

INTRODUCING

elevate

Connections



Join our vibrant community, Elevate Connections, 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.

Choose from a variety of activities each day at the Perham Area Community Center. Our daily programming includes:

Lunch	Join us for a nutritious and delicious lunch daily (Monday through Thursday) at 11:30am.
Games	Choose your adventure! Join in hands of cards each day, or choose from a number of other games (dominoes, dice, board games, and more).
Social Time	Spend time getting to know new people or reminiscing with old friends throughout the day.
Activities	Explore a variety of different interests, hobbies, resources, and more with us!
Fitness	There are multiple fitness opportunities to join in on throughout the day from group fitness classes to a simple walk around the track.

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

HOURS

Monday-Thursday
10am-2pm

All are welcome to join us!

For those aged 60 and above, savor a delicious meal for just \$4 each; for our younger friends, meals are priced at \$8 each. To secure meal(s), simply reserve your meal by 12pm the day before, either by calling 218-347-1974 or signing up on the sheets in the Connections Room.

Get Signed Up

A membership or day pass to the Perham Area Community Center is required to join the activities. Many health insurance companies 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.

Perham Area Community Center | 620 3rd Ave SE, Perham, MN 56573