

SOUTHSHORE SENIOR PARTNERS TIMES

ShorewoodCEC.com/Senior

April, May, June 2023

Phone: 952.474.7635

Address: 5735 Country Club Road, Shorewood MN 55331



*
* Spring is a *great time* to harness
* the *energy* of the season!
*



Join us for a *Spring Tea*

Friday, May 12th

11:00am-1:00pm

Wear your best hat and bring a friend!

Tea and coffee, finger sandwiches and dessert

Call today to reserve your spot at: 952-474-7635



\$5 for members
\$7 for non-members

FREE PICKLEBALL LESSONS

Come and learn the fastest growing sport in America

Beginning in mid-May (& if nets are up)

Wednesday mornings 10am, & if weather permitting.

Badger Tennis Courts (next to Shorewood City Hall)

Register by calling:

Shorewood Community and Event Center

952-474-7635



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

New 6 week session starts on:

April 19th-May 24th

Cost: \$36.00 for a 6 week session

Payment due at 1st class – no refunds

**Register today at:
952-474-7635**

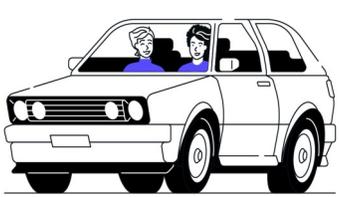
Call the Center for information 952.474.7635 Visit our website: ShorewoodCEC.com/Senior
or stop by at: 5735 Country Club Road, Shorewood MN 55331

Upcoming Events



SHOREWOOD COMMUNITY & EVENT CENTER

DRIVERS DISCOUNT COURSES



May 16th (Tuesday)

4hr Refresher
1pm-5pm

June 15th (Thursday)

4hr Refresher
9am-1pm

Get 10% off your Auto Insurance for 3 years!
Participants must register at MN Hwy Safety
Research Center directly for all courses.
All must pre-register at: 1.888.234.1294

www.driverdiscountprogram.com

*Classes are held at Shorewood Community Center
*Reserve your place today in order to receive a 10% auto
insurance discount for 3 years!

CARD CRAFTERS - BEST KEPT SECRET

Did you know we create and sell repurposed greeting
cards for \$.50 a piece? Donate your used or new
cards. Feeling crafty? Join the Card Crafters group!
Tuesdays — 9:00 am



WE ARE LOOKING FOR VOLUNTEERS

The Senior Partners staff the reception
desk at the Shorewood Community &
Event Center Mon-Fri. Can you volunteer 3-1/2 hours of
your time to greet people, answer the phone, and be a
smiling face? More info, call Tena 952-474-7635

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

- 1) What state has the deepest lake?
- 2) What states have a mashed po-
tato wrestling contest?
- 3) What state has the largest Native American
population?
- 4) What state has its own alphabet?
- 5) The peach blossom is this states official flower?
- 6) The Hamburger Hall of Fame is located in Seymour,
what state?

ENGAGE WELL: BALANCE AGILITY AND FUN!

Join Sue Kanter, Physical therapist from
EngAGE Physical Therapy and Wellness
for our BAPS class (Balance, Agility, Power & Strength).
This class is for anyone 55 years and older that wants to
improve their ability to navigate everyday life tasks, pre-
vent falls and injuries and improve your overall capacity
and resilience. The focus is on fun and engaging activities
that will build strength, endurance, mobility, balance and
function. This class is part of the EngAGE WELL series
of Healthy Aging offerings. Free screening included.

Package of 8 classes only \$100
or \$14 for a drop-in class.

Register with Sue by:
Ph: 612-888-9882
Or

suek@engagephysicaltherapymn.com



ENGAGE
PHYSICAL THERAPY AND WELLNESS, LLC

MEDICARE HEALTH OPTIONS



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

Wednesdays in May and June

Have a One-On-One with Julie between 1-3pm.
Call the Center to schedule a 1 hour meeting at:

SouthShore Center: 952-474-7635

Call the Center for information 952.474.7635 Visit our website: 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**

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—NEW Session starting**
 - 10:30 am—11:30am
- ◇ Pickleball
 - 10:00 am - *Starting mid May.. RSVP!*
- ◇ Mahjong
 - 1:00 pm - *Join us for a fun game!*

Thursdays

- ◇ Engage Physical Therapy class
 - 9:00 am — Register at 612.888.9882
- ◇ Bridge - *Playing cards*
 - 1:00 pm

Fridays

- ◇ 55+ Dance Fitness
 - 9:00 am—10:00 am
- ◇ Dementia Support Group with Jane Stein Questions? 952-240-8835
 - 9:00 am — 1st & 3rd Fridays
- ◇ Happy Feet—*Individualized footcare*
 - Starting in May — 1st Friday of the month. Call 763-560-5136 to reserve your place.



START YOUR WEEK OUT RIGHT WITH BINGO!!

MONDAYS — 1:00 PM

You can play for only a small cost of: \$0.50 per game

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

Prizes are from the money collected.

RECYCLE EYEGLASSES

Bring your discarded glasses to the Center. The local Lions Club will collect them.



Bridge
Thurs (1pm)



Cribbage
Tues (1pm)



Mahjong
Weds (1pm)



Woodcarving
Tues (9:30am)

UPDATED ADDRESS OR PHONE? LET US KNOW

Have you recently moved or have an update for us?

Email us at: ShorewoodSSSP@gmail.com
or call 952-474-7635

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

THE CENTER WILL BE CLOSED ON:

April 7th -- Friday afternoon (Good Friday)

May 29th - Monday (Memorial Day)

June 19th - Monday (Juneteenth)

BAKERY ITEMS!

Mondays & Tuesdays:

Half priced 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: Shorewood Community & Events 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: Oregon, Crater Lake; Q2: Minnesota, South Dakota & Maine; Q3: Alaska; Q4: Hawaii; Q5: Delaware; Q6: Wisconsin