

SOUTHSHORE TIMES

www.southshore-center.org

May—June 2012

5735 Country Club Road, Shorewood MN 55331

952-474-7635



What's New This Month?

Wish list, Wood Carver's Open House, Mother's Day Tea Party,2

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Join our Quilting Group! Become a "SouthShore Quilter"

Every Wednesday
9:00am - 11:00am

(*Note: meeting day has changed)

****OPEN TO ALL****

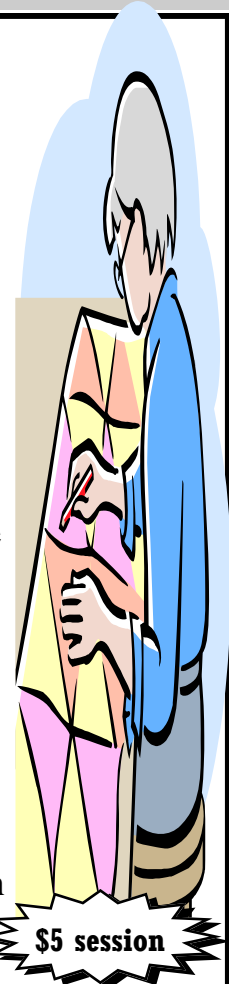
**Bring a project to work on!
Share your knowledge or
get help from other quilters!**

Our hope is for this group is to learn from each other and be able to provide community service projects to benefit others in need!

**We need "you" and your support
to make this group a success!**

Donations accepted

(fabric, quilt patterns & quilt books, quilting supplies, sewing notions, old quilts, ironing board, rotary mat & cutters, sewing machines in good working order, etc.)



National Senior Health & Fitness Day

Wednesday, May 23

8:15am - Dance Fitness

9:30am - Guest Nutritionist Janice Cox from Lund's and Byerly's will present a Senior Nutrition class with FREE goodies and all to sample

Please call 952-474-7635 to register for Nutrition Class

10:00am - Zumba Gold & Gold Step fitness class

11:00am-1:00pm - FREE Chair Massage Therapy provided by Dynamic Family ChiroPractic

1130am - Zumba Chair Fitness Class

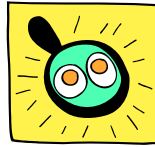
12 pm - Walking Club Kick-Off . Come take a walk on the wild side of the SSCC as we stroll around the campus (with or without Nordic poles)!



Call the Center for information at 952-474-7635, visit www.Southshore-Center.org or stop by 5735 Country Club Road, Shorewood MN 55331

Omelet Breakfast fundraiser

Sponsored by the Sons of the American Legion



When: Sunday, May 13th
Time: 9:00am—Noon
Where: American Legion Post 259
24450 Smithtown Road

Cost: Adults \$9.00 Children \$5.00

All Proceeds go to the SouthShore Senior Partners

Everyone Welcome!

Do you like to shop?
Help our lunch program by volunteering to help with the grocery shopping. Shop the grocery ads and find the best prices and purchase needed groceries for the week. If you are interested talk to our chef Mary on Tuesday or Thursday for details.



Wood Carver's Open House

**Tuesday, May 29
10:00am-2:00pm
FREE**

Come and have a cup of coffee and a pastry while you admire some of the fascinating projects being made by Louis Zakariasen and other whittlers, chippers, and gougers that will be there to show their work and give tips on getting started.

Other crafters welcome!

Join us for lunch at 12:00 at the Community Center for just \$5.

Call 952-474-7635 to make a lunch reservation or just stop by anytime!

VOLUNTEERS NEEDED at the Center

for
**Special Events, Receptionists,
Starting a Fairy Garden,
General Gardening, etc.**



Mother's Day Tea Party with Mannerly Manners

Saturday, May 12, 10 am-12 pm,

\$39 per couple/additional person \$15 each

Have you ever wondered what it would be like to have tea with a Prince or Princess?

Mom's & Grandma's bring your little Prince or Princess to Marilyn Pentel's Mannerly Manners Mother's Day Tea . They will learn how to hold their cup, use their napkin, or set the table at the Southshore Community Center's "Mother's Day Tea Party!"

Space is limited, so register early!

SSSP Board Members

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

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

Members:

Tena Brandhorst Linda Freeman Woody Love Sandy Hotvet

If there is a class or activity not currently at the SouthShore Center that you would like to participate in, please talk to Kristi Anderson, the Director of the SouthShore Center, and she will see what she can do to make it happen!

Call the Center for information at 952-474-7635, visit www.Southshore-Center.org or stop by 5735 Country Club Road, Shorewood MN 55331

SouthShore Center Activities and Programs

www.southshore-center.org

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Become a SouthShore Quilter



Want to learn to quilt?
Now you can!!!

Beginner Quilt Class-Part I

Mondays - 9:00am - 11:00am

Starting May 14

4-Week Lesson Plan

- 5/14: Basic Information
- 5/21: Rotary Cutting & Chain Piecing
- 5/28: Closed for holiday
- 6/4: Adding Sashing, Borders
- 6/11: Review, Show & Tell!

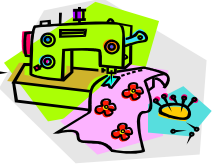
Extra help, if needed available.



\$45 - 4 weeks



\$45 - 4 weeks



Learn to put quilts together!
(some sewing experience needed)

Beginner Quilt Class-Part II

Mondays - 9:00am - 11:00am

Starting July 9

4-Week Lesson Plan

- 7/9: Basic Information
- 7/16: Layout & Put Together Fabrics & Batting
- 7/23: Learn to Bind your Quilt
- 7/30: Review, Show & Tell!

Extra help, if needed available.

Watercolor is NOT
too hard! You'll
learn to control the
paint & have some
expressive fun!

Very Beginning Watercolor Workshop with Georgia Kandiko

Saturday, May 12 \$95 + \$20 Supply Fee

Bring Your Lunch

All materials needed are included in the supply fee.



\$92 + \$20
Supply Fee

Beginning Watercolor Series with Georgia Kandiko

Wednesdays, May 9, 16, 23, 30 3:00pm-5:30pm

Learn to create landscapes, abstract & florals
through technique demos including wet-into-wet,
glazing, graded wash, & dry brush application

Paint,
paper,
brushes,
and palette
are
provided

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SouthShore Center Health & Safety Programs

www.southshore-center.org

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Happy Feet

(3rd Monday of every month)

Services included are: Foot Soak and foot massage, Care for corns, calluses, or thick, curled or ingrown toenails (if they are not well advanced)

\$32

Call to make an appointment

763-560-5136

ZUMBA Gold

Wednesdays, 10:00am

Zumba Gold Toning 11-11:30

\$5 per session



Come join us for a friendly, stress-relieving, energy-producing fitness experience.

Our new toning class adds light weights to the Zumba Gold experience.

Drop-ins are welcome!

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

Families and Aging

May 17th 7-8PM

Join us for a “Families and Aging”

Presentation on the “40/70 & 50/50 Rules” brought to us by Home Instead.

Designed to help adult children and their aging parents. The 40/70 Rule deals with sensitive life topics. that often make conversation difficult.

Situations in the discussion are based on real-life experiences, and has input from communication expert and author Jake Harwood, Ph.D., from the University of Arizona.

1,500 U.S. and Canadian adult children of aging parents were asked about their relationship with their parents, and how they handle discussing sensitive topics with these older adults.

The 50/50 Rule covers the topic of siblings and their aging parents. The idea is that at about age 50 siblings begin to care for their parents. This involves making important decisions on care, finances, end of life issues and other sensitive matters. Sharing in the care and division of tasks can cause sibling dynamics to play out.

Checklists and guideline sheets are given out for the participants to use in their own families plan.

On-Going Activities

Quilting * Card games * Bingo * Mahjong *

Knitting * Card Crafting * Wood Carving *

Monthly Blood Pressure Check *

*Book Clubs * Exercise Classes *

FABULOUS LUNCHES

Activities are available to all and we welcome you to come and join in. Please come and join in the Fun!!! Check newsletter for dates and times.

Call the Center for information at 952-474-7635, visit www.Southshore-Center.org or stop by 5735 Country Club Road, Shorewood MN 55331

SouthShore Center Calendar

5735 Country Club Road, Shorewood MN 55331

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MAY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 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 9-11 Quilting Group 10:00 Zumba Gold 11:00 Zumba toning 1:00 mahjong	3 11:45-Lunch* 1:00 Bridge	4 8:15 Dance Fitness 8:45 Ball Fitness 1:00 Bingo	5
6 12-3pm Fused Glass Class	7 8:15-Dance Fitness 8:45 Ball Fitness 9-11 Quilting Class 12:45 Discovery Book Club 1:00 pm- Knitting Group 7-9pm Fused Glass Class	8 9-Card Crafters 9:30-Wood Carvers 11:45 Lunch* 12:30-Eureka City Band 1pm- Cards 500	9 8:15 Dance Fitness 8:45 Ball Fitness 9-11 Quilting Group 10:00 Zumba Gold 11:00 Zumba toning 1:00 Mahjong 3:00 Watercolor 5-9pm AAA Drivers	10 11:45-Lunch* 1:00 Bridge	11 8:15 Dance Fitness 8:45 Ball Fitness 10:00 Technology Group 1:00 Bingo	12 10-12 Tea Party
13 Mother's Day	14 8:15-Dance Fitness 8:45 Ball Fitness 9-11 Quilting Class 12:45 Discovery Book Club 1:00 pm- Knitting Group Happy Feet (by appt only)	15 9-Card Crafters 9:30-Wood Carvers 11:45 Lunch* 12:30-Eureka City Band 1pm- Cards 500	16 8:15 Dance Fitness 8:45 Ball Fitness 9-11 Quilting Group 10:00 Zumba Gold 11:00 Zumba toning 1:00 Mahjong 3:00 Watercolor	17 11:45-Lunch* 1:00 Bridge 7-8pm Families & Aging Parents	18 8:15 Dance Fitness 8:45 Ball Fitness 1:00 Bingo	19
20	21 8:15-Dance Fitness 8:45 Ball Fitness 9-11 Quilting Class 12:45 Discovery Book Club 1:00 pm- Knitting Group	22 9-Card Crafters 9:30-Wood Carvers 11:45 Lunch* 12:30-Eureka City Band 1pm- Cards 500	23 8:15 Health & Fitness 8:15 Dance Fitness 8:45 Ball Fitness 9-11 Quilting Group 10:00 Zumba Gold 11:00 Zumba toning 1:00 Mahjong 3:00 Watercolor	24 11:45-Lunch* 1:00 Bridge	25 8:15 Dance Fitness 8:45 Ball Fitness 10:00 Technology Group 1:00 Bingo	26
27	28 8:15-Dance Fitness 8:45 Ball Fitness 9-11 Quilting Class 12:45 Discovery Book Club 1:00 pm- Knitting Group	29 9-Card Crafters 9:30-Wood Carvers *10-2 Wood Carvers Open House 11:45 Lunch* 12:30-Eureka City Band 1pm- Cards	30 8:15 Dance Fitness 8:45 Ball Fitness 9-11 Quilting Group 10:00 Zumba Gold 11:00 Zumba toning 1:00 Mahjong 3:00 Watercolor	31 11:45-Lunch* 1:00 Bridge		

SouthShore Center Calendar

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JUNE 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 12-3 Fused Glass Class	4 8:15-Dance Fitness 8:45 Ball Fitness 9-11 Quilting Class 12:45 Discovery Book Club 1:00 pm- Knitting Group	5 9-Card Crafters 9:30-Wood Carvers 11:45 Lunch 12:30-Eureka City Band 1pm- Cards 500 7-9pm Fused Glass Class 6:30-8:30 Gardening	6 8:15 Dance Fitness 8:45 Ball Fitness 9-11 Quilting Group 10:00 Zumba Gold 11:00 Zumba toning 1:00 Mahjong	7 11:45-Lunch 1:00 Bridge	1 8:15 Dance Fitness 8:45 Ball Fitness 1:00 Bingo 6-8pm Country Hoe Down @ Badger Park	2
10	1 8:15-Dance Fitness 8:45 Ball Fitness 9-11 Quilting Class 12:45 Discovery Book Club 1:00 pm- Knitting Group	12 9-Card Crafters 9:30-Wood Carvers 11:45 Lunch 12:30-Eureka City Band 1pm- Cards 500	13 8:15 Dance Fitness 8:45 Ball Fitness 9-11 Quilting Group 10:00 Zumba Gold 11:00 Zumba toning 1:00 Mahjong 1-5pm AAA Drivers	14 11:45-Lunch 1:00 Bridge	15 8:15 Dance Fitness 8:45 Ball Fitness 1:00 Bingo	16
17	18 8:15-Dance Fitness 8:45 Ball Fitness 9-11 Quilting Class 12:45 Discovery Book Club 1:00 pm- Knitting Group Happy Feet (by appt only)	19 9-Card Crafters 9:30-Wood Carvers 11:45 Lunch 12:30-Eureka City Band 1pm- Cards 500	20 8:15 Dance Fitness 8:45 Ball Fitness 9-11 Quilting Group 10:00 Zumba Gold 11:00 Zumba toning 1:00 Mahjong	21 11:45-Lunch 1:00 Bridge	22 8:15 Dance Fitness 8:45 Ball Fitness 10:00 Technology Group 1:00 Bingo	23
24	25 8:15-Dance Fitness 8:45 Ball Fitness 9-11 Quilting Class 12:45 Discovery Book Club 1:00 pm- Knitting Group	26 9-Card Crafters 9:30-Wood Carvers 11:45 Lunch 12:30-Eureka City Band 1pm- Cards 500	27 8:15 Dance Fitness 8:45 Ball Fitness 9-11 Quilting Group 10:00 Zumba Gold 11:00 Zumba toning 1:00 mahjong	28 11:45-Lunch 1:00 Bridge	29 8:15 Dance Fitness 8:45 Ball Fitness 1:00 Bingo	30

SouthShore Center Activities

www.southshore-center.org

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Metro Dining Club Cards

will be sold at the SSCC in May-June,
until they are GONE !

THIS IS A FUNDRAISER!

**Funds will be split and used to grow
Senior Programming & provide Special
Speakers for the community !**

Each set of cards contains 160 Restaurant Discounts that can be used
each month for a whole year!!

Enjoy discounts at your favorite West metro or Minneapolis area restaurants such as
Maynards, Green Mill, Gold Nugget, Excelsior Grill, Malt Shop, Woody's Grill & many more!

Pick up your MDC Cards at the SSCC today for just \$22 for the entire set.
Stop at the SSCC to see a complete list of restaurants and some sample menus.

Support the Center & Enjoy The Rewards!!

Take it from Mary & Gary Nunnally, our Wednesday morning receptionists :
"We've been buying the cards for years, giving them as gifts . It is a really good deal, in fact
we've already reserved 6 sets when they arrive at the SSCC !"

**Fabulous gifts for Mothers or Fathers Day, for the person who has everything,
likes to go out to eat, and anyone that likes a DEAL!**



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: \$20

Wednesday, May 9	5:30pm-9:30pm
Wednesday, June 13	1:00pm-5:00pm
Wednesday, July 16	1:00pm-5:00pm
Wednesday, Aug 16	9:00am-1:00pm

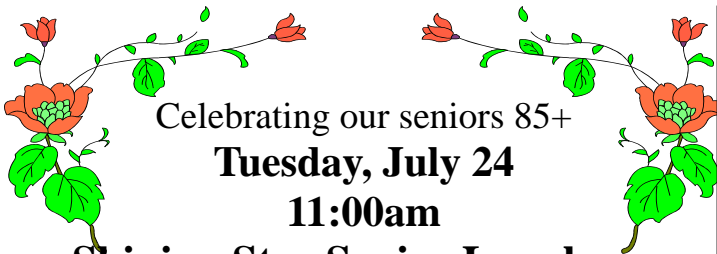
Call 1-888-234-1294 to Register Directly!

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

SouthShore Center Activities and Trips

www.southshore-center.org

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Celebrating our seniors 85+

Tuesday, July 24

11:00am

Shining Star Senior Luncheon

Featuring the musical gifts of James Shaw. He will entertain us with show tunes, ragtime & jazz, music from the era of the Rat Pack & Bobby Darren, and more!

**Summer Luncheon following presentation
Seniors 85+are free!**

\$7 for guests under age 85

Price includes program & lunch

Sure to fill up fast!

Call 952-474-7635

for reservations



Technology Club

2nd & 4th Fridays

of each month

10:00am-12:00 noon

**Bring your lap tops,
if you have one!**

Come have coffee and learn basic computer skills. Share ideas and computer savvy in an informal setting from a rotating pool of guest instructors!

**Hospitality & Programming Committee
Meetings—4th Thursday of each month
@10:30am**

Welcome new members,
plan exciting programs, &
enjoy one another's company
over lunch at noon!



Fused Glass Garden Art Classes

Sunday, May 6 - Noon-3pm

or

Monday, May 7 - 7:00-9:00pm

\$48 per class



Welcome spring with beautiful art for the garden!

Fused Glass Stepping Stone Classes

Make a whole collection to line your garden!

Sunday, June 3 Noon-3 pm

or

Sunday, July 15 Noon-3pm

or

Monday, July 16 7-9pm

\$39 per class

Fused Glass Wind Chimes Class-- \$59

It will be music to your ears!

Tuesday, June 5

7-9 pm

Gardening with Herbs

\$20

Enjoy the taste, feel, and smell of these easy to grow plants with instructor, Shirley Mah Kooyman



Wednesday, June 6

**Now is your chance to learn to make a
QUILLOW**

A "quillow" is a quilt with a pillow pouch attached. When folded, it looks like a pillow; when fully unfolded it is a quilt to keep you warm with a pouch for your feet.

Quillows make great gifts!

**You DO NOT have to be a quilter to
make a quillow!**



\$35

Patterns available in 3 sizes

Baby Quillow - Lap Quillow - Adult Quillow

3 Week Class

Aug 16, 13, 20 from 9-11am

Call the Center for information at 952-474-7635,
visit www.Southshore-Center.org

Lunch and Cooking Classes

March & April Lunch Menus

We want our lunch program to be successful. 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!

SSSP Prepaid Lunch Punch Card NEW

We have created a "Lunch Punch Card" option for you to purchase, use, and generally show your support to keep our lunch service alive!

Regular price for non-members is \$7.00 and \$5.00 for senior partner members

**IF YOU PURCHASE A \$40 PUNCH CARD,
YOU WILL RECEIVE 9 LUNCHESES (that's \$4.45 per lunch)!**

Dine-in, treat a guest, or take-out!

Your punch card is valid one year !



Lunch served on Tuesdays & Thursdays

Members \$5.00 Guests \$7.00

Do you have some favorite foods that you would like to see served at the center?
Drop off your suggestions to Chef Mary or with the receptionist.

<u>MAY</u>		<u>JUNE</u>	
May 1	Beer Cheese Soup & Ham Salad	June 5	Chow Mein
May 3	Shepherd's Pie	June 7	Chicken a la King on Toast Points
May 8	Beef Enchiladas	June 12	BLT Pasta Salad
May 10	Coq au Vin (braised chicken in red wine)	June 14	Chinese-style Pork Fried Rice
May 15	Spaghetti & Meatballs	June 19	Open Face Tuna Melt Sandwiches
May 17	Sloppy Joe's	June 21	Chicken Caesar Pasta Salad
May 22	Leek & Potato Soup and Salad	June 26	Italian Sausage Lasagna
May 24	Marco Polo Salami Pasta Salad	June 28	Quiche & Salad
May 29	Creamed Chicken on Buttery Biscuits		
May 31	Stuffed Peppers		

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

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SouthShore Senior Partners

Would you like to advertise in our newsletter? Please contact Theresa or Tena at the Southshore Center 952-474-7635 or email us at southshorecenter@gmail.com.

www.southshore-center.org

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Rich Bellert



Red Johnson

Country Music Hoe-Down & Cowboy Poetry

Join us for a 'Welcome Home Tribute to our Veterans'

FREE Friday, June 1
6:00 to 8:00 PM

Fun for the
entire family!

at Badger Park

5755 Country Club Rd., in Shorewood, MN

Rich Bellert, a cowboy story teller
along with the Red Johnson
and his "Country Music With a Heart" band,
will be appearing at the annual "Music in The Park" event.

Fun for all ages!

FREE & Open to the Public

Food vendors available or bring a picnic!

