

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
		9am - Water Fitness 9-11am - Free Blood Pressure Checks 10:30am - Coffee Talk: Balanced Breakfast 11:30am - Lunch 12:15pm - Pinochle/Games 12:30pm - St. Patrick's Day Decor 🍀 1pm - Nosey Neighbor: Kit Masters + Swan Machine	11:30am - Lunch 12:15pm - Cribbage/Games 12:30pm - Kindness Club: Meals By Wheels 1:30pm - Silver & Fit 3pm - Exploratory: Woven Mug Rug
11	12	13	14
10am - Silver Sneakers 10am - Happy Hour 11:30am - Lunch 12:15pm - Pinochle/Games 12:30pm - Volunteering in Our Community	9am - Beltone Hearing Checks 10am - Walking Club 11:30am - Lunch 12:15pm - Whist/Games 12:30pm - Exercise Orientation 4pm - Mastering Medicare: A Guide for Soon-to-be 65s	9am - Water Fitness 9-11am - Free Blood Pressure Checks 11:30am - Lunch 12:15pm - Pinochle/Games 12:30pm - St. Patrick's Day Yarn Garland 🍀 1pm - Exploratory: Fresh Bread	11:30am - Lunch 12:15pm - Cribbage/Games 12:30pm - Recipe Swap 1:30pm - Silver & Fit 1pm - Social Security: Timing is Everything
18	19	20	21
10am - Silver Sneakers 10am - Happy Hour 11:30am - Lunch 12:15pm - Pinochle/Games 12:30pm - Genealogy: Where to Start? 1pm - Monday Matinee @ Comet Theatre	9am - Beltone Hearing Checks 10am - Walking Club 11:30am - Lunch 12:15pm - Whist/Games 12:30pm - Tech Help 🖥️	9am - Water Fitness 9-11am - Free Blood Pressure Checks 10:30am - Coffee Talk: Home Health Services 11:30am - Lunch 12:15pm - Pinochle/Games 12:30 - Maker MeetUp	11:30am - Lunch 12:15pm - Cribbage/Games 12:30pm - Bingo 1:30pm - Silver & Fit
25	26	27	28
10am - Silver Sneakers 10am - Happy Hour 11:30am - Lunch 12:15pm - Pinochle/Games 12:30pm - KLN's Children's Hospital Dog Program	9am - Beltone Hearing Checks 9am - Foot Care Clinic 10am - Walking Club 11:30am - Birthday Lunch 🍰 12:15pm - Whist/Games 12:30pm - EMT & Smart911 1pm - Exploratory: Spring Floral Workshop	9am - Water Fitness 9-11am - Free Blood Pressure Checks 11:30am - Lunch 12:15pm - Pinochle/Games 12:30pm - Rock Painting 1pm - Exploratory: Spring Cookie Decorating	11:30am - Lunch 12:15pm - Cribbage/Games 12:30pm - Kindness Club: Meals By Wheels 1:30pm - Silver & Fit 1pm - Nosey Neighbor: ITOW Veterans Museum

SHADING KEY	March Exclusives See backside for details.	Elevate Events in the Community Please see Elevate newsletter for details.
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March Exclusives

St. Patrick's Day Decor

Help us get our Elevate Connections space ready for St. Patrick's Day!

Volunteering in Our Community

Learn how to find volunteer opportunities in our community, and how Elevate is making a big impact on volunteerism.

Exercise Orientation

Get familiar with the different exercise equipment.

St. Patrick's Day Yarn Garland

Make a festive yarn garland to celebrate St. Patrick's Day!

Recipe Swap

Bring a family favorite Easter dish or dessert recipe to share and discuss with the group.

Genealogy: Where to Start?

Join local genealogy expert Mary Pfeffer to learn more about the resources available at the History Museum of East Otter Tail County.

KLN's Children's Hospital Dog Program

Learn about the creation and growth of KLN's facility dog program in children's hospitals.

EMT & Smart911

Learn more about our local EMS services and the benefits of Smart911, a county-wide service that provides vital information to first responders in an emergency.

Rock Painting

Come paint some rocks with us!

Recurring Activities

Happy Hour

Join us every Monday morning to share positive news and stories over a warm cup of coffee.

Games

Come play some games with us! We'll have a variety of games available, including cards, dice, board games, brain teasers, dominoes, and more.

Beltone Hearing Checks

Stop by or make an appointment on Tuesdays for hearing tests, hearing instrument fittings, or service. Call 1-800-669-3171 to make an appointment.

Blood Pressure Checks

Stop in for a quick and free blood pressure check on Wednesdays from 9-11am.

Coffee Talks

Join us in the front lobby for a casual gathering and presentation with a guest speaker.

Makers Meetup

Bring in your crafty projects and work alongside other makers! All types of art projects welcome.

Tech Help

Bring in your devices and questions to get help with technology.

Kindness Club

Spread positivity and joy in our community through acts of kindness, volunteering, and building meaningful connections. This month, we're sending love to our neighbors through the Meals By Wheels program!

Fitness Opportunities

Silver Sneakers

This class features a variety of exercises with or without a chair designed to increase muscular strength and range of movement for daily living. Available Monday & Thursday at 10am.

Walking Club

Join us for a healthy stroll on Tuesdays from 10-11am around the walking track or outside when the weather permits.

Water Fitness

Join in for a low impact water workout designed for all levels of fitness. Classes are offered Monday through Saturday from 9am-10am in the PACC pool.

Silver & Fit

This is a more advanced class for active older adults, featuring low-impact aerobics and standing stretches. Available Monday and Thursday at 1:30pm.

Lunch registration is required. All other activities do not. Please contact us if you have any questions or concerns!
Elevate Team – Mindi, Katie, and Emily | connect@elevateotc.org | 218-347-1974