

# Shorewood Community and Event Center

[www.southshore-center.org](http://www.southshore-center.org) 952.474.7635

## Get organized and declutter

**Thursday, January 10, 7-8:30 p.m.**

Local professional organizer, Michele Dudley, with Teyestone Organization, will discuss tips and tools to help you jump start your organizing projects for the new year! Leave the workshop with ideas you can implement in your space. Register by calling the center, 952.474.7635.

## 19 ways to save time and money organizing

**Thursday, February 7, 10:30 a.m.-noon**

Need ideas to help you get organized? Learn from local professional organizer, Michele Dudley with Reystone Organization. Register by calling the center, 952.474.7635.

### Driver improvement class

#### Refresher course

**Monday, January 7, 1-5 p.m.**

If you are age 55+ you can get a 10% discount on your car insurance by taking a class. This class is for those who completed the 8 hour course and need a renewal. Register and get more information at Minnesota Safety Center, 1.888.234.1294.

### Chair Fitness

**Wednesdays, 10-10:30 a.m.; \$6 per class**

This class addresses the needs and challenges of those in need of the stabilizing safety of a chair during workouts. Light weights, stretching and wonderful music will be incorporated into the workout.

### Fitness Class

**Monday, Wednesday, Friday, 8:30 a.m. \$6 per class or purchase a discount package with monthly sign up at class; Ages: 55+**

This program, designed for active adults, uses low impact exercises to get your heart pumping! Exercises can be adapted for all levels of fitness and physical ability. Call the center, 952.474.7635, with questions.

### Busy Bee Quilters

**Monday and Wednesday**

**9 a.m.-12 p.m.; Ages: All**

Have a great time sharing personal quilt projects, helping each other, and making various service projects. For more information, call Linda, 952.475.1430.

### Woodcarving

**Tuesdays, 9:30 a.m.; Ages: All**

Have you thought of woodcarving as a hobby or already carve? Stop in and join this community of carvers. Learn how or carve and share your knowledge. No fees or sign up necessary.

### Knitting

**Tuesdays, 10:30 a.m.; Ages: All**

Open to all interested in the needle arts. All levels of expertise welcome. Bring your favorite pattern to share and learn great tips from fellow knitters! No RSVP necessary.

### Beading

**Tuesdays, 1 p.m.; Ages: All**

No experience needed for this fun group. An instructor is available if you are new to beading. Supplies available, or bring your own. For more information contact Linda, 952.475.1430. No RSVP necessary.

### Mahjong

**Wednesdays, 1 p.m.; Ages: All**

Mahjong is a tile-based game which originated in China. It requires tactics, observation, memory, teamwork and is generally played with four players. Join a table each week for a fun and challenging game. Instruction is available.

### Toastmasters

**Thursdays, 12-1 p.m.; Ages: All**

If you have wondered what Toastmasters is all about, or used to be in a group and are looking for a local group to join, a Toastmasters group is now at Southshore Center weekly. Stop by any Thursday.

### Bridge

**Thursdays, 1 p.m.; Ages: All**

Love the game of bridge? Want to join a table, or improve your skill? Call the center to reserve a spot for weekly games, 952.474.7635.

### Dementia Support Group

**Fridays, January 4 and January 18**

**9-10 a.m.; Ages: All**

**First and third Fridays monthly**

If you are caring for a loved one with dementia, or someone close to you is suffering from dementia and you could use some support, meet with other concerned caregivers. Learn from each other on ways to be a better caregiver, and to better take care of yourself. Questions? Call Jane at 952.474.4673, or Joanne, 952.474.6022

## Instant Pot introduction

**Monday, January 14,**

**10 a.m.-noon; \$5**

Bring your instant pot and join with others as we make at least four different items. We will then enjoy a meal of our new recipes! Call to register, 952.474.7635. Please include any dietary restrictions with your registration. Maximum: 8

### Happy Feet

**Monday, January 21; \$40**

**Appointments: 763.560.5136; Age: 55+**

Clients who regularly receive nursing foot care express an increased sense of comfort and well-being. The health and appearance of the feet are restored so that the client may once again participate in improved daily living. Care includes foot soak, foot massage, care for corns, calluses or problem nails.

### Get the Best Out of Life as You Age

**Thursday, January 24, 10:30 a.m.**

Jean Ketcham is the epitome of living dangerously with fun, spirit and style! Her roles as homecoming queen, tennis competitor, business owner, parent, sales executive, entrepreneur and cancer survivor converge to give her the credentials for her sage leadership of this organization. Known for her "2 Cents Worth" editorials. [agingbutdangerous.com](http://agingbutdangerous.com) is her website

### Paint, Paper, Scissors Painting

**Monday, February 11, 1-3 p.m.**

No experience necessary! Make and Take Art; You will be painting "Freda's Door".

Call the center to register; \$25

The center is closed  
January 1, 21 and  
February 18.