1st Annual Tonka Trail Ride
Thursday, May 16
$10 per rider
Join us for the first annual Tonka Trail Ride
sponsored by the Minnetonka Senior Center, Southshore Center and Minnetonka Community Ed.
The ride will go through Minnetonka, Excelsior, Shorewood and Deephaven.
Coffee and water will be provided at the start of each ride and a hot lunch will be served at the Southshore Center.
AAA will talk about bike safety and a “ask the mechanic” will be available at lunch.
Contact MCE at 952-401-6800
To register or for more information

Mother’s Luncheon
May 7
11:45 am
$5 members
$7 guests
Enjoy a special lunch dedicated to the many mothers of our community.
Special presentation by the Historical Society

SouthShore Center is selling
Metro Dining Club Cards
Cards are valid thru May 31, 2014.
Cost : $22
You and your family will be able to enjoy 2 for 1 dining pleasure at 166 Metro Restaurants

Country Music Hoe-Down
with Shalo Lee
at Badger Park
Friday, May 31
6:00-8:00pm
Shalo Lee is renowned for country, rock & blues. Popular at The Narrows, Toby Keith’s, and at Lord Fletchers.
American Legion No. 250 will be selling pulled pork sandwiches with chips & a pickle.

Call the Center for information 952-474-7635 - Visit the website: www. Southshore-center.org or stop by 5735 Country Club Road, Shorewood, M 55331
Tuesday, June 4 1:00pm

Kathi Holmes tells of the journey she and her husband experienced when they were both faced with critical health issues at the same time.

I Stand With Courage: One Woman’s Journey to Conquer Paralysis, In 2008 she collapsed and was told she would be paralyzed from the waist down for the remainder of her life.

Today she is standing, walking and driving. In her presentation Kathi will share a little about her experience and also provide tools for dealing with “Invisible illness”.

Pampered Me Boutique
Originally scheduled for May has been postponed until June.

Check the City of Shorewood newsletter, or the SSC web site, www.southshore-center.org for upcoming details.
Health & Wellness

**PICKLEBALLCLINIC**

**FREE**

**Wednesday, May 29**

**10:00 am**

If you enjoy tennis, racquetball, or badminton you will love Pickleball!

Join in the learning process.

**Call 952-474-7635 to register.**

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**SENIOR TAI-CHI CLASSES**

Instructor Erdman Luntz has been teaching seniors for 25+ years

Drop-Ins Welcome

**New Class Sessions**

**Mondays at 10:00 am**

**April 29—June 17**

$48

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**Happy Feet - $32**

May 20, June 17, July 15

(3rd Monday of every month)

Services included are:

- Foot soak, care for corns, calluses, or thick, curled, or ingrown toenails
- (if they are not well advanced), and foot massage.

By appointment only!

**Call 763-560-5136**

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**FITNESS CLASSES**

**Mondays, Wednesdays & Fridays**

$5 per session

(Discount Packages Available)

Exercise classes for the active older population—the Baby Boomers!

You can improve your aerobic power, lower body endurance, strength, flexibility, and balance.

In other words, it’s a fitness class that feels like a party!

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**Lifeline Screening**

**Wednesday, June 5**

8:00-5:00

Get any vascular screening for just $60 or get all 5 screenings for $159

**Call 1-877-792-8480 to schedule an appointment.**

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**AAA DRIVING CLASSES**

Refresher Course (choose one):

- May 15 – 1-5 pm
- June 12 – 9:00-1:00pm
- July 17 – 5:30-9:30pm
- Aug 21 – 1-5pm

8-hour class:

- May 15 – AAA 5:30-9:30/Part 1
- May 16 – AAA 5:30-9:30 /Part 2

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Call the Center for information 952-474-7635 - Visit the website: www. Southshore-center.org or stop by 5735 Country Club Road, Shorewood, M 55331
Ted Talks

Join us in watching and discussing, maybe disagreeing about this interesting subject at our monthly TED Talks presentation at the SouthShore Community Center. Enjoy the talks & stay for lunch. Call ahead for lunch reservations.

Thursday, May 9, 11 am – The Paradox of Choice presented by Barry Schwartz
Enjoy a video lecture by psychologist Barry Schwartz who says that a basic tenet of western society, that of free choice, has not made us more satisfied, but just the opposite.

Thursday, June 13, 11 am – A Stroke of Insight
Enjoy a video lecture by Harvard brain researcher Jill Bolt Taylor, who found herself one morning watching her own brain have a stroke, with her functions shutting down one by one. She tells us what it is like to have a stroke and what she learned from it.

Want more TED Talks? Tune in TED Radio Hour on MPR at 6 pm on Sundays.
For more information call the Center at 952-474-7635.
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<th>Date</th>
<th>Monday</th>
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SouthShore Center Dining

LUNCH SERVED ON TUESDAYS & THURSDAYS AT THE SOUTHSHORE CENTER
Minimum of 15 people

SUPPORT OUR LUNCHES
Dine-In, Treat a Guest, or Take-Out!
Call for Reservations: 952-474-7635

LUNCH PRICE OPTIONS
Prepaid Lunch Punch Card:
$40 - Good for 9 lunches (card is valid for one year)
Price Without Punch Card:
Members $5.00 / Guests $7.00
Special Program Lunches:
$7.00 per person when listed
(no punch cards for special event)
Additional charge helps cover cost of program

May

May 2 Maid Rite Sandwiches
May 7 Mother's Day Tribute Lunch 11:45am
               Stuffed French Toast & Kielbasa Kabobs
May 9 TED Talks
               Spanish Rice & Sausage Casserole
May 14 Elisa's Tarragon Chicken Salad
May 16 Tonka Trail Ride
               White Chicken Chili
May 21 Leek & Potato Soup & Sandwiches
May 23 Quiche & Salad
May 28 Chow Mein
May 30 Tortellini Soup & Salad

June

June 4 Kathi Holmes: I Stand With Courage
               Sloppy Joes & Baked Beans
June 6 Enchiladas
June 11 Strawberry Chicken Salad
June 13 TED Talks
               Stuffed Peppers
June 18 Apricot Chicken
June 20 BLT Pasta Salad
June 25 Sweet 'n Sour Pork
June 27 Mary's Meatloaf

Call the Center for information 952-474-7635 - Visit the website: www.Southshore-center.org
or stop by 5735 Country Club Road, Shorewood, M 55331
Upcoming Events

MRS M SUMMER CAMPS at SouthShore Center are scheduled and ready for registration.

For a complete schedule of camps or to register go to: www.MrsM.com

SHINING STARS LUNCHEON!
Honoring our Seniors 85+
Tuesday, July 23
**Classes**

**Watercolor**
Series of 6 lessons  
$139
Instructor: Georgia Kandiko
Wednesdays, May 15-June 19
Continuing Classes  
9:30am-Noon
Beginning Classes  
1-3:30pm
To register call the Center at  
952-474-7635 or register on-line at:  
[www.southshore-center.org](http://www.southshore-center.org)

**Fused Glass Classes**
Monday, May 13
4-6pm Wire Wrapping  
$55
6-8pm Pendant  
$45
Instructor: Stephanie Jochims of Glassy Lady
To register call the Southshore Center at 952-474-7635  
or register on-line at:  
[www.southshore-center.org](http://www.southshore-center.org)

**Woodcarvers Open House**
Tuesday, May 28
10:00am-2:00pm
Enjoy woodcarving demonstrations and see the work of the Southshore Woodcarvers.

**The Quilting Bee**
Beginners Welcome!
Join us on Wednesdays  
9:00-11:00am
For information and details call  
Linda Verner at 952-475-1430

Our group has officially become “Busy Bee Quilters”!
Our group is growing and we are learning a lot of new techniques!

Call the Center for information 952-474-7635 - Visit the website: www.Southshore-center.org or stop by 5735 Country Club Road, Shorewood, MN 55331
Volunteer & Activity Opportunities

Volunteers needed:
- Board Members
- Kitchen Help
- Help with Mailings
- Programming Committee
- Etc.

PLEASE VOLUNTEER

Our volunteers make our program at SouthShore Center a success!

We continue to offer to pay your fare to return home, if you take the transit to the center.

ON-GOING ACTIVITIES

* Card Games * Bingo *
* Mahjong *
* Card Crafting * Wood Carving*
* Quilting * Exercise Classes *
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MOTHERS DAY
OMELETTE
BREAKFAST
BENEFIT FOR SOUTHSHORE SENIOR PARTNERS

SUNDAY - MAY 12, 2013
8:00 AM TO 12:00 NOON
ADULT’S - $9.00
UNDER 12 - $5.00

YOU BUILD-IT & WE’LL COOK-IT

INCLUDES:
SAUSAGE - FRUITCUP - TOAST
HASHBROWNS
BISCUITS & SAUSAGE GRAVY
JUICE  COFFEE

SONS OF THE AMERICAN LEGION
AMERICAN LEGION POST #259
24450 SMITHTOWN RD.
SHOREWOOD, MN