

SOUTHSHORE SENIOR PARTNERS TIMES

ShorewoodCEC.com/Senior

January, February, March 2024

Phone: 952.474.7635

Address: 5735 Country Club Road, Shorewood MN 55331



SHOREWOOD COMMUNITY & EVENT CENTER

Arctic Fever 2024

Shorewood and surrounding Communities

Arctic Fever is the 19th annual fun community event that gets us all out and about for some winter fun! Events run on:

January 19th & 20th, 2024

Join us at the Kick-Off Event on Friday, January 19th from 5:30pm-7:30pm. This event is held at Shorewood Community & Event Center. This event includes a Free pizza party (hosted by Joey Nova's -while supplies last) and also a Beer Tasting hosted by Excelsior Brewing Company.

Saturday January 20th has a large number of fun events in the community too!

* Additional Schedule details of many fun events are on **Page 2** and also at: www.arcticfever.net

*
* "There's always a new challenge to keep you
* motivated." - Sean Connery
*
*

Lake Minnetonka Klondike Dog Derby

The 4th annual Lake Minnetonka Klondike Dog Derby brings a piece of the past to Excelsior. On Friday at 1pm-6pm, the public is welcome to watch veterinarians give the dogs a pre-race checkup, they take a ride around The Commons and even Hug a

Husky. Saturday is race day 9am-7pm. Events are free, are on **Feb 2nd & 3rd, 2024**

More details on teams of 8-dogs each for 40-mile: klondikedogderby.com



Free tax service available for seniors and low-income persons/families by:

AARP - IRS CERTIFIED TAX-AIDE COUNSELORS FOR YOUR 2023 TAXES

- * Federal and State Tax Preparation
- * State Property Tax
- * Renters Rebate Returns

Appointment Dates and Times available to reserve:

Thursdays from: February 15 to April 11
9:00am, 10:15am, 11:30am, 12:45pm

We have a new Tax Appointment specific phone line. You can start making your Tax Preparation appointment starting on: 1/24/2024

Tax Appt Reservations are required at: **952-960-7923**
Appointments will be held at Shorewood Community & Event Center

**FREE TAX RETURN
PREPARATION**

ENGAGE WELL BALANCE AGILITY AND FUN

Improve abilities for everyday life and beyond with Sue Kanter from Engage Physical Therapy and Wellness. Build strength, endurance, mobility, balance and functional ability.

Mondays: 9:00am-9:45am

Cost: \$100.00 for 8 sessions or
\$14.00 per session

Register by calling Sue Kanter:
612-888-9882

Classes will be held at Shorewood Community & Event Center

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

Arctic Fever 2024

Shorewood and surrounding Community

Jan 19th (Fri)

SouthShore Center — 5:30-7:30pm
Kick-Off Event

- * Free pizza party (by Joey Nova's – while supplies last)
- * Beer tasting by Excelsior Brewing Co.
- * Cookie Decorating– Polly's Gourmet Foods
- * Geocaching

Jan 20th (Sat)

Excelsior Library—10:00am-11:00am

- * Brodini Comedy Magic Show
- * Oooh, aah & giggle to this fun show!

Country Club Lanes—10:00am-1:30pm

- * Arctic Bowling \$13.99/ea: bowling, shoes
- * \$3 off with WeCan food donation

Freeman Park—11:00am-1:00pm

- * Make winter memories on a horse drawn carriage ride, go for a dog sled ride and tromp through the snow with a llama! Warm up with a s'more & warm beverage

Manitou Park—1:00pm-4:00pm

- * Hot Cocoa by the Bonfire or in the warming house, Human Bowling, two live reindeer, HennCty SO K9 Team, South Lake Minnetonka Police ATV Demo

Check out additional fun events at:
www.arcticfever.net

TAI CHI FOR ARTHRITIS & FALL PREVENTION

Reduce pain, stress and blood pressure while improving balance, flexibility, strength, overall health and sense of well-being. This form of Tai Chi is perfect for beginners of almost any age and ability and is recommended by the Center for Disease Control for the prevention of falls. As you learn the movements, you will learn to focus on movement control, weight transference and integration of mind and body.

Wednesdays Jan 10– Feb 21
10:30am-11:30am Cost: \$56

Wednesdays March 6th-April 17th
10:30am-11:30am Cost: \$56

Register by phone with Parks and Rec directly at:
952-960-7902 or online at:
ci.shorewood.mn.us/parksandrec

Classes will be held at Shorewood Community & Event Center



LUCKY'S POTS O' GOLD!

Lucky the Leprechaun visits the Shorewood Parks in March! Visit the City Of Shorewood webpage and online catalog or follow the City Of Shorewood on Facebook for more information!

See our Senior Newsletter online at:
ShorewoodCEC.com/Senior



Dates & Times

Jan 18th	1:30pm
Feb 15th	1:30pm
Mar 14th	1:30pm

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. Please call 952-474-7635 for movie titles.

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 too.

THE CENTER WILL BE CLOSED ON:

- Monday, January 1st (Happy New Year)
- Monday, January 15th (MLK Day)
- Monday, February 19th (Presidents Day)

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.

Upcoming Events

ONGOING ACTIVITIES EACH MONTH

Mondays

- ◇ Busy Bee Quilters
 - 9:00 am—Noon (each Mon & Wed)
- ◇ EngAGE Physical Therapy class
 - 9:00 am — Register at 612.888.9882
- ◇ 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—12:00 pm (each Mon & Wed)
- ◇ Tai Chi
 - 10:30-11:30 am (must register 1-week prior)
- ◇ Mahjong
 - 1:00 pm - Join us for a fun game!

Thursdays

- ◇ Bridge - Playing cards
 - 1:00 pm

Fridays

- ◇ Dementia Support Group with Jane Stein. Want to learn more, or have questions? 952-240-8835
 - 9:00 am — 1st & 3rd Fridays

DRIVERS DISCOUNT COURSES

Feb 8th (Thurs) - 9:00am-1:00pm
 April 11th (Thurs) - 9:00am-1:00pm
 4hr Refresher Course

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 will be held at Shorewood Community & Event Center

SOUTHSHORE SR PARTNERS BINGO!!

Mondays at 1:00 pm
 Cost: \$0.25/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)

FIRST AID TRAINING WITH EXCELSIOR FIRE DEPARTMENT – TWO TRAININGS

Register online at webpage or scan QR:
ci.shorewood.mn.us/parksandrec/catalog



Trainings will be held at South Lake Minnetonka Public Safety Building
 24100 Smithtown Road

HAND ONLY CPR & AED ORIENTATION CLASS

Learn how to handle a cardiac arrest emergency and perform Hand Only CPR. Learn signs if someone is in cardiac arrest. Become familiar with AEDs (Automatic External Defibrillator).

Ages 18+ Cost: FREE

Jan 30th (Tuesday) 7:00pm-8:00pm

FRIENDS AND FAMILY CPR CLASS

Spend an evening with Excelsior Fire to complete training in infant CPR, child CPR and adult CPR.

You will receive a certificate of participation.

Ages 18+ Light dinner provided Cost: \$15 fee
 Feb 27th (Tuesday) 5:00pm-8:00pm

FREE PARK DAY – ALL MN STATE PARKS

On four days each year, all 75 state parks and state recreation areas offer free admission to everyone—no vehicle permits needed! Free dates in 2024 are:

Mon, Jan 15 / Sat, Apr 27 / Sat, Jun 8 / Fri, Nov 29



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

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

January, February, March 2024

Page 4

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