

# SOUTHSHORE TIMES

www.southshore-center.org

September - October 2011

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



## What's New This Month?

- New and re-newing members Thank You!.....2
- Gentle Transitions Prime Time Expo garage Sale.....3
- AAA, on-going activities, Ridgeview Health Lectures ..... 4
- September Calendar..... 5
- October Calendar.....6
- Zumba, Facebook class Octoberfest ..... 7
- Old Log Apple Day SCS Trips.....8
- Menus, cooking classes.....9
- Membership Form.....10

## Bob Williams "Attitudes"

Having the right attitude impacts your life in many ways. Excelsior author, Bob Williams, returns to the South Shore Center with a new presentation about "Attitudes"...personal accounts of "doing the right thing"...inspiring stories from presidents to athletes to the boy next door. With tenderness and gentle humor, Bob's talks on "The Depression Years" and "Excelsior History" have been well received. Bob is a life-long resident of Excelsior, a graduate of the University of Minnesota's School of Journalism, a World War II Air Force veteran, and a former award-winning weekly newspaper editor.

**Thursday, October 13th at 10:30**

**Lecture price: \$3 members \$5 Guests**

**Following the talk we will be having a wonderful Mediterranean Chicken**

**Luncheon for \$7.00**

**Please call for**

**Reservations 474-7635**



## Taylor Marie Fashions

Taylor Marie's mobile retail clothing store brings fashionable women's and men's clothing and accessories to the SouthShore Center on

**Tuesday, November 1st 10:00 a.m.-3:00 p.m.**

There will be well known brands, affordable fashions for all sizes, easy to wear and up-to-date fashions and the profits benefit senior programming at the Center!! Taylor Marie clothing makes it easy to shop while relaxing in the Center with friends and refreshments. Call 952-474-7635 for more information.



Call the Center for information 952-474-7635 Visit the Website [www.Southshore-center.org](http://www.Southshore-center.org) or stop by 5735 Country Club Road, Shorewood MN 55331

# SouthShore Center Greeting/Members

www.southshore-center.org

page 2

**Thank You for your donation!**

**B Kinghorn**



**Our Business Members:**

**West Metro Learning**

**Connections Inc.**

**Soujour**

**Caring Touch Home Health Care LLC**

**Cindy (952) 215-4199**

*(References available)*

***"Personalized Independent Living Assistance"***

Available 7 days a week

♥ ♥ Scheduling, driving and accompanying to all errands, appointments and activities (doctor and dental visits, grocery shopping and activities in metro area).

♥ ♥ All Needs Customized by Client.

Qualified, Experienced and Licensed Care

Working in the

Minneapolis metro area since 1990

& the South Lake Minnetonka area since 2008

## SSSP Board Members

**President:** Bob Newman **Vice-President:** Sue Peck

**Treasurer:** Joanne Schmid **Secretary:** Theresa Zerby

**Members:**

Tena Brandhorst Cherie Daughton Linda Freeman

Jane Stein Catherine Turner

**Thanks to our new and renewing members:**

Mep Abramson	Tom Knowlton
Olivia Anderson	Keith Krier
Marlin Bauman	Howard Lerohl
Lois Berg	Chris & Alan Lizee
Philip Bortscheller	Lillian Merico
Betty Bragg	Corrinne Milovich
Gene Brandenburg	Fern Mortenson
Cliff and Tena Brandhorst	Yvonne Murphy
Justine Cain	Patricia Nielsen
Joan Carlson	Gary & Mary Nunnally
Gloria Copley	Jean Ohland
Marilyn & Doug Dahl	Beverly J. Olson
Susannah & John Dodson	Margaret Osha
Ton & Lynda Dotzenrod	Marlow & Karen Peterson
Roger & Joan Dressen	Nancy Perry
Elaine Dunn	Craig Plathe
Evelyn Ess	Helen Rodgers
Virgil & Carol Fasching	Emily Roust
Lawrence Finifrock	Peter & Kathleen Royse
Linda Freeman	Debra & Scott Schipper
Virginia & Glenn Froberg	Joanne & Tom Schmid
Tom & Mary Jo Fulker- erson	Joan Schmitt
Mary Gans	Marilyn Sederstrom
Margaret Grathwol	Nancy Skinner
Lela Graupmann	Better Slater
Jan & John Gray	Jerry & Nancy Smith
R. Jean Gray	Roger & Jane Stein
Dorothy Hallin	Doris Stern
Roger & Anne Hansen	Roy Swenson
Edith Heidtmann	Barb & Bob Sykora
Dell Hedtke	Elinor Temple
Shirley Hogan	Jean Trochlil
John & Sandy Hotvet	Catherine & Joe Turner
John & Judy Hruby	Hans Wanzenreid
Lois Hudlow	Adeline Wartman
Jean Ice	Betty Wells
Muriel Irwin	Joni Wetzel
Marietta Jacobsen	Arno & Donna Windsor
Lola Kagol	Robert & Ann Winegar
B Kinghorn	Konrad & Lee Wurm

Call the Center for information 952-474-7635 Visit the Website [www.Southshore-center.org](http://www.Southshore-center.org)  
or stop by 5735 Country Club Road, Shorewood MN 55331

## Gentle Transitions

### "Dealing with Downsizing"

Thursday, October 20th 10:30

Between the emotional aspects of leaving a home of many years, increasing health issues, downsizing and the task of sorting through years of accumulating possessions, the task of making a move itself can be daunting. So how does one take the sting out of the moving process? Begin planning early and use the many resources available to support one's path to get to moving day. This is an informative and interactive seminar addressing a key concern for seniors who are overwhelmed with the thought of moving. Those who attend will leave the seminar equipped with how to begin planning a future move and an invaluable wealth of resources.



Formerly Senior Expo  
*Your chance to renew and re-energize!*

Mark your calendars! Grab your friends!

Introducing the 50+ Primetime Living Expos!

October 4-5, 2011

Tuesday 9am to 3pm

Wednesday 9am to 3pm

Mystic Lake Casino Hotel

We have free tickets available for SSSP members at the Center just inquire at the reception desk!

## Appraisal Fair and Community Wide

### Indoor Garage Sale

Thurs., Sept. 22 from 3-7 pm;

Friday, Sept. 23 from 8 am - 2 pm

The SSSP will have our own table as a fundraiser at this event. If you have items that you would like to donate to our table bring them to the center up to the date of the event. Then come and shop the sale! On Thursday you will be able to get a verbal appraisal for just \$5 per item. Come Shop numerous vendors under one roof both days!



Call the Center for information 952-474-7635 Visit the Website [www.Southshore-center.org](http://www.Southshore-center.org) or stop by 5735 Country Club Road, Shorewood MN 55331

## 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

### Refresher Classes:

September 15th 9am-1pm

October 12th 6pm-10pm

November 7th 1pm-5pm

### New Student Classes:

2 part new student class

December 7th and December 8th  
6pm-10pm

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

## On-Going activities at the Center:

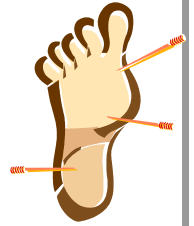
We have lots of activities happening every day at the center from **Card games, bingo and Mahjong** to **knitting and card crafting** and **Wood Carving** as well as **book clubs** and various levels of **exercise classes**. **Happy Feet** comes twice a month for foot care, and we have monthly **Blood Pressure checks**. Also, we have **FABULOUS LUNCHES** twice a week. These activities are available to all and we welcome you to come and join in. We also have a variety of **volunteer opportunities from receptionist, board membership, kitchen help, programming committee, help with mailings...** We continue to offer to pay your fare to return home if you take transit link to the center. Please come and join in the Fun!!! Check this newsletter for dates and times.

## What is Acupuncture?

Thursday, October 6th

10:30 am

Acupuncture promotes natural healing and balance, while boosting the immune system and enhancing the recuperative power of the body. Acupuncture supports both emotional and physical health. Common questions and concerns before, during and after treatment will be addressed. An overview of basic Traditional Chinese Medicine concepts will also be discussed. Presented by Ellen-Hem Ryan, LAc, CMRT, Ridgeview Spa therapy, who is certified in acupuncture, reflexology and massage



## Reading Food Labels—How to Be a More Savvy Food Shopper

Thursday, November 3rd 10:30

Learn from a registered dietitian what to look for and how to interpret food labeling. Learn about trans fat and whole grains and why it is important to know their meaning. Learn how to cut through the hype and glitz of food labeling and advertising.

Presented by Amy Leonard, RD, LD

**Please call for reservations for this free talk 474-7635**

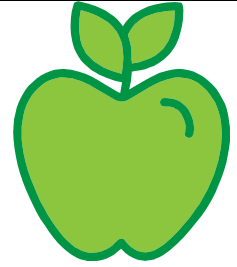


# SouthShore Center Calendar

www.southshore-center.org

page 5

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



# September

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

			1 11:45-Lunch 1pm-Bridge	2 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo
5 <b>Happy Labor Day!</b> <b>Center Closed for the Holiday</b>	6 9-Card Crafters 9:30-Wood Carvers 11:15 Blood Pressure 11:45 Lunch 12:30-Eureka City Band 1pm- Cards 500 1pm-Cards 500	7 8:15 Dance Fitness 8:45 Ball Fitness 1:00 mahjong	8 11:45-Lunch 1pm-Bridge	9 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo <b>Excelsior APPLE DAY</b> <b>Is tomorrow come visit our booth!</b>
12 8:15-Dance Fitness 8:45 Ball Fitness 9:00 Happy Feet 12:45 Discovery Books 1:00 Knitting Group	13 9-Card Crafters 9:30-Wood Carvers 12:30-Eureka City Band 11:45-Lunch 1pm-Cards 500	14 8:15-Dance Fitness 8:45 Ball fitness <b>10am ZUMBA BEGINS</b> <b>10am Social Media</b> 1:00 Mahjong <b>7pm Social Media</b>	15 <b>9am -1pm AAA Driving</b> 11:45 Lunch 1pm-Bridge	16 8:15 Dance Fitness 8:45 Ball Fitness <b>11:30 OLD LOG EVERYBODY LOVES OPAL</b> 1pm-Bingo <b>8pm movie in the park</b>
19 8:15-Dance Fitness 8:45 Ball Fitness 12:45 Discovery Books 1:00 Knitting Group	20 9-Card Crafters 9:30-Wood Carvers 12:30-Eureka City Band 1pm-Cards 500	21 8:15-Dance Fitness 8:45 Ball Fitness 10am Zumba 1:00 Mahjong	22 11:45 Lunch 1pm-Bridge <b>3-7pm—Garage Sale &amp; Appraisal</b>	23 8:15 Dance Fitness 8:45 Ball Fitness 1pm Bingo <b>8am -2pm Garage Sale</b>
26 8:15-Dance Fitness 8:45 Ball Fitness 9:00 Happy Feet 12:45 Discovery Books 1:00 Knitting Group	27 9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka City Band 1pm-Cards 500	28 8:15-Dance Fitness 8:45 Ball Fitness 10 am Zumba 1-Mahjong	29 11:45-Lunch 1pm-Bridge	30 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo <b>OCTOBERFEST THIS SATURDAY 6-9pm!</b>

# SouthShore Center Calendar

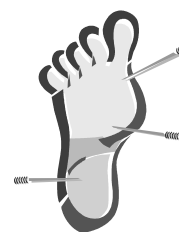
www.southshore-center.org

page 6

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



# October 2011



Mon

Tue

Wed

Thu

Fri

3 8:15-Dance Fitness 8:45 Ball Fitness 9:00 Happy Feet 12:45 Discovery Book Club 1:00 pm-Knitting Group	4 9-Card Crafters <b>9:30-Fishing trip</b> 9:30-Wood Carvers 11:15 BP Checks 11:45 Lunch 12:30-Eureka City Band 1pm-Cards 500	5 8:15-Dance Fitness 8:45 Ball Fitness 10:00 Zumba 1:00 Mahjong	6 <b>10:30 Acupuncture</b> 11:45-Lunch 1pm-Bridge	7 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo
10 8:15-Dance Fitness 8:45 Ball Fitness 9:00 Happy Feet 12:45 Discovery Book Club 1:00pm- Knitting Group	11 9-Card Crafters 9:30-Wood Carvers 11:15 BP Checks 11:45 Lunch 12:30-Eureka City Band 1pm-Cards 500	12 8:15-Dance Fitness 8:45 Ball Fitness 10:00 Zumba 1:00 Mahjong <b>1:00-3:00 Make Ahead Meals Class</b> <b>6-10pm AAA Driving</b>	13 <b>10:30 Bob Williams "Attitudes"</b> 11:45-SPECIAL LUNCH 1pm-Bridge	14 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo
17 8:15-Dance Fitness 8:45 Ball Fitness 12:45 Discovery Book Club 1:00 pm- Knitting Group	18 9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka City Band 1pm-Cards 500	19 8:15-Dance Fitness 8:45 Ball Fitness 10:00 Zumba 1:00 Mahjong	20 <b>10:30 Gentle Transitions</b> 11:45 Lunch 1pm-Bridge	21 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo
24 8:15-Dance Fitness 8:45 Ball Fitness 9:00 Happy Feet 12:45 Discovery Book Club 1:00pm Knitting Group	25 9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka City Band 1pm-Cards 500 <b>7-9:30 pm Fused Glass &amp; Wine Tasting class</b>	26 8:15-Dance Fitness 8:45 Ball Fitness 10:00 Zumba 1:00 Mahjong	27 11:45-Lunch 1pm-Bridge	28 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo
31 8:15-Dance Fitness 8:45 Ball Fitness 12:45 Discovery Book Club 1:00 pm- Knitting Group	1 <b>TAYLOR MARIE</b> 9-Card Crafters 9:30-Wood Carvers 11:45-Lunch 12:30-Eureka City Band 1pm-Cards 500	2 8:15-Dance Fitness 8:45 Ball Fitness 10:00 Zumba 1-Mahjong	3 <b>10:30 Nutritionist How to read labels</b> 11:45-Lunch 1pm-Bridge <b>7pm Soups Cooking class</b>	4 8:15-Dance Fitness 8:45 Ball Fitness 1pm-Bingo

## Volunteers Needed

We are in need of volunteers at the reception desk at the SouthShore Center. Volunteering at the center is a good way to meet people, get in on wonderful activities and programs, and give back to the organization that does so much for the older adults in our community. The commitment is small but so very appreciated. Help is needed on Wednesdays, Thursdays, and Fridays. Let us know if you can commit to a shift of 8:30 to 12:00 or 12:00 to 3:30 on any of these days. Call the Center at 952-474-7635 and leave a message for Tena and she will get back to you.

## Oktoberfest 6-9 pm Saturday, October 1, 2011



Come to the community center open house for a family Oktoberfest celebration!

Music, Food, Wine and Beer Tasting by Cellars Wine and Spirit. Traditional German fare provided by SSCC's in-house Chef Connie Blanchard. Dress in your lederhosen best and join us for some fun polka and German music, a giant inflatable for the kids from Inflata-Fun and more! No registration necessary. Free will offering at the door.

## ZUMBA



There's a new face in the fitness world and it's called Zumba! The Zumba program is an effective, exhilarating, Latin-inspired dance-fitness party which achieves a balance of a progressive core workout with a full-body cardio fitness experience. Research shows that dancing for the active older population, the Baby Boomers, can improve aerobic power, lower body endurance, strength, flexibility, and balance. In other words, it's a dance-fitness class that feels like a party! Come join us for a friendly, stress-relieving, energy-producing fitness experience!

Join us!  
Starting 9/14

Wednesdays at 10:00am  
Cost: \$ 5.00 per class

## Yoga

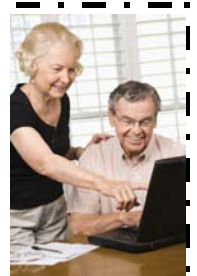


Saturday mornings beginning September 10th, 11am-Noon Beginning to Intermediate. Classes are offered one at a time \$12 or as a series of 5 classes punch card for \$50—you choose.

## Facebook, Twitter, Social Media:

### What's It All Mean?

Wednesday, September 14,  
10 am or 7 pm; \$10



Bring a laptop, if you have one, the names of people you'd like to "Friend", and let us walk you through the steps of creating your own 'profile'! FREE Wi-Fi on site.

Call for reservations: 474-7635.

## Old Log Theater Presents:



This classic comedy is about the infectiously cheerful optimist Opal Kronkie and a trio of down and out con artists. Opal, a middle-aged recluse, lives in a tumble-down mansion at the edge of the municipal dump. The general disarray of her establishment is aggravated by the fact that Opal collects things--anything that can be toted home in her little red wagon. Into her rather strange world come the con artists Gloria, Bradford and Solomon. The crooks decide that what Opal needs is plenty of insurance, a rapid demise and three beneficiaries (themselves). The unsavory trio concoct several elaborate schemes to "do in" Opal, only to be thwarted by her oddball antics. Through it all, Opal radiates kindness, affection, and an abiding faith in the goodness of human nature. Featuring Steve Shaffer, Tom Stolz and Judith Henneghan.

**Friday September 16th  
Lunch , Back stage tour and show  
all included for \$32.25**

Tickets must be purchased in advance.  
**Please call in your reservation by September 9th** along with your menu choice of: smoked pork chops, Walleye Pike, Stuffed breast of chicken, vegetarian lasagna or Beef Strogonoff.  
Meet at the Old Log Theater.  
Bar opens at 11:30 a.m. Luncheon begins at noon  
Curtain Time is 1:30 p.m.

## Senior Community Services Trips



For detailed information on trips, or to register call Sue Gallus at 952-541-1019 x316 or check out their website for more detailed information: [www.seniorcommunity.org](http://www.seniorcommunity.org)

Trips are geared to the active older adult and include locations such as:  
Smoky Mountains, Oct 18-36  
Washington D.C., Oct 19-27  
Branson, Oct 31-Nov 4th & Nov. 6-10th  
Full brochures are available at the Center.

## Movie in the Park

Disney's *Tangled* (rated PG)

Friday, September 16; 8 pm

Manor Park, 20630 Manor Road

Enjoy this free movie in the park with family and friends!

## Apple Day September 10th

Come visit our booth at Apple Day. This year we will be selling our very own SSSP dill pickles, jams and jellies as a fundraiser for senior programs at the center.

Thanks to our wonderful canners; Mary Donahue, Tena Brandhorst, Linda Freeman and

Mary Lou Becker! These pickles and jams will also be available for sale at the center.



# Lunch and Cooking classes

## September and October Lunch Menus

Sept 6	White Chicken Chile & Cornbread
Sept 8	Greek Lasagne
Sept 13	Shepherd's Pie
Sept 15	Chicken Dumpling Soup & Sandwich
Sept 20	Beer Cheese Soup & Salad
Sept 22	Fish Sandwiches & Chips
Sept 27	Apple Kraut & Brats
Sept 29	Stuffed Peppers
Oct. 4	Beef Enchiladas
Oct. 6	Italian Sausage Manicotti
Oct. 11	Potato Chowder & Fresh Spinach Salad
Oct. 13	Mediterranean Chicken **
Oct. 18	Mary's Meatloaf
Oct, 20	Quiche & Salad
Oct. 25	Grilled Cheese Sandwiches & Tomato Soup
Oct. 27	Tuna Hotdish

(\* signifies special priced luncheon)

**New lunch prices  
Effective October 1st  
Members \$5.00  
Guests \$7.00**

**Minimum of 15 people**

The SSSP subsidizes, on average, \$70 every day we have lunch with our chef Mary preparing our delicious meals. We want our lunch program to be successful and with the cost of food rising it is necessary to raise our prices. Please continue to support our lunches. If you can't make it to lunch you can always call in an order for take out and have the meal for dinner—No mess in your kitchen and no extra trip to the grocery store!

## Make Ahead Meals Class

Second Wednesdays in October and November, 1-3 pm, \$79 per class

- October 12 - Honey Dijon BBQ Turkey, Orange Tarragon Pork Chops, Caribbean Steak, Turkey Caesar Wraps
- November 9 - Roasted Lemon Turkey & Peppers, Spicy Citrus Pork Chops, Baked Dill Salmon on rice, Ground Beef Gyros

Includes 4 dinner kits for a family of four or break these down even further to go twice as far! Let us provide the recipes and do the shopping - you just roll up your sleeves and dig in with your friends

## Fall Soups Cooking Class

Thursday, November 3, 7-9:30 pm, \$35

This encore favorite fall class is a smash! Instruction by Chef Connie Blanchard includes taking home at least one quart of each soup for the



## Dog Treat Cooking Class

Tuesday, November 15, 7-9 pm, \$25

Join Lulu & Luigi's Wayzata for an evening designed to make your dog happy! Bring your 'purrse pet' for playtime and treat making in our activity room and enjoy holiday camaraderie with other pet lovers!



## Ladies Night Fused Glass Class with Wine & Cheese Tasting

Tuesday, October 25, 7-9:30 pm, \$35

Make as many beautiful fused glass pendants as you can during class with the girls!



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

*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 Senior Partners

www.southshore-center.org

Page 10

### 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+

Business Sponsorships:

Silver level \$100 Gold \$500 Platinum \$1000

#### Membership Benefits:

- ◆ Lunch Discount
- ◆ SouthShore Times Newsletter
- ◆ Discounts on Special Events
- ◆ Discounts on Select Classes
- ◆ Supports access to information and education classes for older adults.

Members joining or renewing today will not have their membership expire until June 30th, 2012!

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

