

THE ELEVATOR

August 2023



MAKING CONFERENCE ROOMS FUN AGAIN!

A Note from Mindi, Community Coordinator

A big goal of the Elevate program is to provide educational and fun activities for people to attend. We know that human interaction aids in preventing social isolation and is so good for mental and physical health.

This space provides us opportunity to host classes, groups and events in a space that is meant for just that! Maybe you've thought about starting that support group or always wanted to teach that class- the time is now.

Contact me and let's make your idea or dream into a reality for all to benefit from and enjoy.

I hope you'll jump in and join us soon. I'm waiting!

Don't miss out on the fun!

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



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our Email List



elevate

YOUR HEALTH • YOUR WAY

Help! We're looking for...

Van Drivers

Jump in the new Elevate van and help transport patients to their critical medical appointments.

Part-Time Housekeepers

We know of a few seniors living independently that are looking for some light housekeeping for a few hours a week.

Handyman Help

New York Mills Cultural Center is looking for a handyman or lady to help them with some odds and ends jobs at the Center.

Elevate Elevators

We're looking for some Elevate Elevators (brand ambassadors) that are willing to help distribute these newsletters and other flyers, attend events, and help spread the good word about all the fun we're having!

Interested? Need help?

If you are interested in any of the above or need some help of your own, please don't hesitate to reach out to us! We want to keep our community connected to the resources they need and each other.

Contact Mindi at 218-347-1974 or mindi.larson@perhamhealth.org

Join in on the day trip to
JERSEY BOYS
at Chanhassen Dinner Theatre

Saturday, October 21

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

FOOT CARE CLINIC

We have partnered with Polished Beauty & Wellness Spa to offer foot care appointments in the salon at Perham Living for those in need of foot care. Appointments will cover nail trimming and filing, as well as filing of calluses.

TUESDAYS

AUGUST 1

NOVEMBER 21

SEPTEMBER 12

JANUARY 2

OCTOBER 10

Appointments available
from 9am - 3pm

Perham Living Salon
735 3rd Street SW, Perham

COST
\$30

BOOK YOUR APPOINTMENT:

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

Upcoming SIGNATURE EVENTS

 **Explore + Pour: Salads and Bread Dippers**
 Tuesday, August 8
 Two sessions: 10am-12pm or 5-7pm
 Wild Goose, Perham
 Cost: \$30

 **Roots & Wings Forest School**
 Wednesday, August 9 at 10:30am
 New York Mills Public Library

 **Biking 101**
 Thursday, August 10
 10am - eBike Education
 11am - Group Trail Ride
 MN Tru North, Perham
 FREE | Bring Your Own Bike

 **Tech 101: Intro to Email**
 Thursday, August 10 from 2-4pm
 New York Mills Public Library

 **Clay Beer Stein FULL**
 Mon, August 14 from 11am-1pm
 Disgruntled Brewing, Perham
 FREE

 **Mastering Medicare: Top 10 Medicare Mistakes**
 Tues, August 15 from 4-5:30pm
 Lakeside Event Center, Perham

 **Foster Grandparent Program**
 Wednesday, August 23 at 10:30am
 New York Mills Public Library

 **Clay Beer Stein FULL**
 Wed, August 23 from 11am-1pm
 Disgruntled Brewing, Perham
 FREE

 **Tech 101: Intro to Apps**
 Tuesday, August 29 from 2-4pm
 Perham Public Library

 **The Mixer: Light Beer Blind Taste Testing**
 Tues, August 29 from 4:30-6pm
 Mills Liquor

 **JH Signs**
 Wednesday, August 30
 from 3-4:30pm

 **Picklemania: A Pickle Party for Foodies**
 Thursday, August 31 from 5-7pm
 Wild Goose, Perham
 Cost: \$18

 **Downsizing with abiRiver**
 Wednesday, Sept 6 at 10:30am
 New York Mills Public Library

 **Lakeshirts**
 Thursday, September 7
 from 2-3:30pm

 **Fast Lunches: Quick and Delicious Lunches**
 Tuesday, September 12
 Two sessions: 10am-12pm or 5-7pm
 Wild Goose, Perham
 Cost: \$18

 **Tech 101: Intro to Apps**
 Thursday, Sept 14 from 2-4pm
 New York Mills Public Library

 **Passport Club: Italy**
 Wednesday, Sept 20 at 10:30am
 New York Mills Public Library

 **Tech 101: eBooks**
 Tuesday, Sept 26 from 2-4pm
 Perham Public Library



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

 **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.

LEARN MORE + REGISTER AT elevateotc.org/events



VOLUNTEERING MADE SIMPLE

We know everyone wants to share their time and talents, but it can be hard to know where to look for opportunities. We created a community-wide volunteer hub, so that you can easily find and commit to opportunities and make a difference.

The volunteer hub, through Helper Helper, can be accessed from online from anywhere – including your phone! See and sign up for opportunities on the go and get notifications right to your device. It doesn't get any easier than that!

Sign up for Helper Helper to help make a difference at many of our local organizations, including Perham Public Library, Perham Health, Perham Living, New York Mills Cultural Center, Re-Use It Thrift Store, and more!



Ready to elevate your community?

Visit elevateotc.org/volunteer or scan the QR code to sign up.

The Mixer

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

Tuesday, August 29
from 4:30-6pm at Mills Liquor, NYM

Topic: Light Beer Taste Test

Try your hand at a blind light beer taste test! We'll sample 5 different light beers and try to guess which is which. We might even have some fabulous prizes for those that get them all right!

All are welcome!



EAT FRESH · BUY LOCAL

WEDNESDAYS + FRIDAYS
8AM-3PM IN NP PARK

SEEKING NEW VENDORS!

YOUR HEALTH · YOUR WAY

 connect@elevateotc.org

 (218) 347-1974

 elevateotc.org

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