

SOUTHSHORE TIMES

www.southshore-center.org

January and February 2010



Watercolor Classes at SouthShore Center Sponsored by SouthShore Senior Partners

What's New This Month?

Center Events	2-3
Health Services	4
Fitness Classes	5
Arts, Crafts & Games	6
What's Coming in February...	7
January Calendar	8
February Calendar	9
Contact Information	10



Sandra Muzzy, a watercolor instructor, will be teaching a painting class four **Thursdays at the Center beginning January 7**. The class is scheduled for **1:00pm-3:30pm** each Thursday. The instructor is a member of the Minnesota Watercolors Society. She teaches private students and has taught groups of students at the Como Conservatory in St. Paul. Over her many years of painting, she has especially focused on the natural world. This past summer, Sandra has displayed her art at the Reedy Gallery at the Minnesota Landscape Arboretum. Her style is to zoom in close to examine the small details of the life that's hidden within natural scenes: feathers, nests, stones, flowers, tiny critters. She is the artist who admires the "artistry" of Mother Nature.

This is an introductory class to the joys of painting with watercolor. No previous experience is necessary and novices are welcome. We will discuss materials, supplies, techniques and will touch on a new subject each week. Each lesson will include a discussion and demonstration at the beginning of class, an extended period where the student gets to work on his/her own painting and then a group discussion at the end of the lesson to review what we have accomplished during the class. Watercolor can be many things to many people. We will explore its possibilities. The fee for the four week series is \$48.00/student. You can read more about Sandra at www.sandramuzzie.com. Registrations are important. Call the Center 952-474-7635 to register. We will also continue to offer our Studio Art Class, Oils & Acrylics with Michelle Combs on Wed mornings. See page 6 for more information.

A Message From The President...

Happy New Year! That isn't just an idle sentiment for us. We at the Community Center are looking forward to a very happy year as special events and programs join the regular standbys for a great mix of routine favorites and unique fun and educational events. While many are senior oriented, some are for everyone, so please take advantage of these programs and support YOUR Community Center. Sign up in advance to ensure a spot and help us plan as well.

The SSSP is proud to sponsor many new programs and events for older adults in our community. The response to these programs has been very favorable because they encompass a terrific variety ranging from fun and games to physical, mental or financial health to field trips which are always special. The trip to the National Weather Station in November was well attended and an example of something you just don't think of or get to do on your own. It won't be the last! Be on the lookout for your next best activity.

Jane Stein, Adult Services Librarian for Excelsior and Cherie Daughton, member of the Friends of the Library Board, have been elected to the SSSP Board. Volunteers are sought to help out at the Center in a variety of capacities. If you have some time and want to give back to your community, this is a great way to do that.

See you at the Center!
Bob Newman, President
SouthShore Senior Partners



SSSP Board Members

Is a Reverse Mortgage Right For You?

Wednesday, January 13, 10am

This seminar will help you decide if a reverse mortgage is right for you. Learn the basics and benefits for seniors 62 years of age and older. Find out how you can cover expenses and enjoy a comfortable retirement - in your home! FREE but call the Center 474-7635 to sign up.

IRS Certified AARP Tax-Aide Counselors At Southshore Center For Federal and State Tax Preparation

Beginning Monday, February 22nd and continuing subsequent Mondays through April 12th, trained AARP Tax-Aide representatives will be available for seniors and low-income families to assist with simple tax preparations. Appointments will be scheduled from 9:00am until 2:00pm. This service is a free AARP service. Appointments can be made beginning late January by calling the Center at 952-474-7635. At that time you can receive information about what you need to have available for your appointment.

Want to Do Lunch?

Enjoy a tasty lunch at the Center on Tuesdays and Thursdays at 11:45. Mary Woell, the Center chef, prepares a variety of tasty meals on Tuesdays and Thursdays. Lunch costs \$4.00 for members and \$6.00 for non members! It's very important to call the Center several days ahead to register for lunch! 952-474-7635.

Use Your Computer to Plan And Prepare for Your Travels

Thursday, January 14, 10am

If you're interested in travel this winter, Keith Stuessi is presenting a valuable computer course. He'll instruct the class on how to use your computer to plan and prepare for your trip and book reservations. without intimidation! Step-by-step, he'll help you locate resources to plan around your area of interest, where to locate tours, how to get from one place to another, where to stay, and how to maximize your own experience. He will enable you to be your own travel planner! Reservations need to be made by Monday, January 11.

Leave the Driving to Us and Ride the Bus!

Join the tour to the
Minnesota History Center
to view the exhibit
“Life and Legacy of Minnesota’s
Greatest Generation”



On Friday, February 5th, we will leave the SouthShore Center at 9:00am and we'll enjoy the comfort of a Medicine Lake Tour motor coach to the Minnesota History Center in St. Paul. A MHC tour guide will meet us and help us relive monumental events and small but cherished moments that add up to the fascinating life of the Greatest Generation from the 1920's to today.

The very popular exhibit follows this pivotal generation through their entire lives as told through their stories! You will encounter a classic soda fountain from the 1940's, a 1950's television showroom and a homemade car from the 1938 St. Paul Soapbox Derby. Many videos are available with oral histories and actual footage of the times. You'll find many things relative to your life experiences!

There will be time to spend in areas of special interest to you. If you like, take time to explore the new Benjamin Franklin exhibit: In Search of a Better World. After viewing the exhibits, there will be time to use the voucher you receive for lunch in Café Minnesota-Bon Appetit! We will board the bus at 12:45 and return to the Center at 1:15pm.

The cost of the trip, \$38, includes transportation to and from the SouthShore Center, admission, a guided tour and lunch at the Minnesota History Center. Payment & reservations must be made at the Center by noon on Friday, January 15th. Invite a friend to this special opportunity! A minimum of 20 guests is required.

Concerned about Driving to the Center?

***Call Dial-A-Ride
952-401-1749***

Call and request a pick up at your home to the Center. Rides cost \$2.25 each way, but the SSSP will pay your fare back home!

Just ask at the front desk!
Call Dial-A-Ride several days in advance to schedule your pick-up!

If you would enjoy this newsletter via e-mail, please send an email to:

southshorecenter@gmail.com

Include your name,
address, and
city of residence.



We're trying our bit to "Go Green"!

Health Services at the Center

“There’s No Place Like Home”

Ridgeview Medical Center
Education Programs:

Thursday, January, 21, 10:30am

In coordination with Ridgeview Medical Center, Paula Borer, from Ridgeview Home Health Services, will present an educational program "There's No Place Like Home". Home care and more advanced care options will be discussed. Information about types of equipment and supplies that are available for home use will help you understand how to manage your physical needs as they change. Whether recovering from an illness or an injury, you'll learn the resources to help you continue to live independently and remain mobile as much as possible. Reservations due by Monday, January 18. Call the Center 952-474-7635 for details.



Are You Missing Out on Conversations? Do your Grandchildren Repeat themselves?

Hearing loss is a common problem with aging! 29% of adults over the age of 65 experience some hearing loss and 60% of men over the age of 65 years have a hearing loss! There is an impact from the loss of hearing that affects many parts of their lives: Avoidance of social gatherings (inc. card & board games), Need to tune up the TV or radio, Discomfort eating out in a restaurant where there is ambient sound, Isolation, Family friction and even, sadness. When someone in the family has a hearing loss everyone has a loss.

Hearing loss can originate from many sources, work related sounds without ear protection such as loud sports noises (hunting, sports arenas, etc.), loud music events. It is said that 7 ½ minutes in front of a rock concert speaker can result in hearing loss.

5% of hearing loss can be treated medically if it is the result of infections, wax build-up, etc. However 95% of hearing loss must utilize hearing instruments to remedy the problem.

Hearing instruments aka hearing aids are not your grandfather's hearing aids. New devices are more discreet and technology has changed to deal with individual hearing loss.

Does Your New Years' Resolution Include Exercise? How About a Mind and Body Exercise Program?

A special class will be offered at the SouthShore Center just in time to help you achieve your New Years' Resolution! We all are aware of the benefits of increased strength, endurance, fitness and balance when we exercise. The special exercise class will be offered on **Wednesday, January 13 at 10:00am**. This class will focus on proprioceptive exercise. What is proprioceptive? It's the concept of body in space! This class will help participants to build balance and dexterity. We lose tiny bits of balance and dexterity as we age, unless we practice. So give these moves a try. The cool thing about these exercises is that we can do them at any age to build muscle memory and help rewire our brains for the long journey through life. Rewire your brain with the class! Come and learn new exercises that promote wellness. It's fun too! Make a reservation for this class by January 8 by calling 952-474-7635!

Age Well Presents a Navigation Tool to Empower and Improve Your Journey as You Age

On Thursday, January 28, at 10:00am, Andrea Jung from Age Well will present an educational class. Age Well is dedicated to empowering seniors and improving lives. Many seniors have many questions like: How do we decide what to do? Where can we find trusted advice and council? What are support options, How do I stay in control of my life? Using the unique and helpful Age Well Navigation Kit, you will be guided through your questions. The free Navigation Kit provides tools for those who attend this program. Reservations must be made by Friday, January 22th. 952-474-7635.

SouthShore Center Fitness Classes

www.southshore-center.org

page 5

Fitness and Exercise Classes

Benefits of exercise as we age are undisputed! Regain energy and vitality as you take part in fitness classes. Call Catherine Turner for more information or to register at 952-474-4224. You may also call the Center to register at 952-474-7635.

Dance While You Exercise!

Come dance with a lively and fun group every Monday, Wednesday, and Friday morning from 8:15 to 9:15am. No dance experience is required! We combine easy, yet aerobic movements with light weights, balls, batons and anything else we can think of! This type of exercise burns some serious calories, helps with our balance and coordination, and releases endorphins which we all need to feel happy and fulfilled. \$4 per class.



Follow the Bouncing Ball...

Improve your core strength, flexibility, balance, posture and back health with the Fit Ball Class. Every ability level can benefit from the challenge of the Fit Ball. You'll feel the difference when you work out on this firm yet flexible ball. Please bring a 55cm to 65cm ball. All exercises are performed to inspiring music. \$4 per class. This class meets on Monday, Wednesday and Friday, 8:30 to 9:15am.

We had a fantastic event with the MN Twins! Thanks TC!

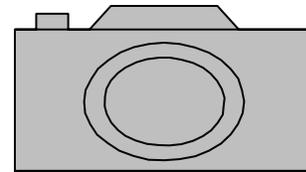


Line Dancing!

Come have some fun every Wednesday from 1:00 to 2:00pm at the Center on the beautiful new dance floor! This year there will not only be country dances, but also some waltzes, tangos, cha chas and other dances that are definitely NOT country! Join the fun and burn serious calories as you tone your body and your brain! \$4 per class. Please wear comfortable clothes and smooth-soled shoes.

Chair Fitness

A good work-out can be achieved while sitting in a chair for stability. The exercises target all the major muscle groups...even the core! Light weights, a variety of equipment, and stretching complete this class...all the time with good music! The class meets Mondays, Wednesdays and Fridays for 30 minutes from 2:30-3:00pm. The cost is \$4 per class.



Adult Beginning Digital Photography Class

Mon's Jan 11—Feb 8, 5 Sessions
9 - 11am Cost \$55.00

We will learn the basics of choosing, buying, using camera settings, downloading, and printing images with your digital camera. Join us for this interactive demo class and gain confidence about your picture taking skills!

Meals On Wheels

If you or someone you know cannot make nutritious meals on a regular basis, please call your local Meals on Wheels at **952-474-5227** to have a hot meal delivered to your/their home 5 days a week. Meals are available to all people at any income level, living on their own, but unable to prepare meals.

Make Something Special for Your Garden

There's an artist within each of us; we just have to awaken the inner creativity! Bridget Donahue, a Shorewood artist, will empower each of us to awaken the inner creativity on Mondays, February 1 and 8. Bridget will instruct the class members to construct a Fairy Garden House of clay. NO previous experience is necessary. This is fun for beginners to experts!

All the materials will be provided. Play in the clay and then, sit back and watch the magic as your own creation is glazed and fired in the Raku method dating back to the 16th century in Japan! This is a two part class. After the first session of forming the Fairy Garden House, the instructor will take it home to fire it to harden. The second session you will apply glaze from 14 color selections and then, weather permitting, it will be fired outdoors in a special portable Raku kiln. a unique process!

Bridget has been a potter for more than 20 years and has participated many times at the Renaissance Festival in Chaska. Her art work is shown at galleries, shops and art fairs.



This class costs \$25.00. Enrollment is limited and registration ends Monday, January 25 at noon. A minimum of 10 people is need for this class. Please remember to register. Call the Center: 952-474-7635.

Mood Lifters For the Winter Blahs

In coordination with the SSSP, the Ridgeview Medical Center presents on Thursday, February 11th at 1:00 Norman T. Berlinger, MD.,Ph.D. Dr. Berlinger is a bioethicist and a pathologist. His topic on February 11th will be "Mood Lifters for the Winter Blahs". How do we keep up our spirits up during the Holidays, vacations and family visits? Can weather really have an impact on us? How do we avoid feeling sluggish and even bored during the short days of winter? What can we do to lift our moods? Dr. Berlinger will provide tips on these questions for us to take home. Call the Center, (952-474-7635) by Monday, February 8 to make a reservation.

Aloha! Hawaiian Luau

Beat the midwinter blues by shaking your grass skirts at the SSCC's Hawaiian Luau on Thursday, January 21 from 5:00-7:00pm. Join us for some Hula lessons by our own Vanita of the islands and enjoy some authentic food and entertainment! Please register by January 16. **Space is limited.** Dress in your Hawaiian attire and let's have some fun!! Cost is \$15 per person.



Interested in Showing your art? We are always looking for artists for Art on the Walls at the Center. Please contact Kristi Anderson at 952-474-7635 for more information.

SouthShore Center Calendar



January 2010



Mon

Tue

Wed

Thu

Fri

				1 Center Closed
4 8:15-Dance Fitness 12:45pm-Book Club 1-Knitting Class 2:30-Chair Fitness	5 9-Card Crafters 9:30-Wood Carvers 11:15-Blood Pres.Check 12:30-Eureka Band 11:45-Lunch 1pm-Cards 500 7p Valentine Grandchild Dance	6 8:15-Dance Fitness 1pm-Line Dancing 1-Mahjong 2:30-Chair Class	7 9a-3p Happy Feet 10am-Police Chief 11:45-Lunch 1pm-Bridge 1pm-Watercolor Class	8 8:15-Dance Fitness 9:30-Craft Group 1pm-Bingo 2:30-Chair Fitness
11 8:15-Dance Fitness 9a-11a Digital Camera 11-12pm-Defib. Training 12:45pm-Book Club 1-Knitting Class 2:30-Chair Fitness	12 9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka Band 1pm-Cards 500	13 8:15-Dance Fitness 10a Reverse Mortgage 10am-Mind/Body Class 1pm-Line Dancing 1-Mahjong 2:30-Chair Class	14 10am-Travel info 11:45-Lunch 1pm-Bridge 1pm-Watercolor Class	15 8:15-Dance Fitness 1pm-Bingo 2:30-Chair Fitness
18 8:15-Dance Fitness 9a-11a Digital Camera 12:45pm-Book Club 1-Knitting Class 2:30-Chair Fitness	19 9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka Band 1pm-Cards 500	20 8:15-Dance Fitness 9a Studio Art Class 1pm-Line Dancing 1-Mahjong 2:30-Chair Class	21 9a-3p Happy Feet 10:30am-Ridgeview Health Discussion 11:45-Lunch 1pm-Bridge 1pm-Watercolor Class 5p HAWAIIAN LUAU!!	22 8:15-Dance Fitness 9:30-Craft Group 1pm-Bingo 2:30-Chair Fitness
25 8:15-Dance Fitness 9a Digital Camera Class 12:45pm-Book Club 1-Knitting Class 2:30-Chair Fitness	26 9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka Band 1pm-Cards 500	27 8:15-Dance Fitness 9a Studio Art Class 1pm-Line Dancing 1-Mahjong 2:30-Chair Class	28 10:am-Book Club 10am-Aging Class 11:45-Lunch 1pm-Bridge 1pm-Watercolor Class 7p Super Bowl Cooking	29 8:15-Dance Fitness 1pm-Bingo 2:30-Chair Fitness

SouthShore Center Calendar



February 2010



Mon

Tue

Wed

Thu

Fri

1	2	3	4	5
<p>8:15-Dance Fitness 9am-Fairy Garden 9a Digital Camera Class 9am-Happy Feet check 12:45pm-Book Club 1-Knitting Class 2:30-Chair Fitness</p>	<p>9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 11:15-Blood Pres Check 12:30-Eureka Band 1pm-Cards 500</p>	<p>8:15-Dance Fitness 9a Studio Art Class 1pm-Line Dancing 1-Mahjong 2:30-Chair Class</p>	<p>11:45-Lunch 1pm-Bridge</p>	<p>8:15-Dance Fitness 9am-MHC Tour 9:30-Craft Group 1pm-Bingo 1pm-Mother Bear 2:30-Chair Fitness 7p Valentine Dance</p>
8	9	10	11	12
<p>8:15-Dance Fitness 9a Digital Camera Class 9am-Fairy Garden 12:45pm-Book Club 1-Knitting Class 2:30-Chair Fitness</p>	<p>9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka Band 1pm-Cards 500</p>	<p>8:15-Dance Fitness 9a Studio Art Class 1pm-Line Dancing 1-Mahjong 2:30-Chair Class</p>	<p>11am-Ridgeview Health Discussion 11:45-Lunch 1pm-Bridge</p>	<p>8:15-Dance Fitness 1pm-Bingo 2:30-Chair Fitness</p>
15	16	17	18	19
<p>8:15-Dance Fitness 9am-Happy Feet check 12:45pm-Book Club 1-Knitting Class 2:30-Chair Fitness</p>	<p>9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka Band 1pm-Cards 500</p>	<p>8:15-Dance Fitness 9a Studio Art Class 1pm-Line Dancing 1-Mahjong 2:30-Chair Class</p>	<p>11:45-Lunch 1pm-Bridge</p>	<p>8:15-Dance Fitness 9:30-Craft Group 1pm-Bingo 2:30-Chair Fitness</p>
22	23	24	25	26
<p>8:15-Dance Fitness 12:45pm-Book Club 1-Knitting Class 2:30-Chair Fitness 9a-2p AARP Tax Advice</p>	<p>9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka Band 1pm-Cards 500</p>	<p>8:15-Dance Fitness 9a Studio Art Class 1pm-Line Dancing 1-Mahjong 2:30-Chair Class</p>	<p>10:00-Book Club 11:45-Lunch 1pm-Bridge</p>	<p>8:15-Dance Fitness 9:30-Craft Group 1pm-Bingo 2:30-Chair Fitness SAT Adult CPR + AED Class SUN First Aid for Dogs</p>

SouthShore Center
5735 Country Club Road
Shorewood, MN 55331-8926

ADDRESS SERVICE REQUESTED

NON-PROFIT ORG
U.S. POSTAGE
PAID
EXCELSIOR, MN
PERMIT NO. 315

*Hosting a Party? Support your Center when you have a special event!
Call Kristi Anderson to learn about availability and fees at 952-474-7635*

SouthShore Center

www.southshore-center.org

Page 10



Start off the New Year with a Cup of Coffee and Donuts with The Chief!

Bryan Litsey, Chief of Police and Dave Hohertz, Community Service Supervisor of the South Lake Minnetonka Police Department will be at the Center on Thursday, January 7 at 10:00 -11:30am for coffee and donuts. They will discuss personal safety issues particular to older adults as well as measures to take to protect against Identity Theft. Crime trends have changed over the years. New and different scams have developed, many of them targeted to older adults purposely! Learn how to protect yourself and your family from being involved in a scam!

Enjoy a cup of coffee and tasty donut at this special time to meet with members of your police department! There will be time for your questions and answers. Please sign up for this program by Monday, January 4 by calling the Center at 952-474-7635.

Valentines Dance ! Fri Feb 5th 7-8:30pm Grandpa/ma & Granddaughter/son, Daddy/Daughter Special Date Night! Music, appetizers, beverages, & dancing for your big night on the town ! Call the SSCC to register \$20 per pair 952-474-7635

