

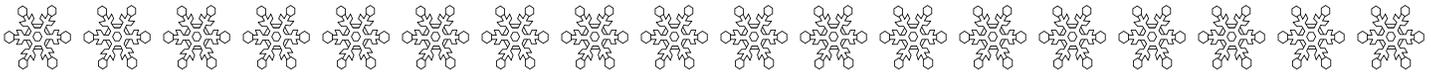
# SOUTHSHORE SENIOR PARTNERS TIMES

ShorewoodCEC.com/Senior

January, February, March 2023

Phone: 952.474.7635

Address: 5735 Country Club Road, Shorewood MN 55331



## Arctic Fever 2023

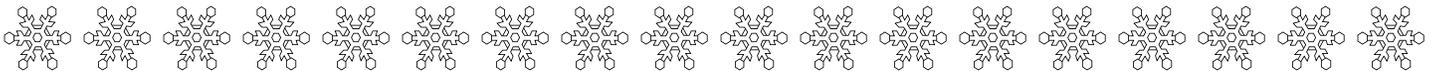
Shorewood and surrounding Communities

Arctic Fever is a 17th annual fun community event that gets us all out and about for some winter fun! Events run on January 21st & 22nd, 2023

Friday (Jan 21st) at Shorewood Center (5:30pm-7:30pm):

- \* Free pizza party (Joey Nova's -while supplies last)
- \* Beer tasting by Excelsior Brewing Company

**See Page 2 for more details and events!**



*Free tax service available for seniors and low-income persons/families by AARP*  
**IRS Certified Tax-Aide Counselors**  
**for**  
**2022 Federal and State Tax Preparation and State Property Tax / Rent Rebate returns**

**Thursdays (February 16 - April 13)**

**Appt Times that you can reserve:**

**9:30am, 10:45am, 12:00pm, 1:15pm**

Call 952-474-7635 for Needed Reservations

Walk-ins are welcome, but appointments will be given preference.



## NEW TAI CHI CLASS!

Tai Chi is a series of gentle physical exercises and stretches. Tai Chi has many health benefits and also promotes serenity through gentle movements. Great for beginners and people of any age and almost any ability.

Erica Heinrichs is a Senior Trainer of the Tai Chi for Health Institute.

**Wednesdays—10:30am**  
(starting Jan 11th)

**DOUBLE THE FUN  
BRING A FRIEND!**

Register at the Center:  
952-474-7635

Cost: \$6.00 per class



Call the Center for information 952.474.7635 Visit our website: [ShorewoodCEC.com/Senior](http://ShorewoodCEC.com/Senior) or stop by at: 5735 Country Club Road, Shorewood MN 55331

# Upcoming Events



## SHOREWOOD

### COMMUNITY & EVENT CENTER

#### Arctic Fever 2023

Shorewood and surrounding Community

#### Jan 20th (Fri)

SouthShore Center — 5:30-7:30pm

- \* Free pizza party (by Joey Nova's - while supplies last)
- \* Beer tasting by Excelsior Brewing Co.
- \* Cookie Decorating

#### Jan 21st (Sat)

Excelsior Library—10-11am

- \* A mix of Puppets, Music & Yoga fun

Country Club Lanes—10-12pm

- \* Arctic Bowling \$13.99/ea: bowling, shoes

Freeman Park—11am-1pm

- \* Llamas, Carriage Rides, Snowshoes, Hot Cocoa, Dog Sled Rides

Manitou Park—1-4pm

- \* Bonfire, Human Bowling, HCSO K9 Team, SLMPD ATV Demo, Arctic Bowling

Check out other fun events at:  
[www.arcticfever.net](http://www.arcticfever.net)

#### 7 reasons you should get out and Exercise:

1. Keep trim, helps you lose fat and preserve muscle.
2. Improve sleep
3. Improve bone density and reduce risk of falls and fractures
4. Lower risk of heart disease, diabetes and high blood pressure, gallstones, and colon cancer.
5. Reduce arthritis discomfort
6. Reduce natural muscle loss which occurs with aging.
7. Raise self esteem, improving mood and relaxation.

The major reason most people don't exercise is they consider it to be boring. Exercising is important for all of us but we should also know to make it fun! Joining group classes ensures that you get a chance to meet new people and make new friends. Seeing a group of people exercising with you improves the motivation level. Great music enhances the fun factor. Mixing it up by not doing the same exercises everyday helps to change the focus on different body parts and contributes to making the classes more enjoyable.

#### DRIVERS REFRESHER DISCOUNT COURSE AT SSSP

November 3rd (Thurs) — 1pm-5pm

Join us to Renew your Existing Drivers Discount. Every 3 years, renew, and you get a 10% Discount on Auto Insurance.

Participants must register at MN Hwy Safety Research Center directly for all courses.

All must pre-register at: 1.888.234.1294

#### MEDICARE HEALTH OPTIONS

Julie Ell from Next Chapter Insurance will help answer your questions regarding Medicare and Medicare health plan options.

Call to schedule an hour with Julie to meet between 1:00-3:00pm - Wednesdays 952-474-7635

#### DONATE UNWANTED EYEGLASSES AT SSSP

#### SSSP BOARD MEMBERS

The SouthShore Senior Partners are dedicated to encouraging seniors (55plus) in maintaining a healthy and active life style. Our programs provide seniors with a time to socialize and participate in a variety of recreational and learning opportunities.

SSSP Board Members are:

Sally Bergman	.....	Jeanna Raap
Tena Brandhorst	.....	Catherine Turner
Shannon Emil	.....	Theresa Zerby

If you are interested in joining our board contact Tena at the Center.

How many of these trivia questions can you answer correctly?

Answers: Page 4

#### MINNESOTA TRIVIA FUN!

- 1) In what year did Minnesota become a state?
- 2) How many stores can you visit in the Mall Of America?
- 3) What is the oldest State Park in Minnesota?
- 4) How many lakes in Minnesota are named 'Mud Lake'? 4b) How many are named 'Long Lake'?
- 5) True or False — Minnesota stocks it lakes with 150,000,000 fish annually.

Call the Center for information 952.474.7635 Visit our website: [ShorewoodCEC.com/Senior](http://ShorewoodCEC.com/Senior) or stop by at: 5735 Country Club Road, Shorewood MN 55331

# Upcoming Events

## ONGOING ACTIVITIES EACH MONTH

### Mondays

- ◇ 55+ Dance Fitness
  - 9:00 am—10:00 am
- ◇ Busy Bee Quilters
  - 9:00 am—Noon (*each Mon & Wed*)
- ◇ **Bingo**
  - **1:00 pm—Win \$\$ and prizes**
- ◇ Happy Feet — *individualized footcare*
  - 3rd Monday of each month
  - Call to reserve an appt. 763.560.5136

### Tuesdays

- ◇ Card Crafters
  - 9:00 am - *Join us!*
- ◇ Woodcarvers
  - 9:30 am - *Work on your own interests, or some group projects*
- ◇ Knitting and Crochet
  - 10:30 am - *No sign up needed*
- ◇ Jewelry Design and Beading
  - 1:00 pm *Bring your projects*
- ◇ Cribbage ***\*All abilities & levels welcome***
  - 1:00—3:00 pm *Join us on Tuesdays!*

### Wednesdays

- ◇ 55+ Dance Fitness
  - 9:00 am—10:00am
- ◇ Busy Bee Quilters
  - 9:00 am—Noon (*each Mon & Wed*)
- ◇ Tai Chi Fitness
  - 10:30 am—11:30am
- ◇ Mahjong
  - 1:00 pm - *Join us for a fun game!*

### Thursdays

- ◇ Engage Physical Therapy class
  - 9:00 am — Register at 612.888.9882
- ◇ **Coffee & Cookies Social** - *2nd Thursdays*
  - 10:00 am
- ◇ Bridge - *Playing cards*
  - 1:00 pm

### Fridays

- ◇ 55+ Dance Fitness
  - 9:00 am—10:00 am
- ◇ Dementia Support Group with Jane Stein as her contact is: 952.240.8835
  - 9:00 am — 1st & 3rd Fridays



**WHO IS READY FOR BINGO??**

**Bingo Mondays is at 1:00pm**

\$0.50 per game (You get 3 cards/chances per game for your \$\$)

### **THANK YOU TO LIONS CLUB**

A very special appreciation given to the Lions Club for the Emergency Diabetes Kit to the SouthShore Center.

	<b>Bridge</b> Thurs (1pm)		<b>Cribbage</b> Tues (1pm)
	<b>Mahjong</b> Weds (1pm)		<b>Woodcarving</b> Tues (9:30am)

### **UPDATED ADDRESS OR PHONE?**

#### **LET US KNOW**

Have you recently moved or have an update for us? Send a note to us or give us a call at Shorewood Senior Partners as we would be glad to update your information.

\*If you would no longer wish to receive this newsletter we appreciate that update as well.

### **THE CENTER WILL BE CLOSED ON:**

January 2nd (Happy New Year)

January 16th (MLK Day)

February 20th (Presidents Day)

### **BAKERY ITEMS!**

Mondays/Tuesdays: Half price items: Breads, Rolls, Cookies, Sweets, etc. Thanks to Shorewood Cub Foods!



SouthShore Senior Partners  
5735 Country Club Road  
Shorewood, MN 55331-8926



SHOREWOOD  
COMMUNITY & EVENT CENTER

ADDRESS SERVICE REQUESTED

NON-PROFIT ORG  
U.S. POSTAGE  
**PAID**  
EXCELSIOR, MN  
PERMIT NO. 315

*Our group is a non-profit which rents space at the Shorewood Community & Events Center from the City of Shorewood. We rely on contributions, fundraising and membership to continue our programming. If you are not already a member or supporter, please consider signing up. Thank you!*

## SouthShore Senior Partners

ShorewoodCEC.com/Senior

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***Become a SSSP Member Today and Join the Fun!***

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Membership Cost:** \_\_\_\_\_ **Birth year:** \_\_\_\_\_

Basic Annual Membership: \$30

Basic Double Membership: \$50 I am 55+: Yes or No

\* Supporting Member: \* \$51 - \$99 \**All Memberships renew annually*

\* Sustaining Member: \* \$100+

\* *\*Any contribution over the basic membership is tax deductible.*

**Membership Benefits:**

\*I would like to volunteer!

◆ SouthShore Sr Partners newsletter

Interests are: \_\_\_\_\_

◆ Special Events discount

◆ Pride in supporting access for older adults of our area!

***\*Clip out & mail to us at Shorewood Community Center:***

***5735 Country Club Road, Shorewood, MN 55331-8926***



*Do you have an event or an activity that you would like to see on our calendar? Let one of our board members know of your ideas!*

**Share  
ideas  
Start  
something  
good**

Trivia Answers: Q1: 1858; Q2: 400;  
Q3: Itasca State Park; Q4: There are  
261 Mud Lakes & 115 Long Lakes Q5:  
False—actual number is 256,259,500