday & Sunday