

THE ELEVATOR

November 2026

Golden GIVING TREE

Bringing holiday cheer to older adults in our community.



MAKING HOLIDAY WISHES COME TRUE

This holiday season, Elevate is excited to introduce the Golden Giving Tree, a heartwarming new initiative in partnership with United Community Bank (UCB)! Together, we're spreading holiday cheer and making sure older adults in our community feel remembered, valued, and celebrated during this special time of year.

The goal of the Golden Giving Tree is simple: to bring joy, connection, and a little holiday magic to older adults in our community. For some, the holidays can be a lonely time, and we believe that a thoughtful gift and a reminder that someone cares can make a world of difference.

How Does It Work?

With the help of our wonderful Elevate volunteers, we'll be connecting with older adults in senior living communities and throughout our area to learn about their holiday wishes. Whether it's a cozy blanket, a favorite treat, a practical necessity, or something just for fun, each wish will be placed on a special gift tag and hung on one of our Golden Giving Trees.

Beginning November 20, Golden Giving Trees will be located at Perham Living and United Community Bank in Perham, where community members can stop by, select a tag, and help make someone's holiday wish come true!

More Than Just a Gift

What makes the Golden Giving Tree so special is that it's about much more than the presents. It's about bringing generations together, creating meaningful connections, and showing our older neighbors that they are an important part of our community.

We are incredibly grateful to United Community Bank for partnering with us to bring this new tradition to life. Together, with the generosity of our community and the dedication of our volunteers, we hope to make the Golden Giving Tree a cherished holiday tradition for years to come.

This Christmas, let's fill more than the space beneath the tree. Let's fill hearts with joy, kindness, and the spirit of giving!

How it works:

VISIT

STOP BY A GIVING TREE AT UNITED COMMUNITY BANK OR PERHAM LIVING.

SELECT

CHOOSE A TAG FROM THE GOLDEN GIVING TREE.

SHOP

PURCHASE THE GIFT(S) LISTED ON THE TAG

SHARE

BRING THE UNWRAPPED GIFTS BACK WITH THE TAG ATTACHED AND PLACE THEM IN THE DESIGNATED COLLECTION AREA.



We'll take it from there!

OUR GOLDEN GIVING TREE VOLUNTEERS WILL SORT, WRAP, AND DELIVER EACH GIFT BEFORE CHRISTMAS.

LAST DAY FOR COLLECTIONS:
MONDAY, DECEMBER 14

QUESTIONS? CONTACT MINDI
AT 218-347-1974 EXT 6 OR
MINDI.LARSON@PERHAMHEALTH.ORG



Staying Strong with Dawn Duncan

When it comes to staying active and healthy, PACC fitness instructor Dawn Duncan believes age is just a number! Dawn created her senior fitness classes to challenge participants, build strength, and celebrate what our bodies are capable of at any age. "I am inspired by their ongoing commitment to improving their strength, mobility, and overall vitality," Dawn shares.

And the results speak for themselves! Dawn has watched participants improve their balance, posture, and strength. One standout example? A 91-year-old participant who stands, lifts weights, and keeps up with her younger classmates! She also admires those facing health challenges, including cancer, who continue showing up each week because of the physical and mental benefits.

For Dawn, exercise is about more than building muscle. Staying active can help prevent falls, reduce aches and pains, and improve overall well-being. Just as important are the friendships, social connections, and sense of accomplishment that come with attending class.

For anyone feeling intimidated about trying something new, Dawn has a simple message: "Just COME. Once you get through that door and meet your instructor and classmates, that anxiety will lessen tremendously!"

Whether you're a longtime exerciser or just getting started, Dawn encourages everyone to keep moving, challenging themselves, and trying new things. Ready to give it a try? **Join Dawn for her Senior Strength class at Healthier Happy Hour on Monday, November 23!** It's a great way to get started. After all, it's never too late to get stronger!



\$5 YOGA

Join in on these great yoga sessions at B Still Yoga for just \$5/session!

AVITA YOGA FOR JOINT HEALTH & ARTHRITIS

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.

Wednesday, Nov. 4 & Fri, Nov. 20 from 10-11am

YOGA FOR BONE HEALTH

Join Shannon Wagner at B Still Yoga for a gentle yoga class geared towards stimulating bone density, improving posture, and more!

Friday, Nov. 13 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.

HEALTHIER HAPPY HOUR



Start your week feeling good.

Join us for Healthier Happy Hour, where we kick things off with light movement to wake up the body, followed by a healthy snack while we cool down. It's easy, energizing, and a fun way to take care of yourself without overthinking it.

MONDAYS
1PM AT PACC

November 2
Walk or Bike

November 9
Cardio Drumming

November 23
Senior Strength

November 30
Walk or Bike



**NO RSVP
NEEDED.**



KIDS-ONLY

HOLIDAY MARKET

ALL KIDS ARE INVITED TO SHOP OUR MAGICAL HOLIDAY MARKET!

Our Elevate Elves are excited to host a special Holiday Market for kids in December. All kids in the community are invited to come purchase holiday gifts to surprise their adult loved ones for just \$1 per gift.



SHOPPING DATES

MONDAY-FRIDAY,
12/7-12/11
from 3-6pm

 SATURDAY, 12/12
from 9am-1pm

AT ELEVATE
318 6TH AVE SW,
PERHAM

Kids (ages 3-15) will team up with one of our Elevate Elves to choose and wrap their holiday gifts! Each child can pick up to four gifts for their adult loved ones, priced at just \$1 each, while supplies last. Limit one visit per child. Proceeds will support next year's market and cover associated costs.

Volunteer Opportunity



KIDS-ONLY HOLIDAY MARKET ELVES

The holiday magic is coming, and we need your help to make it happen! Elevate's Kids-Only Holiday Market gives children the opportunity to shop for special gifts for the adults in their lives, and our amazing volunteers are what make this one-of-a-kind experience possible!

There are so many ways to get involved!

- **Donation Sorting** (September–December): Help sort, organize, and inventory the wonderful new and gently used items donated by our community.
- **Market Setup** (December 3): Help transform our space into a festive holiday shopping experience, complete with gifts ready for little shoppers!
- **Market Elves** (December 7–12): Assist children as they shop, help them find the perfect gifts, and share in the excitement of giving.
- **Gift Wrapping** (December 7–12): Help little shoppers keep their gifts a surprise by wrapping and packaging their treasures.
- **Cleanup Crew** (December 14): Help pack up, organize remaining inventory, and celebrate another successful market!

Whether you have a few hours or several days to give, there's a role for everyone! It's a fun, festive way to volunteer, connect with others, and experience the joy of the holidays through the eyes of a child.

How to Get Involved

Watch the Helper Helper app for opportunities to sign up and help make this year's Kids Only Holiday Market unforgettable! Contact Katie at katie.murdock@perhamhealth.org or 218-347-1974 with any questions.

THERE'S STILL TIME TO DONATE!

We're still accepting new and gently used donations through November 26 for our Kids-Only Holiday Market! We're looking for items like outdoor and hobby gear, small electronics, kitchen essentials, accessories, home décor, self-care products, and holiday wrapping supplies. **Please note: No glassware or bedding.**

Donations can be dropped off in the bin outside the Elevate office at 318 6th Ave SW in Perham. Help us give these treasures a new home and make holiday shopping extra special for local kids! 🎁





Coffee Talks

Free and open to the public!

PERHAM AREA COMMUNITY CENTER

1st + 3rd Wednesdays from 10-11am



NOVEMBER 4

A Nurse's Desert Storm Story

Celine Brudvick served as a nurse with the 311th U.S. Army Reserve during her deployment in Desert Storm. Join us and hear Celine's personal story as she shares her experiences from this historic time in our nation's military history.



NOVEMBER 18

Perham Health Expansion

Join CEO Chuck Hofius for an update on Perham Health's expansion project and what it means for the future of healthcare in our region. Learn how this investment will enhance access, improve patient care, and meet the growing needs of our communities.

Save the Date

- December 2 - Aging & Eyesight
- December 16 - Stroke Awareness & Education

NEW YORK MILLS PUBLIC LIBRARY

2nd + 4th Wednesdays from 10:30-11:30am



NOVEMBER 11

No Coffee Talk

NYM Library is closed for Veteran's Day.



NOVEMBER 25

Sodium Smarts

How much sodium is too much? Perham Health nutritionist Gwen Horter will help make sense of it all. Whether you're following a low-sodium diet because of a health diagnosis or simply looking to cut back, learn what too much—or too little—sodium can do to your body.

Save the Date

- December 9 - Christmas Nostalgia + Snowflake Craft
- December 23 - Christmas Bingo

The Mixer

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

Toad Lake Store

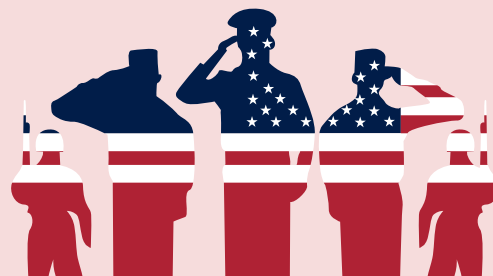
Tuesday, November 17
from 4:30-6pm in Frazee

The Cactus + Holiday Trivia

Tuesday, December 15
from 4:30-6pm in Perham

All are welcome!

RSVP Appreciated



THANK YOU, VETERANS!

- Wednesday, November 11 -

This Veterans Day, we pause to honor and thank the brave men and women who have served our country. We are grateful for your courage, sacrifice, and dedication, and for the freedoms you have helped protect.

Join us in celebrating our local veterans through two special opportunities to show our appreciation:

9:00am

VETERANS DAY PROGRAM

at Perham High School | 800 Coney St W

11:00am

A SALUTE TO OUR VETERANS COMPLIMENTARY LUNCH

at ITOW Museum | 805 W Main St, Perham
hosted by United Community Bank



Alzheimer's Awareness Month

Understanding dementia starts with learning, listening, and connecting. This November, Elevate invites you to explore three opportunities to learn more about dementia, build understanding, and discover ways to support individuals living with memory loss and the people who care for them. All are welcome to join us!



What if a little knowledge could help someone feel more understood, supported, and connected? Join us for Dementia Friends, a casual, informative session that's part of a global movement to change how we think about dementia. You'll learn what dementia is, how it affects everyday life, and simple ways to better connect with and support those living with it. No special experience is needed. Together, we can create a more dementia-friendly community, one interaction at a time.



**Become a
Dementia Friend**

DEMMENTIA FRIENDS

Monday, November 9 from 12:30-1:30pm
at Elevate - 318 6th Ave SW, Perham | **RSVP Appreciated.**



What might everyday life feel like for someone living with dementia? Dementia Live is a hands-on experience that offers a glimpse into the challenges they may face, helping you see the world from a different perspective. After experiencing the impact of this training firsthand, our Elevate team became certified to bring it right here to our community! You'll walk away with greater understanding, more empathy, and practical insight into how we can better support those living with dementia.

DEMMENTIALive®

DEMMENTIA LIVE

Monday, November 9 from 2-4pm or 4:30-6:30pm
at Elevate - 318 6th Ave SW, Perham | **RSVP Required.**



MEMORY
cafe *where every story counts*

You Don't Have to Navigate Dementia Alone

Caring for someone living with dementia can bring new challenges and questions along the way. Join us for our November Memory Café as we explore When Is It Time for More Support? We'll discuss helpful community resources for caregivers and those living with dementia, along with practical ways to recognize when additional support may be needed. Whether you're a caregiver, family member, friend, or simply looking to learn more, you're welcome to join us for connection, conversation, and support. We're in this together!

MEMORY CAFE

Thursday, November 19 from 1-3pm
at Crosspoint Alliance Church - 600 NE 8th St, Perham
RSVP Appreciated.

And finally, help us raise awareness—**wear purple on Thursday, November 19** in honor of Alzheimer's Awareness Month! Show your support for those impacted by dementia and help spread the message that together, we remember.



November Calendar

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

EVENT COLOR KEY >

Free Registration

Paid Registration

Support Group

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Walk/Bike at PACC</div> <div>Hearty Chili & Toppings / Dessert Bar</div>	<div>3</div> <div>3pm - Caregiver Support Group at Perham Living</div> <div>BBQ Chicken & Au Gratin Potatoes / Ice Cream</div>	<div>4</div> <div>9-11am - Free BP Check at PACC 10am - Coffee Talk: A Nurse's Desert Storm Story at PACC 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5) 2:30pm - Christmas Choir at Perham Living</div> <div>BBQ Pork Sandwich, Mac-n-Cheese / Brownie</div>	<div>5</div> <div>1:30pm - Exploratory: Soft Pretzels at MW Pastry, Vergas (\$30)</div> <div>Brat, Deli Salad, Beans / Fruited Jello Fluff</div>	<div>6</div> <div></div> <div></div>
<div>9</div> <div>12:30pm - Dementia Friends at Elevate 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Cardio Drumming at PACC 2pm/4:30pm - Dementia Live at Elevate</div> <div>Spaghetti & Salad / Ice Cream Bar</div>	<div>10</div> <div>11:30am - Connection Birthday Lunch at PACC 1pm - Nosey Neighbor: Lund Boats in New York Mills 2:30pm - Parkinson's Support Group at Elevate</div> <div>Sweet-n-Sour Chicken / Fortune Cookie</div>	<div>11</div> <div>9-11am - Free BP Check at PACC 11am - A Salute to Our Veterans Program & Lunch at ITOW Museum 1pm - Exploratory: Slavic Motanka Dolls at Elevate (\$30)</div> <div>Alfredo Meatballs & Mashed Potatoes / Pound Cake</div>	<div>12</div> <div>10am - Exploratory: Aqua Yoga at PACC Therapy Pool (\$15) 10am - Digital Life Skills: Winter Tech for Safer Living at Elevate</div> <div>Cowboy Chicken Casserole / Lemon Pudding</div>	<div>13</div> <div>10am - Avita Yoga for Bone Health at B Still Yoga (\$5)</div> <div></div>
<div>16</div> <div>12:30pm - Deal Me In Card Club at PACC 1pm - Monday Matinee "Runner" at Comet Theatre (\$6)</div> <div>Pork Fritter & Pesto Pasta / Fruit Salad</div>	<div>17</div> <div>9am-4pm - Foot Care Clinic at Perham Living (\$30) 10:30am - Nosey Neighbor: United Community Bank in Perham 1pm - Monthly Dance: Jerry's Dance Band at Frazee Event Center (\$7) 1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Toad Lake Store in Frazee</div> <div>Chicken Biscuit Casserole / Pumpkin Bread</div>	<div>18</div> <div>9-11am - Free BP Check at PACC 10am - Coffee Talk: Perham Health Expansion at PACC 2:30pm - Christmas Choir at Perham Living 4:30pm - Cooking Club at Elevate</div> <div>Hamburger & Tator Tots / Ice Cream Bar</div>	<div>19</div> <div><div>1-3pm Memory Cafe at Crosspoint Alliance Church</div><div>2pm - Healing Through the Holidays Grief Support Group at Elevate</div><div>Turkey, Potatoes, Gravy, Stuffing / Pumpkin Pie</div></div>	<div>20</div> <div>9am-4pm - Foot Care Clinic at Perham Living (\$30) 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</div> <div><div></div><div>Golden Giving Tree Begins</div></div>
<div>23</div> <div>12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Senior Strength & Stretch at PACC</div> <div>Country Fried Steak & Mashed Potatoes / Apple Crisp</div>	<div>24</div> <div>10:30am - MS Support Group at Elevate 6:30pm - Collectors Club at Perham Area Public Library</div> <div>Rib & Rosemary Potatoes / Ice Cream</div>	<div>25</div> <div>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Sodium Smarts at NYM Public Library</div> <div>Tiliapia & Rice Pilaf / Cream Puffs</div>	<div>26</div> <div><div>happy Thanksgiving</div><div>No lunch today.</div></div>	<div>27</div> <div></div> <div></div>
<div>30</div> <div>12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Walk or Bike at PACC</div> <div>Veg Beef Barley Soup & Sandwich / Tropical Fruit</div>	<div>December 1</div> <div>1pm - Senior Day at NYM Christmas Tree Festival at NYM City Hall Ballroom 3pm - Caregiver Support Group at Perham Living</div> <div>Chicken Alfredo & Broccoli / Dessert Bar</div>	<div>2</div> <div>9-11am - Free BP Check at PACC 10am - Coffee Talk: Aging & Eyesight at PACC 2:30pm - Christmas Choir at Perham Living</div> <div>Sloppy Joe & Potato Wedges / Peanut Butter Bites</div>	<div>3</div> <div>1pm - Nosey Neighbor: Lakeshirts in Detroit Lakes</div> <div>Pork Loin & Baby Potatoes with Gravy / Sherbet</div>	<div>4</div> <div></div> <div></div>

EXPLORATORIES

Try something new with us!

SOFT PRETZELS

\$30

Thursday, November 5 from 1:30-3pm at MW Pastry - 105 E Main St Suite 3, Vergas
Get ready to twist, bake and enjoy! Chef Madison Waller will walk you step-by-step through making giant soft pretzels from scratch. Choose your favorite salty or sweet toppings, and leave with the recipe and three giant pretzels to enjoy! **RSVP required.**



SLAVIC MOTANKA DOLLS | *Heritage Art Series*

\$30

Wednesday, November 11 from 1-3:30pm at Elevate - 318 6th Ave SW, Perham
Discover the art and tradition of creating a Motanka Doll, a handcrafted keepsake rooted in Slavic folklore. Using fabric, yarn, thread, and natural materials, you'll create a meaningful doll filled with symbols of prosperity, health, protection, and good fortune. **RSVP required.**

AQUA YOGA

\$15

Thursday, November 12 from 10-11am at PACC - 620 3rd Ave SE, Perham
Dive into a gentle and refreshing Aqua Yoga session with instructor Shannon Wegner! This relaxing practice adapts traditional yoga poses, breathing, and meditation to the water, offering a fun way to stretch, move, and unwind. **RSVP required.**



GINGERBREAD HEART ORNAMENTS | *Heritage Art Series*

\$30

Wednesday, December 9 from 1-3:30pm at NYM Cultural Center - 24 N Main Ave, NYM
Create a set of nostalgic gingerbread ornaments inspired by German holiday traditions. Using felt, thread, ric rac, pom-poms, and other festive embellishments, you'll craft charming keepsakes perfect for decorating your tree or for holiday gifting. **RSVP required.**



COOKING CLUB

Cooking Club is a fun, flavorful way to eat well and connect with others. Each month features a new healthy cooking theme, with everyone bringing a dish and the recipe to share. Along the way, we swap tips, build kitchen confidence, and enjoy good conversation.

November Topic: 5 Ingredients or Less

Find a recipe made with five ingredients or less, prepare it at home, and bring it to share. From simple snacks to satisfying meals, let's discover just how delicious and creative cooking can be with a short and simple ingredient list.

WEDNESDAY, NOVEMBER 18

starting at 4:30pm at Elevate

**RSVP
Appreciated!**

Variety Dance



Put on your dancing shoes and join us for an afternoon of polka music and fun in Frazee! Grab a partner and come dance the afternoon away.

TUESDAY, NOVEMBER 17

Jerry's Dance Band

**from 1-4pm
at Frazee
Event Center
114 Lake St N**

Admission: \$7

Beverages will be available for purchase, and you're welcome to stay for supper afterward for an additional fee.

For questions, contact Mary at 701-367-7398.



Local Support Groups

Sometimes, it helps to know you're not alone.

Perham has a variety of support groups offering connection, understanding, and a place to share with others who may be going through something similar. All are welcome to join, whether you're looking for support, encouragement, or simply a place to connect.

CAREGIVER SUPPORT GROUP

First Tuesday | 3-4pm | Perham Living

A supportive space for those caring for a loved one. Connect with others, share experiences, and gain encouragement and resources for the caregiving journey. Contact Perham Living at 218-347-1940 or david.lilja@perhamhealth.org.

PARKINSON'S SUPPORT GROUP

Second Tuesday | 2:30-3:30pm | Elevate

Individuals living with Parkinson's and their care partners are invited to gather for education, gentle movement, practical tips, and connection with others who understand. Contact Katie at 218-347-1974 or katie.murdock@perhamhealth.org.

NAVIGATING YOUR GRIEF SUPPORT GROUP

Third Thursday | 2-3pm | Elevate

Hosted by Vivie Hospice, this welcoming group offers support, understanding, and companionship for anyone experiencing the loss of a loved one. Contact Vivie at 320-759-4935 or trisha.zimmerman@vivie.org.

ALS SUPPORT GROUP

Fourth Wednesday | 3:30-4:30pm | Elevate

The ALS Support Group will take a break in November and December due to the holidays and will resume meeting in January. They look forward to connecting again in the new year! Contact Revive & Thrive at 218-332-4096.

MS SUPPORT GROUP

Last Tuesday | 10:30-11:30am | Elevate

Open to individuals living with Multiple Sclerosis, as well as family members and caregivers. Connect with others, discover resources, and find support in a welcoming environment. Call Mary at 218-298-0561 or Colleen at 218-298-2180.

BLOOD PRESSURE CHECKS



FREE!

Wednesdays
from 9-11am
at PACC



Deal Me In
♣ CARD CLUB ♣

Join us for cards, games, and plenty of laughter. Whether you're a seasoned player or just learning, everyone is welcome at the table.

MONDAYS FROM 12:30 – 2:30PM

PACC Front Lobby



The holidays can feel especially tender after the loss of someone you love—but you're not alone.

Join us for a gentle, supportive gathering where we'll share practical ways to care for your heart, honor your memories, and find moments of hope in the season ahead. Snacks and beverages will be provided, and if you'd like, you're welcome to bring a photo of your loved one to share or display. Everyone is welcome.

Thursday, November 19 from 2-3pm

at Elevate - 318 6th Ave SW, Perham

To RSVP, please contact Trisha by Nov. 12 at 320-759-4935.

**FOOT
CARE
CLINIC**

Tuesday - November 17,
January 5, January 26

Friday - November 20

Call Julie at 218-731-4190 for your appointment at Perham Living!

NOSEY NEIGHBORS



LUND BOATS

Tuesday, November 10 at 1pm - 318 W Gilman St, New York Mills

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.**

UNITED COMMUNITY BANK

Tuesday, November 17 at 10:30am - 301 W Main St, Perham

Take a behind-the-scenes look at United Community Bank! Family-owned and proudly serving Perham since 1934, UCB has a long history in the community. Hear stories about the history of UCB and banking in Perham, tour the bank, and meet some of the people who make it all happen. **RSVP required.**

LAKESHIRTS

Thursday, December 3 at 1pm - 750 Randolph Rd, Detroit Lakes

Got a favorite t-shirt or sticker from a vacation? Odds are, it came from Blue 84 or one of the Lakeshirts family of brands. A visit to Lakeshirts HQ gives you a behind-the-scenes look at how they create those must-have items for resorts & colleges all across the country. **RSVP Required.**



Senior Day at NYM CHRISTMAS TREE FESTIVAL

Join us for Senior Day at the New York Mills Christmas Tree Festival for an afternoon of holiday cheer! Enjoy festive treats, games, live music from NYM students, prizes, and beautifully decorated Christmas trees. All seniors are welcome, so bring a friend and celebrate the season with us!

Tuesday, December 1

from 1-3pm at NYM City Hall Ballroom
28 W Centennial 84 Dr, New York Mills
No RSVP needed.



**MONDAY
NOVEMBER 16**

starting at 1pm
at Comet Theater
Doors open at 12:30pm



Cost: \$6
includes a pop and popcorn

All ages are welcome!



Collectors Club

Love collecting? Join the club!

From coins and comics to vintage finds and unique treasures, Collectors Club is a place to share your collection, swap stories, and connect with fellow collectors. Bring a favorite item and discover what others are collecting!

4th Tuesday starting at 6:30pm

Perham Area Public Library - 225 2nd Ave NE
No RSVP needed.



THANKSGIVING MEAL AT CONNECTIONS

Join us at Connections for our traditional Thanksgiving meal featuring turkey, mashed potatoes and gravy, stuffing, corn, and pumpkin pie. Come enjoy good food, great company, and a little holiday cheer!

Thursday, November 19 at 11:30am
in the Connections Room at PACC

To reserve your meal, please leave a message at 218-347-1974 by 12pm on Wednesday, November 18.



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.

CHRISTMAS CHOIR

CELEBRATE THE SEASON THROUGH MUSIC!

Join Elevating Voices Memory Loss Chorus, Perham Living residents, and community members as we sing familiar Christmas favorites together! Each session includes time for singing, socializing, and celebrating the season, all leading up to a special Community Concert.

No RSVP needed! Everyone is welcome, whether you love to sing or simply enjoy being part of the holiday fun. Volunteers are also needed to help welcome attendees and assist with singing. Call 218-347-9174 for details.

WEDNESDAYS
NOVEMBER 4 & 18, DECEMBER 2 & 9
2:30-3:30pm at Perham Living Town Center
735 3rd Street SW, Perham

COMMUNITY CONCERT

WEDNESDAY, DECEMBER 16

2:30-3:30pm at Perham Living Town Center
Refreshments to Follow



Monthly BIRTHDAY LUNCH

Come celebrate November birthdays with us at Connections. Thanks to Magnifi Financial, folks celebrating their birthday get a free lunch and everyone gets a special birthday dessert!

Tuesday, November 10 at 11:30am
in the Connections Room at PACC



A Big Home Tour Thank You

On behalf of the entire team at Elevate, we want to extend a heartfelt THANK YOU to everyone who helped make this year's Lakes Area Home Tour such an amazing success! Thanks to the generosity of our sponsors and everyone who purchased tickets, **we raised more than \$50,000** to support Elevate and the work we do in our communities!

We couldn't have asked for a better day—beautiful weather, lots of smiling faces, stunning homes, and an overwhelming amount of love and support for our program!

To our homeowners who graciously opened their doors, our incredible sponsors, dedicated volunteers, and everyone who joined us on tour day—THANK YOU! Your generosity and enthusiasm mean more than you know.

We are beyond grateful to be part of a community that shows up and supports one another in such a big way. What a day to remember! See you next year!

With gratitude,
The Elevate Team - Mindi, Jean, Emily, Amanda, Maggie, and Katie

DIGITAL LIFE SKILLS

presented by
 arvig.

WINTER TECH FOR SAFER LIVING

Discover easy-to-use technology like Life360, online grocery delivery, weather alerts, and more that can help you stay safe, connected, and independent throughout the winter months.

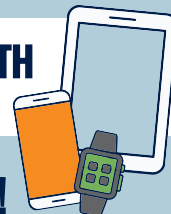
Thursday, November 12
from 10-11am at Elevate
318 6th Ave SW, Perham



PLEASE RSVP
Bring your devices
to follow along!

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

 **elevate**

YOUR HEALTH • YOUR WAY

Ready to live your best life?
Visit elevateotc.org to get started.



connect@elevateotc.org



(218) 347-1974



318 6th Ave SW, Perham

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