

# SOUTHSHORE SENIOR PARTNERS TIMES

ShorewoodCEC.com/Senior

April, May June 2024

Phone: 952.474.7635

Address: 5735 Country Club Road, Shorewood MN 55331



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"DON'T BELIEVE IN MIRACLES —  
DEPEND ON THEM."  
- Laurence J. Peter  
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## Join us for our annual **Step To It — Shorewood**

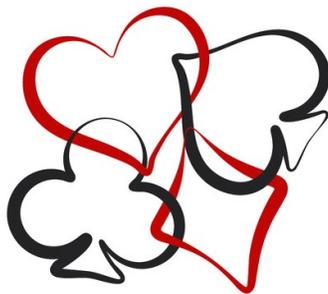
*Step To It Challenge encourages people of all ages and abilities to become more active after the long winter.*

Kick start a springtime exercise program with the four-week *Step To It* challenge.

Join Shorewood for a friendly competition across Hennepin County. This free challenge is for people of all ages and abilities. Get motivated to move and track your activities with your community.

- Sign up online at [StepToIt.org](http://StepToIt.org) - *free* and open to everyone!
- Track your activities online or manually. Convert almost any activity to steps when you enter it in your activity account.
- Follow along with your community. The top stepper in each age group wins Minnesota Twins tickets.
- Build healthy habits and stay active all year long.

Register anytime after April 1st at: <http://StepToIt.org> Begin logging your steps and exercising will run for the dates of: May 1st-28th.



### **BRIDGE AT SOUTHSHORE**

Many people enjoy playing Bridge as it offers an opportunity to socialize and stay active. Many say that Bridge keeps the mind alive and benefits have been researched and acknowledged by medical professionals.

If you are looking for a bridge game in Shorewood, there is

ample opportunity to play—bring a partner or come alone for a game at the Shorewood Community and Event Center.

Join the Game Thursdays — 1:00pm  
at Shorewood Community & Event Center



Save The Date

### **Shining Stars Luncheon**

July 11th, 2024  
Thursday



Call the Center for information 952.474.7635 or Visit our website:

[ShorewoodCEC.com/Senior](http://ShorewoodCEC.com/Senior)

# Upcoming Events



## SHOREWOOD COMMUNITY & EVENT CENTER

### DRIVERS DISCOUNT COURSES



June 13th (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](http://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!*

### UPDATED ADDRESS OR PHONE? LET US KNOW

Have you recently moved or have an update for us?  
Email us at: [ShorewoodSSSP@gmail.com](mailto:ShorewoodSSSP@gmail.com)  
Or call 952.474.7635. If you would no longer wish to re-  
ceive this Newsletter, we appreciate that update too.

### TAI CHI FOR ARTHRITIS & FALL PREVENTION

Reduce pain, stress and blood pressure while im-  
proving 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 Apr 24-May 29  
10:30am-11:30am Cost: \$56

Wednesdays Jun 19-Jul 24  
10:30am-11:30am Cost: \$56

Register by phone with Parks and Rec directly at:  
952.960.7902 or online at:  
<https://ShorewoodMN.gov>

*Classes will be held at Shorewood Community & Event Center*

### DEMENTIA SUPPORT GROUP

1st & 3rd Fridays  
9:00 am

Caregivers of loved ones with dementia  
share tips, support one another, answer  
questions, etc. Caregivers of any age are  
welcome.

Questions, call Jane at 952.240.8835



### BEADING: TUESDAYS AT 1:00PM

Instructor will help beginners, no experience  
needed. Make something out of your beads you  
haven't touched in awhile. Come have some fun!

### Dates & Times

May 16th 1:00pm

Jun 20th 1:00pm



### 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.*

### THE CENTER WILL BE CLOSED ON:

Monday, May 27th (Memorial Day)

Wednesday, June 19th (Juneteenth Day)

### SSSP BOARD MEMBERS

The SouthShore Senior Partners are dedicated to encourag-  
ing 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 op-  
portunities.

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) \$56 for 6wks of class ; RSVP at: 952.960.7902
- ◇ Mahjong
  - 1:00 pm - Join us for a fun game!

### Thursdays

- ◇ Bridge - Playing cards
  - 1:00 pm
- ◇ Movies
  - 1:00 pm - Third Thursdays, see Ad

### Fridays

- ◇ Dementia Support Group with Jane Stein. Want to learn more, or have questions? RSVP at: 952.240.8835
  - 9:00 am — 1st & 3rd Fridays

## WISH TO RENT THE EVENT CENTER?

Would you like to rent the Community and Event Center for your next event?  
 Call Parks And Recreation at:  
 952.960.7902  
 or email [rentals@ci.shorewood.mn.us](mailto:rentals@ci.shorewood.mn.us)  
 to reserve space for your event.

## 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.



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

## RECYCLE EYEGLASSES

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



## Shining Stars Luncheon

Thursday—July 11, 2024

### 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

## 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

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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:**

◆ SouthShore Sr Partners newsletter

◆ 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*

\*I would like to volunteer!

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



*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**

SHINING STARS  
LUNCHEON  
July 11th  
**Save The Date!**