

# THE ELEVATOR

July 2025



NOW SEEKING DONATIONS FOR

# Mobility Market

*Gently used. Greatly needed.*

## SUPPORT STARTS HERE: HELP LAUNCH MOBILITY MARKET

We're excited to announce the launch of a brand-new community resource: Mobility Market, a free lending program offering gently used medical and mobility gear to those who need a little extra support to live safely and independently.

Before we can open the doors, we're calling on our community to help us stock the shelves. We're seeking donations of clean, gently used items of medical and mobility equipment. Whether you're downsizing, cleaning out a garage, or no longer need an item, your donation can make a life-changing difference for someone right here in our community.

We're also gratefully accepting monetary donations to help us purchase high-demand items and organize the space. Every contribution, big or small, helps Mobility Market become a reliable and respectful resource for those in need.

Donation drop-offs are by appointment at 318 6th Ave SW, Perham. To schedule or ask questions, call the Elevate office and choose option 4 or email [connect@elevateotc.org](mailto:connect@elevateotc.org).

Let's make sure no one goes without the equipment they need to live well at home. We appreciate your support!★

We're seeking gently used, clean, and fully functional items such as:

- ★ Walkers, rollators, canes, and crutches
- ★ Wheelchairs and knee scooters
- ★ Shower chairs and raised toilet seats
- ★ Unopened adult briefs and incontinence pads
- ★ Grab bars, bed rails, blood pressure cuffs
- ★ Commode chairs, transfer benches, and more

*Note: We cannot guarantee pickup, but we may be able to help depending on item need, availability, and location.*

SUMMER

**WALKING  
CLUB**

## Looking to finally get moving but need a little nudge?

We've got you. Join our Summer Walking Club **every Thursday at 8:45am, leaving from the front of the PACC**. Whether you're a power walker or more of a scenic stroller, all are welcome. Let's start the day with fresh air, friendly faces, and a little momentum.



# DIGITAL LIFE SKILLS

presented by  arvig.

## NEW TECHNOLOGY SERIES TO HELP YOU STAY CONNECTED ONLINE

We're excited to announce a new partnership with Arvig to launch a helpful and approachable series called Digital Life Skills—starting this September!

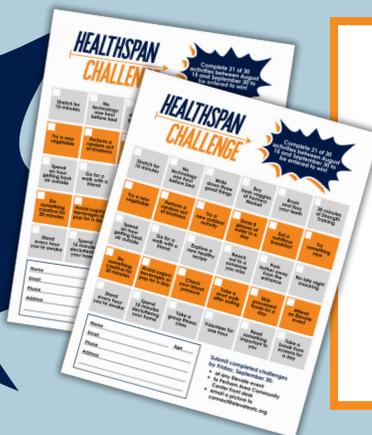
This series is designed especially for older adults who want to feel more confident navigating the digital world. Each monthly session will focus on one topic and provide simple, step-by-step guidance to help participants build everyday tech skills—like sending emails, making video calls, and using maps to get around.

Whether you're brand new to using a smartphone or just want to keep up with your grandkids online, this series is for you. No tech experience needed—just curiosity and a willingness to learn! ★

## SCHEDULE

-  **THURSDAY, SEPTEMBER 11**  
Getting Started with Email
-  **THURSDAY, OCTOBER 9**  
Facebook Basics for Staying Connected
-  **THURSDAY, NOVEMBER 13**  
Watching Family Videos on YouTube
-  **THURSDAY, DECEMBER 11**  
Video Calling Made Simple
-  **THURSDAY, JANUARY 8**  
Spotting & Avoiding Online Scams
-  **THURSDAY, FEBRUARY 12**  
Google Maps for Everyday Travel

## HEALTHSPAN CHALLENGE



## SAVE THE DATE

Walk the Block Kickoff  
on Friday, August 15 at  
9am at the Perham  
Farmers Market



## THE HEALTHSPAN CHALLENGE RETURNS THIS AUGUST!

We're excited to bring back the Healthspan Challenge—our community-wide push to build healthy habits that last. New this year is our **Walk the Block kickoff event**, where we'll take a fun and inclusive walk or roll around the block to get things moving.

Throughout the challenge, you'll use a simple tracking sheet to stay accountable as you take small, daily steps toward better health—think movement, hydration, connection, and more. It's all about making wellness part of your everyday life, one doable habit at a time. Stay tuned for more details and get ready to feel good! ★

# DEMENTIA Live®

Proven. Powerful. Essential.

Dementia Live® offers a unique inside-out understanding of dementia as well as the aging process. Participants will gain a heightened awareness of the challenges associated with living with dementia and leave with valuable tips and tools to improve communication and connection.

Monday  
**AUGUST 11**

**Session 1**  
10am-12pm

**Session 2**  
1-3pm

Monday  
**NOVEMBER 10**

**Session 1**  
2-4pm

**Session 2**  
4:30-6:30pm

**AT ELEVATE - 318 6TH AVE SW, PERHAM**

Please reserve your spot at [elevateotc.org/events](http://elevateotc.org/events) or by calling 218-347-1974!



*"This experience was so helpful in having a better understanding of dementia and how to be a better caregiver. It gave me more of an understanding as to how I can best support my grandma and others." --Dementia Live Participant*



## MASTERING MEDICARE

### MEDICARE 101

**Tuesday, August 12** from 4-5:30pm  
Elevate - 318 6th Ave SW, Perham  
**RSVP Requested.**

Turning 65 or retiring? Join a Mastering Medicare session to learn the basics! We'll simplify Medicare Parts A, B, C, D and E, guide you through enrollment periods and explain coverage and costs - helping you make informed healthcare decisions. Get the clarity you need to navigate Medicare with ease and ensure you're prepared for this important transition.

HOSTED IN  
PARTNERSHIP  
WITH:

  
**Burgau**  
Insurance



## MEMORY cafe *where every story counts*

**THURSDAY, JULY 24**

from 1-3pm at Crosspoint Alliance Church  
600 NE 8th St, Perham



This month's Memory Café explores Making Safety Decisions with Perham Police Officer Wayne Striebel. Learn how to navigate important dementia-related safety concerns—like driving, firearms, tools, and home hazards—to help protect your loved ones while supporting their independence. **All are welcome – come to connect, learn, and support one another.**

**RSVP APPRECIATED**

Help us plan for snacks and activities! RSVP on our website or by calling 218-347-1974. We appreciate it!

# EXPLORATORIES

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



## PATRIOTIC COOKIE DECORATING

COST: \$28

*Wednesday, July 2 from 1-2:30pm at the Elevate - 318 6th Ave SW, Perham*

Celebrate the 4th of July with a delightful patriotic cookie decorating experience! Join Cake Walk & Elevate to decorate your own festive cookies with expert guidance and all materials provided. Your admission includes eight cookies, a box for your creations, and all the decorating essentials such as icing, tools, and sprinkles. **RSVP required by July 1.**



## OUTDOOR BEGINNER PICKLEBALL

FREE

*Pick Your Session: Tuesdays, July 8, July 22, August 12, August 26 from 6:30-8:30pm at KLN Outdoor Pickleball Courts*

Ready to try the fastest-growing sport? Beginner Pickleball is for first-time players and open to all ages —no equipment needed! Learn basics from experienced players, have fun, and get moving with a game you can play year-round, anywhere. **RSVP required.**



## OUTDOOR SOUND BATH

COST: \$28

*Thursday, July 10 OR Thursday, August 7 from 5:30-6:30pm at 1910 Sip House - 41714 Foursquare Rd, Battle Lake*

Join us for a lakeside sound bath with Nancy Hebert at beautiful Lake Ethel! Enjoy an hour of relaxing outdoor sound therapy—just bring a mat, blanket, and pillow, and dress comfortably. Sound baths offer amazing benefits like stress relief, better sleep, and a calm nervous system. Stick around afterward for a cider at 1910 Sip House! **RSVP required.**

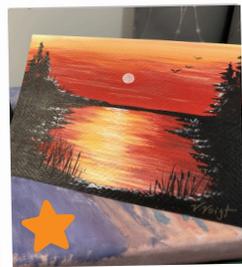


## U PICK FLOWER BOUQUETS

COST: \$25 - PAY WHEN YOU GET THERE!

*Monday, July 14 at 2pm at True Blue Flower Co - 35191 Co Hwy 4, Frazee*

Join us for a delightful visit to True Blue Flower Co., where owner Bayleigh will share the inspiring story behind her flower farm. Afterward, enjoy wandering the fields and cutting your own blooms to create a beautiful bouquet. **RSVP appreciated. Pay at the event!**



## PAINTED GREETING CARDS

COST: \$10

*Monday, July 16 from 1-3pm at Elevate - 318 6th Ave SW, Perham*

Watch as our talented instructor, Val Voight, walks you through techniques to craft beautiful, handmade greeting cards. You'll not only enjoy the demonstration but also create three unique greeting cards to take home! All supplies are provided—including aprons and every art material you'll need. **RSVP required.**



## ★ FIND THE STARS ★

Count all the stars hidden throughout this newsletter. Email your total to [mindil@perhamhealth.org](mailto:mindil@perhamhealth.org). We just might have a prize or two laying around for our sharp-eyed star seekers!

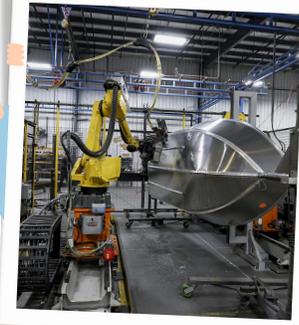
## JUNE BRAIN GAME RESULTS

Mike Bormann was our Word Mine winner with an impressive score of 162!

Hidato Solution:

5	6	12	13
7	4	11	14
8	10	3	15
9	2	1	16

# NOSEY NEIGHBORS



## LUND BOATS

*Monday, July 28 at 1pm or 2pm - 318 W Gilman St, NYM*  
Did you know that Lund Boats builds 55 boats a day? Join us for an exclusive look at the production facility that churns out premier aluminum and fiberglass fishing boats for the ultimate fishing experience. **RSVP required.**

## TROLL TREK & TREATS

*Thursday, July 31 at 1pm at Detroit Mountain - Park by the Day Tripper at 29409 170<sup>th</sup> St, DL*  
Join us for a fun walk to visit one of the giant trolls by world-renowned artist Thomas Dambo. After the adventure, we'll cool down with a sweet treat from The Day Tripper ice cream shop! **RSVP Appreciated.**



## DAN'S HONEY CO.

*Tuesday, August 5 from 1-2pm - 49509 Co Hwy 53, Perham*  
Join us for a sweet visit to Dan's Honey Co. and get a behind-the-scenes look at how this family-run business manages over 2,000 bee colonies. Learn all about beekeeping, pollination, and fun bee facts that'll change the way you see these busy little workers. **RSVP Required.**

## CAR BARN CLASSICS

*Wednesday, August 20 at 1:30pm - 41071 North Marion Dr, Perham*  
Enjoy a guided walking tour through a one-of-a-kind barn built to showcase the golden age of automobiles. Explore over 30 beautifully preserved classic cars from 1923–1956, along with vintage tractors and rare automotive treasures along the way! **RSVP Required.**

## OTTER BERRY FARM RASPBERRY PICKING

*Wednesday, August 27 from 1-2pm at Otter Berry Farm - 38132 470<sup>th</sup> Ave, NYM*  
Join us for a tour of Otter Berry Farm, where you'll explore the raspberry patch, pick a pint to take home, and learn about the farm's seasonal offerings. Meet a local farmer and get a firsthand look at the challenges and rewards of growing fruit in northern Minnesota. **RSVP Required.**

## The Mixer

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

### Drastic Measures + Special Brewery Tour

*in Wadena*  
Tuesday, July 15  
from 3:30-6pm

Get a behind-the-scenes peek at Drastic Measures with a special early tour of their brewery, then stick around (or join us later) for dinner!

**Beach Bums**  
*on Otter Tail Lake*  
Tuesday, August 19  
from 4:30-6pm

*All are welcome!*

Please RSVP



REGISTER AT [ELEVATEOTC.ORG](http://ELEVATEOTC.ORG)

# July 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>June 30</p> <p>11am - Senior Stretch Class at PACC 3pm - Caregiver Support Group at Perham Living</p> <p>🍴 Pot Roast, Potatoes, Carrots / Chocolate Pudding</p>	<p>July 1</p> <p>11am - Senior Stretch Class at PACC 3pm - Caregiver Support Group at Perham Living</p> <p>🍴 Baked Chicken &amp; Mashed Potatoes / Pineapple</p>	<p>2</p> <p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10am - Coffee Talk: Phelps Mill at PACC 1pm - Exploratory: Patriotic Cookie Decorating at Elevate (\$28)</p> <p>🍴 BBQ Pork &amp; Mac-n-Cheese / Vanilla Ice Cream</p>	<p>3</p> <p>8:45am - Summer Walking Club at PACC 12:15pm - Nickel Nickel/Cribbage at Connections</p> <p>🍴 Potato Soup &amp; Sandwich / Mandarin Oranges</p>	<p>4</p> <p>9am-1pm - Perham Farmers Market</p>
<p>7</p> <p>11am - Senior Stretch Class at PACC 2:30pm - Parkinson's Support Group at Elevate 6:30pm - Exploratory: Beginner Pickleball at KLN Outdoor Pickleball Courts</p> <p>🍴 Spaghetti &amp; Marina Meat Sauce / Ice Cream</p>	<p>8</p> <p>11am - Senior Stretch Class at PACC 2:30pm - Parkinson's Support Group at Elevate 6:30pm - Exploratory: Beginner Pickleball at KLN Outdoor Pickleball Courts</p> <p>🍴 Orange Chicken &amp; Fried Rice / Tapioca Pudding</p>	<p>9</p> <p>9am-1pm - Perham Farmers Market and PoP Plus Day! 9-11am - Free BP Check at PACC 10:30am - Passport Series: The Alps at New York Mills Public Library</p> <p>🍴 Walleye Fingers &amp; Potato Wedges / Peaches</p>	<p>10</p> <p>8:45am - Summer Walking Club at PACC 11:30am - Monthly Birthday Lunch at Connections 5:30pm - Exploratory: Outdoor Sound Bath at 1910 Sip House (\$28)</p> <p>🍴 Grilled Brat &amp; Pasta Salad / Oreo Fluff</p>	<p>11</p> <p>9am-1pm - Perham Farmers Market 10am - Avita Yoga for Joint Health &amp; Arthritis at B Still Yoga (\$5)</p>
<p>14</p> <p>2pm - Exploratory: U Pick Flower Bouquets at True Blue Flower Co. (\$25)</p> <p>🍴 Hamburger Macaroni Casserole / Tropical Fruit</p>	<p>15</p> <p>11am - Senior Stretch Class at PACC 1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Drastic Measures Brewery + Tour in Wadena</p> <p>🍴 Chicken Cordon Blue &amp; Rice / Lemon Pudding</p>	<p>16</p> <p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10am - Coffee Talk: Collectors Club at PACC 1pm - Exploratory: Painted Greeting Cards at Elevate (\$10)</p> <p>🍴 Hamburger &amp; Potato Salad / Watermelon</p>	<p>17</p> <p>8:45am - Summer Walking Club at PACC 12:15pm - Nickel Nickel / Cribbage at Connections 2pm - Grieving with Grace Support Group at Elevate 5pm - Cruise Night at Cactus</p> <p>🍴 Scalloped Potatoes &amp; Ham / Fruited Jello</p>	<p>18</p> <p>9am-1pm - Perham Farmers Market + Kids PoP Day! 10am - Avita Yoga Workshop at B Still Yoga (\$25)</p>
<p>21</p> <p>1pm - Monday Matinee "The Ballad of Wallis Island" at Comet Theatre (\$6)</p> <p>🍴 Chicken Drumstick &amp; Mashed Potatoes / Dessert</p>	<p>22</p> <p>11am - Senior Stretch Class at PACC 6:30pm - The Collectors Club at Aleshire Townhomes Community Room 6:30pm - Exploratory: Beginner Pickleball at KLN Outdoor Pickleball Courts</p> <p>🍴 Rib &amp; Garlic Potatoes / Strawberry Ice Cream</p>	<p>23</p> <p>9am-1pm - Perham Farmers Market and PoP Plus Day! 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Connecting with NYM Schools at New York Mills Public Library</p> <p>🍴 Chicken Dumpling Casserole / Warm Apples</p>	<p>24</p> <p>8:45am - Summer Walking Club at PACC 12:15pm - Nickel Nickel / Cribbage at Connections 1pm - Memory Cafe at Crosspoint Alliance Church</p> <p>🍴 Meatloaf &amp; Baked Potato / Chex Mix</p>	<p>25</p> <p>9am-1pm - Perham Farmers Market 10am - Senior Day at EOT County Fair 10am - Avita Yoga for Joint Health &amp; Arthritis at B Still Yoga (\$5)</p>
<p>28</p> <p>1pm/2pm - Nosey Neighbor: Lund Boats in NYM</p> <p>🍴 Chicken Wild Rice Soup &amp; Sandwich / Ice Cream</p>	<p>29</p> <p>9am-2pm - Foot Care Clinic at Perham Living Salon (\$30) 11am - Senior Stretch Class at PACC</p> <p>🍴 Sliced Ham &amp; Pesto Pasta / Pears</p>	<p>30</p> <p>All Day - Coach Bus Trip: Twins Game - SOLD OUT 9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC</p> <p>🍴 Sloppy Joe &amp; Waffle Fries / Peanut Butter Bite</p>	<p>31</p> <p>8:45am - Summer Walking Club at PACC 12:15pm - Nickel Nickel / Cribbage at Connections 1pm - Nosey Neighbor: Troll Trek &amp; Treats at Detroit Mountain</p> <p>🍴 Pork Loin, Gravy, Potatoes / Sherbet</p>	<p>August 1</p> <p>9am-1pm - Perham Farmers Market</p>



# elevate

Connections

**MONDAY - THURSDAY**  
at Perham Area Community Center  
620 3rd Ave SE, Perham

## 10AM | SOCIAL TIME

All are welcome to swing by for some coffee and conversations!

## 11:30AM | LUNCH SERVED

Come enjoy a delicious and nutritious lunch with us! Please reserve your meal by leaving a message at 218-347-1974 by 12pm the day before. Meals are a suggested \$5 donation.

## CONNECTIONS: HERE'S WHAT YOU MISSED IN JUNE!

It's been a fun and flavorful month at Connections! We've introduced a few exciting new menu items, including Walleye Fingers, Sloppy Joes, Meatloaf, and Broccoli Cheese Soup. Be sure to check the menu and pick your favorite for next time!

Our wonderful volunteer Skyler led a food reminiscence session, sparking lively conversations about favorite childhood dishes and how our tastes have changed over the years. The following week, Skyler treated everyone to pickled herring and homemade lefse...what a hit! More nostalgic favorites will be making an appearance next month, so stay tuned.

We also had fun celebrating National Color Day and National Root Beer Float Day. Plus, we tested our knowledge (and sense of humor!) with a lesson on Gen Z slang. Check out the hilarious video clips of member guesses on our Facebook page!

One of the highlights this month was our biggest turnout yet, with 40 guests joining us for Walleye Finger Day. There's never a dull moment at Connections...just good food, laughter, and great company. We hope to see you next month! ★



## PACC SENIOR STRETCH CLASS

**Tuesdays, July 1, 8, 15, 22, & 29**  
from 11-11:45am at PACC  
620 3rd Ave SE, Perham

Head over the PACC to try out this low impact class designed specifically for older adults to help improve flexibility, mobility, balance and overall well-being. Gentle and accessible for all, focusing on safe movement with both chair and standing options. Wheelchair options are available.

No registration required. **Call the PACC at 346-7222 for more information.**



## AVITA YOGA WORKSHOP - MOBILITY FOR LIFE

Join Jeff for a workshop addressing joint pain, balance, and surgery concerns. Learn why bones and joints thrive under pressure and how Avita Yoga has helped hundreds avoid or recover from surgery. Stay young and mobile for life.

**Friday, July 18 from 10-12pm | Cost: \$25**

at B Still Yoga - 650 3<sup>rd</sup> Ave, Ste 4, Perham

Want to join the session? Sign up at [bstillyogastudio.com/events](http://bstillyogastudio.com/events) or call B Still Yoga at 218-205-2955.



### WAHL'S WELLNESS WISDOM:

## HOW STRENGTH IMPACTS YOUR OVERALL HEALTH

Strength is more than just physical power—it's a key indicator of how well we age. Research consistently shows that maintaining strength as we get older is closely linked to living longer and staying more independent and functional throughout life.

Starting around age 30, most people begin to lose about 1% of their muscle mass each year. This gradual loss can make everyday tasks, like dressing, cooking, or carrying groceries, more difficult over time. However, those who build and preserve muscle as they age are shown to have fewer falls, better balance, a healthier metabolism, and fewer overall health issues.

The good news? You don't need a gym membership or fancy equipment to build strength. Muscle mass can be maintained and improved through resistance exercises that challenge your muscles to contract. This includes lifting weights, bodyweight exercises like push-ups, or using resistance bands.

Aim to do strength training 3–4 times per week, making sure to target all major muscle groups. You'll know you're working effectively when the exercises create a mild ache or burning sensation—that's your muscles getting stronger.

Staying strong truly supports your health, independence, and quality of life as you age.★



## Coffee Talks

Free and open to the public!

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

### July 2 - Phelps Mill

Join us for a fascinating coffee talk with Jim and Karen Aakre from "Friends of Phelps" as they explore the rich history, equipment, and preservation of Phelps Mill, a historic Otter Tail County landmark built in 1889.

### July 16 - Collectors Club

Love collecting? Come learn about the new Perham Collectors Club, see unique items, and share your own treasures with fellow enthusiasts!

### Save the Date

- August 6 - What's New in Perham?
- August 20 - TBD

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

### July 9 - Passport Series: The Alps

Join a local group of travelers as they share stories, photos, and laughs from their breathtaking journey through the Alps of Switzerland, Italy, Austria, Germany, and France.

### July 23 - Connecting with NYM Schools

Join Superintendent Adam Johnson for coffee and conversation as he shares updates and insights about New York Mills Schools.

### Save the Date

- August 13 - Backyard Birding
- August 27 - TBD

# **elevate** **SPOTLIGHT**



**DUANE "DEWY" BJELLAND**  
Navy | 1949-1952



**DICK KOVALA**  
US Army | 1966-1969



**NANCY HUNTLEY**  
Air Force | 1981-1989



**EDGAR JANKE**  
US Army | 1963-1969

In honor of Independence Day, we're highlighting the voices of local Veterans who have served our country with courage and commitment. We asked them to share a bit about their time in the military and what their service means to them.

### **What originally motivated you to enlist or join the military?**

DEWY - Have you ever been to Erskine Minnesota? That's why I left!

NANCY - I believe my original motivations to join the military were to find my purpose in life and a place where I felt that I belonged. I also thought this would be a good place to take some college classes. After 6 months to a year, I discovered the experience to be so much more.

### **Can you share a memory from your time in service that stands out?**

DEWY - I spent 27 months in Japan. It's the best place in the world. Beer was 15 yen when I first go there and 35 yen when I left. It's a beautiful place with wonderful people.

DICK - He arrived in Vietnam on a Sunday. He went to sleep and woke up with machine gun fire. It was the TET Offensive (which was supposed to be a Vietnam holiday with a truce in fighting - Jan 30, 1968). The north Vietnamese took south Vietnam by surprise. He spent the day under fire and (hadnt been issued a gun) handing out ammo to other service members.

EDGAR – In Korea I went pheasant hunting. I was a Post Engineer who took care of the post. I mostly drove the grader.

### **In what ways has your military experience influenced your life?**

DEWY - I had money to go to college. I became an Ag Dairy Inspector because of it.

DICK - Having rules and discipline to live by. Appreciation of being in the armed forces.

NANCY - I have found it hard to be able to trust and be able to feel that real camaraderie in a work place and in friendships. While in the military we really were there for each other, covering each other's backs. Sometimes that is all we had was each other.

### **What do you want others to understand about what it means to be a Veteran?**

DEWY - I almost re-uped. I felt taken care of and I'm so grateful for that. I liked the service.

DICK - Pride in having fought for the USA in time of war. Fighting for our freedom.

NANCY - What it means to be a Veteran: That I raised my hand, took an oath to protect and serve my country and fellow Americans. Being a Veteran was a choice I made for me.

EDGAR – Being a veteran is an honor. I am thankful for the Honor Flight.

We are grateful for the sacrifices made by all who have served. This Independence Day, we celebrate the freedom they helped protect and the strength, stories, and spirit they bring to our community. ★

# RECURRING EVENTS



Looking for something fun to add to your routine? Come hang out with us at our weekly, monthly, and ongoing events! Join the fun, make new friends, and keep life interesting all year long.

## PLAY CARDS

Join us for a round of cards at Connections! All ages are invited to play after lunch (~12:15pm).



**Mondays - Game of Choice**  
**Thursdays - Nickel Nickel or Cribbage**

## AVITA YOGA FOR JOINT HEALTH & ARTHRITIS ★

Friday, July 11 and 25 from 10-11am at B Still Yoga - 650 3rd Ave SE, Suite 4, Perham

Join Monica at B Still Yoga for a gentle class that eases arthritis, improves mobility, and suits all levels, including those pre- or post-joint replacement. Only \$5/class! For more details, contact B Still Yoga at 218-205-2955.

## CAREGIVER SUPPORT GROUP

1st Tuesday of the Month from 3-4pm at Perham Living  
Caring for a loved one can be both rewarding and challenging. Perham Living's Caregiver Support Group provides a confidential space to share experiences, exchange advice, and find encouragement.

## BLOOD PRESSURE CHECKS



**FREE!**

**Wednesdays**  
**from 9-11am**  
**at PACC**



## PARKINSON'S SUPPORT GROUP

2nd Tuesday of the Month from 2:30-3:30pm at Elevate  
Join us to view Sanford Health's Parkinson's Support Group virtually, led by Dr. Sarah Matcha. These sessions offer expert speakers, valuable education, and a supportive community for those affected by Parkinson's disease.

**MONDAY MATINEE**  
**THE BALLAD OF WALLIS ISLAND**  
at Comet Theater

**Monday, July 21**

12:30pm Doors Open | 1pm Movie Starts  
**Cost: \$6 includes a pop and popcorn**



# TECH *with* TEENS

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



## Get help with your devices!

- Local students provide one-on-one tech help
- Bring your phone, tablet, or laptop
- Get assistance with apps, settings, and more
- No appointment needed – just stop by!
- Hosted by PHS Interact Students

## GRIEVING WITH GRACE

3rd Thursday of the Month from 2-3pm at Elevate

Losing a loved one is never easy, whether it happened recently or long ago. Grieving with Grace offers a caring space to share your journey, connect with others, and find support. Hosted by Vivie (formerly Knute Nelson). No registration needed!

## THE COLLECTORS CLUB

4th Tuesday of the Month starting at 6:30pm at Aleshire Park Townhomes Community Room - 692 8th Ave SW, Perham

Do you love collecting? Whether it's coins, comics, vinyl records, stamps, toys, books, or something unique, Collectors Club is the place for you! No registration needed.

# FOOT CARE CLINIC

**UPCOMING DATES:**  
**JULY 29 | SEPTEMBER 23**  
**NOVEMBER 18 | JANUARY 13**

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

# FREE PRODUCE AT THE



Elevate is excited to partner with Perham Living Home Care to bring Power of Produce (PoP) back to the Perham Farmers Market — and this year, it's even better.

We're continuing PoP Plus for seniors ages 60+ on select **Wednesdays: July 9, July 23, August 13, and August 27**. Seniors can stop by the Elevate tent to pick up a free \$2 voucher to spend on fresh fruits and veggies grown right here by local farmers.

New this year is PoP for Kids! On **Friday, July 18 and August 22**, kids ages 4–12 can also snag a \$2 voucher to use on produce.

It's simple: stop by our Elevate tent to sign up and get your voucher. One per person, while supplies last (just 50 vouchers available each date!). Let's get those bags full of farm-fresh goodness! ★



**CHECK OUT THE PERHAM FARMERS MARKET**  
**WEDNESDAYS + FRIDAYS // 9AM-1PM**  
*200 5th St SE, Perham (across from Perham Meat Market)*



POWER OF PRODUCE ★

**WEDNESDAYS**  
**JULY 9 & 23**  
**AUGUST 13 & 27**  
*for seniors ages 60+*



POWER OF *Produce* CLUB

★ **FRIDAYS**  
**JULY 18 &**  
**AUGUST 22**  
*for kids ages 4-12*



## ELEVATE SWAG SHOP IS OPEN!

We know many of you have been patiently waiting, and it's **FINALLY HERE!** The Elevate Swag Shop is open! Grab your favorite sweatshirts, t-shirts, tanks, and more to sport your Elevate pride wherever you go.

The shop is through Longweekend Sportswear, and they are able to mail your goods right to you!

Shop now >> <https://elevateotc.link/swag-shop> ★



YOUR HEALTH · YOUR WAY

**Ready to live your best life? ★**  
**Visit [elevateotc.org](https://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