

SOUTHSHORE TIMES

www.southshore-center.org

July and August 2010

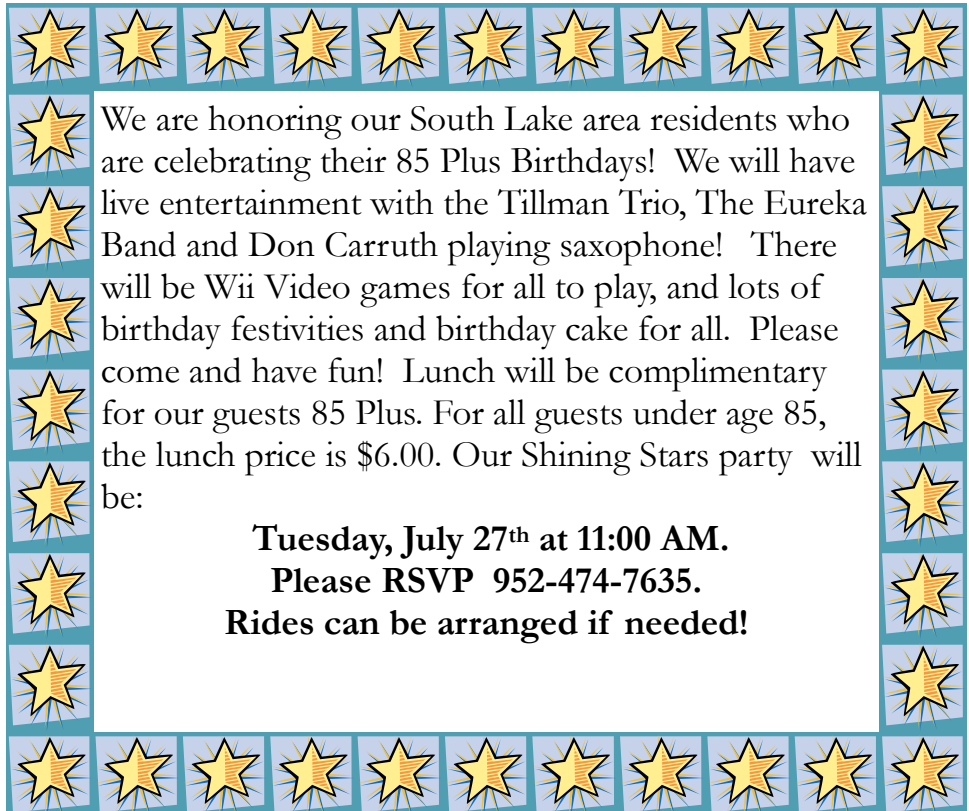
Phone 952-474-7635 Address: 5735 Country Club Road, Shorewood MN 55331



Shining Stars Party! Honoring our Seniors 85+ On Tuesday, July 27th at 11AM

What's New This Month?

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We are honoring our South Lake area residents who are celebrating their 85 Plus Birthdays! We will have live entertainment with the Tillman Trio, The Eureka Band and Don Carruth playing saxophone! There will be Wii Video games for all to play, and lots of birthday festivities and birthday cake for all. Please come and have fun! Lunch will be complimentary for our guests 85 Plus. For all guests under age 85, the lunch price is \$6.00. Our Shining Stars party will be:

Tuesday, July 27th at 11:00 AM.
Please RSVP 952-474-7635.
Rides can be arranged if needed!

Bayview Boat Cruises Continue in July and August!

We had a wonderful first boat ride! The Lake was gray and serene. We enjoyed fascinating commentary from our captain and from those who've lived on this lake in the past, and from those who still live on her shores, plus our lunch was fabulous!

We still have 2 more opportunities to enjoy the summer breezes on a Lake Minnetonka Boat Cruise, sponsored by Bayview Cruises. Join us on Monday, July 12th and Monday, August 9th for a 1 -1/2 hour boat cruise with a delicious box lunch including sandwich, fruit, chips and a cookie with your choice of beverages. The cost for cruise and lunch is normally \$25.00 but is offered at a discounted price of \$15.00 for SSSP Members. Tickets are on sale from the receptionist at the SouthShore Center. Space is limited, so buy your tickets soon! Tickets are non-refundable and the boat will depart rain or shine. Boarding time is 11:15 behind the Bayview Event Center. Parking is available across the street from the Bayview Event Center



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

Greetings From The President!

As we swing into mid-summer stride, another national birthday is nearly upon us and the Southshore Senior Partners will be celebrating that as well as all the great activities that just keep rolling along at the Southshore Community Center.

Our senior-most seniors, the Shining Stars (85 years +) will be honored at a luncheon on July 27th. If you have ever thought that computers were just too confusing or it was too late for you to learn to use one—not to worry! We're having a beginner computer class designed just for you. Other exciting activities include: creating delicate jewelry from glass, Bayview cruises, a bike trip to Victoria (and back!), a resource class for Caregivers, and get this, a trip to Canterbury Park where Seniors will enjoy an evening of racing and a trip to the winners circle for the SSSP stakes!

Our membership continues to grow and if you have not yet signed up to get involved and take advantage of these activities and other perks, including our great lunches every Tuesday and Thursday, call the Center at 952-474-7635 to get on board. The 2010-11 year runs from July 1, 2010 until June 30, 2011. Please make sure all your checks are made payable to the SSSP.

SSSP Board Members

President: Bob Newman

Vice-President: Sue Peck

Treasurer: Linda Freeman

Secretary: Theresa Zerby

Members:

Tena Brandhorst Cherie Daughton

Beckie Lembrich Jane Stein

Barb Sykora Catherine Turner

2010/2011 Partners

Our new membership drive has begun and we would like to thank the following people for their memberships:

Elizabeth Batzli
Lois Berg
Cliff Brandhorst
Tena Brandhorst
Cherie Daughton
Jim Daughton
Charles Fischer
Marie Fischer
Ginny Froberg
Glenn Froberg
Betty Graves
Jan Gray
John Gray
Mary Haiden
John Hruby
Judy Hruby
Jean Ice

Helen 'B' Kinghorn-
Carol Knowlton
Tom Knowlton
Bev Lane
Jan Ludington
Gary Nunnally
Mary Nunnally
Ruth Petersen
Pat Peterson
Jean Pierre
Carol Rascop
Ruth Rosen
Clinton Shaw
Lois Shaw
Dawn Speier
Joan Trochlil

Thank you to the family of Emma St John for their donation to the SouthShore Senior partners in her memory.



Beginning Computer Class!

Friday, August 13th 10AM-Noon

Come to Our Senior Surf Day and learn:

- ◆ how to type in a web address and navigate between web pages
- ◆ how to determine if a website is secure
- ◆ how to conduct searches using common search engines
- ◆ how to access Internet sites that will assist you in finding information.

Please call to make a reservation 474-7635. You can bring your own computer or use one of ours!

This is truly a beginners' class to help you learn about your computer and teach you how to navigate on the internet. Class is **FREE**

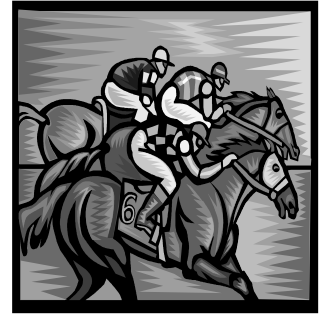


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SouthShore Center Events

A Night at the Races!

Come join the fun at SSSP Night at the Races at Canterbury Park! Friday, August 20th is SSSP Night at Canterbury Park in Shakopee. Our evening begins with chauffeured ride in a motor coach to the racetrack, where an escort will meet us and take us to our reserved seats. All of our guests will receive free admission, a free program, a \$2 betting voucher, \$10 toward food and beverage, a reserved seat at a table in the air-conditioned Clubhouse (including TV for monitoring all live races and all simulcast races) and our special treat for the night: The Triple SP Stakes! For this race we will all be escorted to the Winner's Circle, watch the race and then have our picture taken with the winning horse and jockey! When the evening is done, we'll hop on the motor coach once again to return to the SouthShore Center. Tickets for this major event are only \$35.00 a person for SSSP Members and \$40.00 for all others. Seating is limited, so stop by the receptionist desk to purchase your ticket.



It is also Craft Beer night at Canterbury Park this night with special pricing on craft beers!

Friday, August 20th Bus will Depart the SouthShore Center at 5:30 PM and return to the Center after the final race.

Caregivers Workshop Wednesday August 25th, 1PM

The Caregiving journey is one filled with many questions whether you are caring for a spouse, a parent, aunt/uncle, sibling or friend. We will have an unbiased representative from the Metropolitan Area Agency on Aging helping you navigate through the questions many caregivers have. Our speaker will help you with answers to the questions listed below and any others you may have on your caregiving journey. Please call for reservations: **474-7635** *There is no charge for this workshop!*

- ◆ What are services focused on the needs of the caregiver?
- ◆ Is there somewhere I can call that can help link my needs to services?
- ◆ What services can assist with long term care planning?
- ◆ What services can assist me with legal/advocacy issues?
- ◆ What are some financial assistance/help options?
- ◆ What community services are available to help with keeping up a home? What housing options are out there?
- ◆ When nutrition is an issue, what's out there?
- ◆ What personal care and community nursing services are available?

Fused Glass Pendant Class

Make a Fused Glass Pendant

Learn a new craft with Stephanie Jochims, local fused glass artist as seen in the Lake Minnetonka Arts Tour. We will be making a beautiful fused glass pendant. All materials are supplied, and the cost is \$35.00 per person for SSSP members and \$40.00 for others. Don't miss this opportunity to work with a local artist to create your own wearable work of art!

Wednesday July 14th at 10:00 am

Join Keith Steussi for a bike ride into Victoria along the Southwest Regional LRT Trail. We will depart the Center on July 14th at 10:30 for an easy ride along the trail into Downtown Victoria for lunch at School of the Wise. Bring your own bike and helmet. In case of bad weather, rain date will be Wednesday, July 28th. Please call the center so we know you will be joining us.

474-7635

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SouthShore Center Summer Activities

www.southshore-center.org

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For all our ongoing activities, please refer to the calendars on pages 5 and 6. Afternoon exercise classes will resume in September.

Looking for Something fun to do with the Grandchildren?

Fri, July 23, 11am, MN Zoomobile - Freeman Park - NO Registration Necessary

Fri, July 30, 10-11am ages 4-8 and 11am-12pm ages 9-14 FREE hour of Tennis games & drills at Badger Park courts

Abrakadoodle Art Camps : Planes, Trains & Automobiles: Mon, July 19 & Wed, July 21, 930-1130am \$55 preschool camp at SSCC

Pirate Adventures Tues July 20 & Thurs July 22, 930-1130am, \$55 elementary camp at SSCC

BFF Craft Camp Mon Aug 2 & Wed Aug 4, 930-1130am, \$55 elementary kids at SSCC

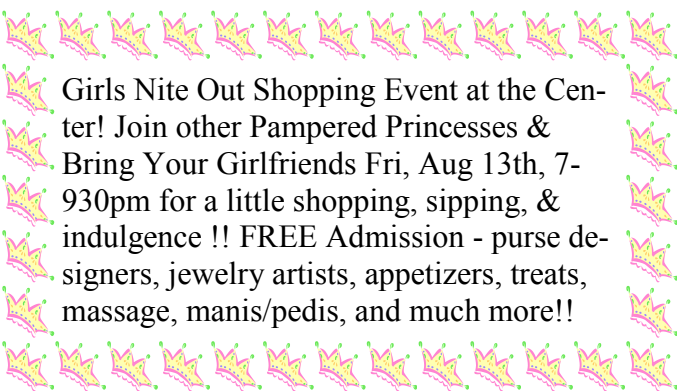
Clay Camp Tues, Aug 3 & Thurs Aug 5, 930-1130am, \$55 elementary kids at SSCC

Junior Chefs of Southshore - Boys Can Cook, Tues, July 13, 3-430pm \$18 - Teach boys age 9-12 to cook with confidence & creativity!

Jr Chefs - 'Pie in the Sky' Cooking Class - Dream Big & Eat Dessert First!! Tues, July 20, 3-430pm - \$18

Jr Chefs- Man Cave Teen Cooking Class - Tues, Aug 10, 3-320pm - Every man should learn to cook - Young men ages 13+, \$18

EXPLORADOME—Fri, Aug 20th 10AM-4PM complete schedule is online or call the Center for more details! 474-7635



Girls Nite Out Shopping Event at the Center! Join other Pampered Princesses & Bring Your Girlfriends Fri, Aug 13th, 7-930pm for a little shopping, sipping, & indulgence !! FREE Admission - purse designers, jewelry artists, appetizers, treats, massage, manis/pedis, and much more!!

55+ AAA Driving Instruction!

Save 10% on your Auto Insurance for 3 years by attending one of the MN Highway Safety Center Driving Classes at the Southshore Center on:

Refresher classes held on:

Wednesday, July 14th, 1p-5pm

Thursday, August 19th, 6pm-10pm

Call 1-888-234-1294 to Register Directly!



MUSIC IN THE PARKS

Bring a friend or the whole family. Don't forget the lawn chair or blanket—this is a wonderful way to enjoy summer in the South Lake Community!

July 8th—7PM *Plymouth Concert Band*, Excelsior Commons

July 9th, 630-830pm *Root City Band - Funky Blues* Freeman Park

July 15th—7PM *Cyril Paul & The Calypso Monarchs*, Calypso Music
Excelsior Commons

July 22nd 7PM *The Splatter Sisters*, Family - Excelsior Commons

July 24th 7PM *451st Army Reserve Band, Military/Various*—Excelsior Commons

July 29th 7PM *Bend in the River*, Big Band - Excelsior Commons

August 5th 7PM *Barbary Coast Dixieland Band, Dixieland*—Excelsior Commons

August 6th, 7PM *Will Hale's 'Tadpole Parade' Band* Family high energy music - Freeman Park

August 12th 7PM *Chmielewski Funtime Variety Band*, Polka - Excelsior Commons

August 13th 1PM *Kid Power with Rachael* guitar music, comedy, cartoon impressions and juggling. At Freeman Park

August 19th 7PM *Big Walter Smith & The Groove*, Merchants/Blues Excelsior Commons.

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SouthShore Center Calendar

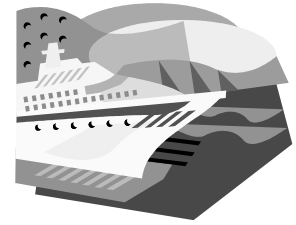
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July 2010



Mon

Tue

Wed

Thu

Fri

			1 11:45-Lunch 1pm-Bridge	2 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo
5 The Center is closed for the holiday except for Happy Feet Appointments	6 9-Card Crafters 9:30-Wood Carvers 12:30-Eureka Band 11:45-Lunch 1pm-Cards 500	7 8:15-Dance Fitness 8:45 Ball Fitness 1-Mahjong	8 11:45-Lunch 1pm-Bridge	9 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo
12 8:15-Dance Fitness 8:45 Ball Fitness 12:45pm-Discovery Class 1:00 Knitting Group	13 9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka Band 1pm-Cards 500 Jr Cooking class	14 8:15-Dance Fitness 8:45 Ball Fitness 10 AM Fused Glass 10:30 Bike Ride to Victoria with Keith 1:00 AAA Driving class 1:00 Mahjong	15 11:45-Lunch 1pm-Bridge	16 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo
19 8:15-Dance Fitness 8:45 Ball Fitness 12:45pm-Discovery Class Abracadoodle kids camp 9:30-11:30 Kids summer chess camp 8:30-5PM	20 9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka Band 1pm-Cards 500 Abracadoodle kids camp Kids summer chess camp	21 8:15-Dance Fitness 8:45 Ball Fitness 1-Mahjong Abracadoodle kids camp Kids summer chess camp	22 10a Book Club 11:45-Lunch 1pm-Bridge Abracadoodle kids camp Kids summer chess camp	23 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo Kids summer chess camp
26 8:15-Dance Fitness 8:45 Ball Fitness 12:45pm-Discovery Class 1p Knitting Group 7PM Library Event 1Book 1 Community	27 9-Card Crafters 9:30-Wood Carvers 11:00 Shining Stars Party 1pm-Cards 500	28 8:15-Dance Fitness 8:45 Ball Fitness 1-Mahjong 10:30 Rain date for Bike Ride with Keith to Victoria	29 10a Book Club 11:45-Lunch 1pm-Bridge	30 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo

SouthShore Center Calendar

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August 2010



Mon

Tue

Wed

Thu

Fri

2 8:15-Dance Fitness 8:45 Ball Fitness 9-Happy Feet check 12:45pm-Discovery Class 1p Knitting Group	3 9-Card Crafters 9:30-Wood Carvers 11:15-Blood Pres.Check 12:30-Eureka Band 11:45-Lunch 1pm-Cards 500	4 8:15-Dance Fitness 8:45 Ball Fitness 1-Mahjong	5 11:45-Lunch 1pm-Bridge	6 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo
9 8:15-Dance Fitness 8:45 Ball Fitness 11:15 Bayview Cruise 12:45pm-Discovery Class 1p Knitting Group	10 9-Card Crafters 9:30-Wood Carvers 12:30-Eureka Band 11:45-Lunch 1pm-Cards 500	11 8:15-Dance Fitness 8:45 Ball Fitness 1-Mahjong	12 11:45-Lunch 1pm-Bridge	13 8:15-Dance Fitness 8:45 Ball Fitness 10AM Beginner's computer class 1pm-Bingo
16 8:15-Dance Fitness 8:45 Ball Fitness 9 Happy Feet Check 12:45pm-Discovery Class 1p Knitting Group	17 9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka Band 1pm-Cards 500	18 8:15-Dance Fitness 8:45 Ball Fitness 1-Mahjong	19 11:45-Lunch 1pm-Bridge 6-10PM AAA Driving Class	20 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo 6PM Night at the Races Canterbury Park
23 8:15-Dance Fitness 8:45 Ball Fitness 12:45pm-Discovery Class 1p Knitting Group	24 9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka Band 1pm-Cards 500	25 8:15-Dance Fitness 8:45 Ball Fitness 1-Mahjong 1PM Caregivers Workshop	26 10a Book Club 11:45-Lunch 1pm-Bridge	27 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo
30 8:15-Dance Fitness 8:45 Ball Fitness 12:45pm-Discovery Class 1p Knitting Group	31 9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka Band 1pm-Cards 500	1 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Line Dancing 1-Mahjong	2 11:45-Lunch 1pm-Bridge	3 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo

SouthShore Center Upcoming Events

What's Ahead in September & October?

Sept 16th 10:30 Ridgeview Presentation “Stress and tools to manage it”

Sept 22nd 11:15 Bus to Target Field & Twins vs Cleveland Indians Ballgame

Sept 24-25 10-3 Community Wide Indoor Garage Sale at the Center. Donations of items are being accepted —this money will be used as a fundraiser for a new roadside digital sign!

Sept 29th 10AM Medicare Part D Presentation by Metropolitan Area Agency on Aging to help prepare for filing which begins November 15th.

Friday in Sept or Oct Date TBD: Bus tour of Woodland Hill Winery with private tour and catered lunch with wine tasting.

Oct 5 Bus trip to Mystic Lake for the Senior Expo.

Oct 6th and 13th Altered Book Art class

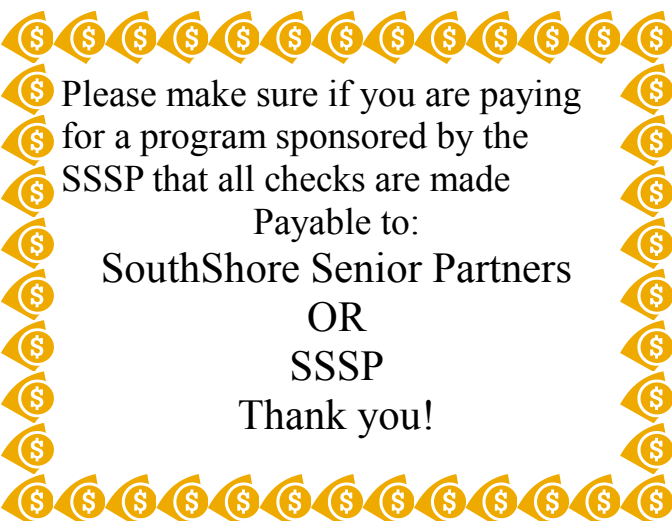
Oct 8th Friday Evening OKTOBERFEST! Featuring Polka music, German Fare, Beer & Wine Kids crafts, Silent Auction and Raffle

Oct 14th 10:30 Ridgeview presentation “Taking Care of our Skin”

Fiber Art Class “Make a memory Pillow” Date TBD

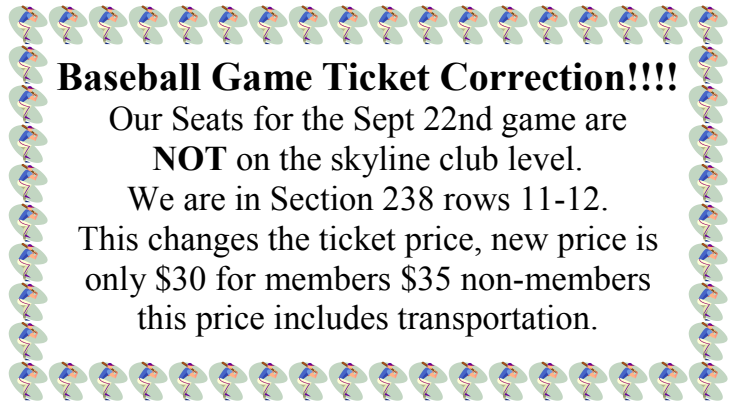
AND MORE!!

Watch for our next newsletter!

 Please make sure if you are paying for a program sponsored by the SSSP that all checks are made Payable to: SouthShore Senior Partners OR SSSP Thank you!

A Thank You to the Crafting Group!

Over the years the crafters have made numerous contributions to the Center and were the heart of the fundraising for the SouthShore Center. We appreciate all of their talent and hard work over the years and are hoping to resume crafting in the future.



Baseball Game Ticket Correction!!!!

Our Seats for the Sept 22nd game are **NOT** on the skyline club level.

We are in Section 238 rows 11-12.

This changes the ticket price, new price is only \$30 for members \$35 non-members this price includes transportation.

Tips from our Cardiac Medication and your Pocketbook lecture:

Making Medicare Part D Work For You

- ◆ Exchange brand name medications for a generic or generic equivalent if available.
- ◆ Fill brand name drugs through part D when generic equivalent unavailable.
- ◆ Pay cash for generic drugs and utilize \$4 drug programs that are available.
- ◆ Buy in bulk
- ◆ Take advantage of drugs whose prices are the same regardless of dose by splitting larger dose pills into the size you need.

Helpful websites:

Rx Outreach -www.rxoutreach.com

Medicare—www.medicare.gov phone 1-800-633-4227

Medicare Part D—www.medicare.dov/choices/pdp.asp

Interested in Showing your art? We are always looking for artists for Art on the Walls at the Center. Contact the Center

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

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

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Would you like to advertise in our newsletter? Please contact Theresa or Tena at the Southshore Center 474-7635 or email us at southshorecenter@gmail.com.

SouthShore Center

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Become a SouthShore Senior Partner Today and Join the Fun!

Name: _____

Address: _____

Phone: _____ Email: _____

I prefer to receive my newsletter via email: Circle Yes or No

Birth Date (optional)

____/____/____

I am 55+: Circle Yes or No

I would like to volunteer—My

Interests are _____

Membership pricing :

Single \$25 Double \$40

Supporting \$50—\$99

Sustaining \$100+

Please clip and return
your application with
payment to SSSP or
SouthShore Senior
Partners
5735 Country Club Rd.
Shorewood, MN 55331

Membership Benefits:

- ◆ Lunch Discount
- ◆ SouthShore Times Newsletter
- ◆ Special Events discount
- ◆ File of Life Packet
- ◆ Pride in supporting access to information and education classes for older adults of the South Lake Community!

