

SOUTHSHORE SENIOR PARTNERS TIMES

ShorewoodCEC.com/Senior

July, August, Sept 2023

Phone: 952.474.7635

Address: 5735 Country Club Road, Shorewood MN 55331


SHOREWOOD
COMMUNITY & EVENT CENTER

Movies now at the Center!
See page 2

Shining Stars Luncheon

Join us to celebrate our Shining Stars with fun times and a wonderful lunch! Invite your friends to join us as well for a great time.

Seniors 80+ are FREE

\$8.00 for guests under the age of 80

Event: July 27th (Thurs) at 11:00am

Register with the Center by July 21st 952.474.7635

** If you would like to volunteer to help us at this event, contact the Center! **



'high hand' for the day! In any event, a good time was had by all, as usual!

Join us for cribbage fun at the Center
Tuesdays: 1:00pm

All abilities and levels are welcome!

See our events calendar on Page 3 for other fun items as well!

SSSP CRIBBAGE FUN!

Rod & Jan Schallberg host a regular Tuesday afternoon cribbage event at the Shorewood Community Center. Recently one of the participants had a near perfect hand of 28 points (one peg less than the highest hand even possible). Bob Fischer had three 5's and a King in his hand, and the fourth 5 was cut. Needless to say, he had the honor of



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

Sept 21st
(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

IDEAS FOR A FUN ACTIVITY OR GROUP?

If you have an idea for an Interest Group, Game Group, etc — let us know! Whether it be crafts, or games such as Pinochle, Mexican Train, Texas Hold 'Em, 500 Card — we are interested in your ideas — *and others are too!*

ENGAGE WELL: BALANCE AGILITY AND FUN!

Join Sue Kanter from EngAGE Physical Therapy and Wellness for our BAPS class (Balance, Agility, Power & Strength) on Thursdays. Call Sue at: 612-888-9882 or suek@engagephysicaltherapy.com

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 Theresa Zerby
Shannon Emil

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

**Volunteers
needed!**

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

See our Newsletter online at: ShorewoodCEC.com/Senior

Movie Matinee!



WATCH A MOVIE MATINEE WITH US!

Enjoy an afternoon with your age 55+ friends and go to the movies at *Shorewood Community and Event Center!* Come see a recently released movie on the big screen. Popcorn and water will be available for purchase.

August 17th—1pm Sept 14th—1pm Sept 28th—1pm

Please call 952-474-7635 for movie titles.

MEDICARE HEALTH OPTIONS

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

Call the Center to schedule a one hour meeting on Wednesday afternoons.
Ph: 952.474.7635

**How many of
these trivia
questions can you
answer correctly?**

Answers: Page 4

MINNESOTA TRIVIA FUN!

- 1) What is the largest lake completely inside of Minnesota ?
- 2) How many lakes, larger than 10 acres each, are there in the State Of Minnesota?
- 3) Who created the world's largest ball of sisal twine built by a single man which is in Darwin?
- 4) What is the highest peak in Minnesota?
- 5) Whose statue stands in the Duluth Rose Garden and he was also an Explorer?

Upcoming Events

ONGOING ACTIVITIES EACH MONTH

Mondays

- ◇ 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*
- ◇ Knit 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

- ◇ Busy Bee Quilters
 - 9:00 am—Noon (*each Mon & Wed*)
- ◇ Mahjong
 - 1:00 pm - *Join us for a fun game!*

Thursdays

- ◇ EngAGE Physical Therapy class
 - 9:00 am — Register at 612.888.9882
- ◇ Mahjong class — *Learn to play, offered Sept only!*
 - \$15 for 3 classes (*free for members*)
 - Sept 7th, 14th & 21st—must sign up for all 3 to learn this game well and build your skills!
⇒ 10:30 am — Register with Center
- ◇ Bridge - *Playing cards*
 - 1:00 pm

Fridays

- ◇ Dementia Support Group with Jane Stein. Want to learn more, or questions? 952-240-8835
 - 9:00 am — 1st & 3rd Fridays
- ◇ Happy Feet— *Individualized footcare*
1st Friday each month, reserve at: 763-560-5136

“Volunteers do not necessarily have the time; they just have the heart.”
~Elizabeth Andrew

BENEFITS OF EXERCISE

- Lose fat & preserve muscle
- Improve Sleep
- Improve bone density
- Lower risk of heart disease,
- diabetes, high blood pressure and colon cancer
- Improve mood and relaxation
- Reduce natural muscle loss



START YOUR WEEK OUT RIGHT WITH BINGO!!

MONDAYS AT 1:00 PM

You can play for only a small cost of: \$0.25 per game

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

Prizes are from the money collected.

 Bridge Thurs (1pm)	 Cribbage Tues (1pm)
 Mahjong Weds (1pm)	 Woodcarving Tues (9:30am)

LEARN HOW TO PLAY MAHJONG

Learn how to play Mahjong and build your skills! Mahjong is a tile-based game that has been played in Asia for over 300 years and is gaining global popularity. Classes are in September and you should register for all three to learn the game well. Cost is \$15 for the 3 classes (*free to Members*). Sept 7th, 14th, & 21st
Register at: 952.474.7635



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:

- Tuesday, July 4th Independence Day
- Monday, September 4th Labor Day

BAKERY ITEMS!

Mondays & Tuesdays (half price)

Breads, Rolls, Cookies, Sweets, etc. *Wednesdays are free!*

Thanks to Shorewood Cub Foods!



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



SHOREWOOD
COMMUNITY & EVENT CENTER

ADDRESS SERVICE REQUESTED

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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: Red Lake; Q2: 11,842; Q3: Francis A. Johnson, and is 17,400 lbs and 12ft in diameter. Q4: Eagle Mountain; Q5: Leif Erikson