

# SOUTHSHORE TIMES

www.southshore-center.org

September October 2017

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



## SSSP

The SouthShore Senior Partners are dedicated to encouraging seniors (55plus) in maintaining a healthy and active life style.

Our programs provide seniors with a time to socialize and participate in a variety of recreational and learning opportunities.

SSSP Board Members:

Tena Brandhorst  
Shannon Emil  
Linda Freeman  
Sandy Hotvet  
Chris Lizée  
Catherine Turner  
Theresa Zerby

If you are interested in joining our board contact Tena at the

## FRAUDS, SCAMS, AND LIES!

Thursday September 14th at 10:30, AARPs

Joe Haapala will be on hand to give us the information we need on how to protect ourselves and those we care about from con-artists that steal billions every year.

This program will educate us on how to spot consumer fraud, scams, identity theft, and more.

**This is a free program**

**Call the center @ 952-474-7635 to register**

## SECRETS OF THE CONGDON MANSION

By Joe Kimbal

Join us as we host the author on Wednesday October 4th at 10:30.

Joe Kimbal, formerly of the Star Tribune, is the author of the best selling chronicle of the historic Congdon murders in Duluth.

Don't miss this interesting talk, books will also be available for purchase.

Cost is \$3.00 for members and \$5.00 for non-members

Call the Center @ 952-474-7635 to register



## HAPPINESS WORKSHOP

Psychologist, Tom Glaser author of "Full Heart Living: Conversations with the Happiest People I Know", will be at the Center October 26th at 10:30.

Attendees will enjoy an interactive and entertaining overview of what it takes to achieve lasting happiness.

**Free Program**

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



Join us at the Southshore Center for an evening of music, German food, wine, and beer.

**Fun for the whole family.**

**Friday September 29th from 5:30-7:30**

**Free**

Donations accepted

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 Programs

www.southshore-center.org

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## RECYCLE! WHAT GOES WHERE

We all want to do what is right with our recycling, but we aren't always clear on what to do with our trash.

Wednesday, September 20th at 10:00 we will get all our questions about recycling answered. Julie Moore, Shorewood's recycling expert will give a presentation and answer any questions we have.

Free program, call to register

## Dementia Support Group

Anyone interested in sharing their concerns while caring for a loved one with dementia, meet us at the SouthShore Center for a support group session. We will gather on the first and third Friday of the month Sept.1st and 15th and Oct.6th and 20th from 9:00—10:00am.

We are hoping to learn from each other on ways to be better caregivers and also ways to help us take care of ourselves.

For more information call:

Jane Stein @952-474-4673 or Joanne Schmid @952-474-6022

## TED TALKS

### Ideas Worth Spreading

Thursday September 21st at 11:00am:

### How Manipulative Tech Companies Capture Your Attention

Thursday October 12th at 11:00am:

### Are Partisanship and Factionalism The Worst Ever?

No Sign up is required, join in for a lively and informative discussion on timely topics.

## Monday is Game Day!

Tired of hosting game days at home? The SouthShore Center is open Monday afternoons from 1:00 to 3:30 for any group of game players. Bring your 500 club, bridge group, yahtzee friends— any game players you want. We will put the coffee on. Free!

## Health and Wellness

Monday September 11th at 1:00:

Acupressure Points

Monday October 30th at 1:00:

Falls and fall prevention

Dr Kyra will be on hand to answer any questions after the presentation

Free— Call to register

## Fitness Class

Mon. Wed. Fri. at 8:30am

\$6.00 per class or discount package for monthly signup.

Exercise class for the active adult.

## Bingo

Every Friday at 12:30. All Welcome!

## Bridge

Thursday 1:00pm, call center to sign up.

## Tai Chi

Monday 10am

Instructor Rom Erdman-Luntz has been teaching seniors for 35 years

Classes \$60.00 for six weeks,

September 11th—October 16th. Drop in \$12.00

Call the Center to register.

## Beading

Tuesdays at 1:00pm

Instructor will help beginners, no experience needed

100 necklaces donated to assisted living!

Drop in or call Linda at 952-475-1430

Call the Center for information 952-474-7635 Visit the Website [www.Southshore-center.org](http://www.Southshore-center.org)

# SouthShore Center Calendar

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



# September 2017



Mon

Tue

Wed

Thu

Fri

				<p>1</p> <p>8:30- Dance Fitness 9:00- Dementia Support Group 12:30- Bingo</p>
<p>4</p> <p>CLOSED</p>	<p>5</p> <p><b>Bakery</b> 9:00-Card Crafters 9:30-Wood Carvers 10:30-Knitting Group 1:00- Beading</p>	<p>6</p> <p>8:30 Dance Fitness 9:00- Quilt Group 1:00-Mahjong</p>	<p>7</p> <p>9:00- AAA Driver Improvement 1:00-Bridge</p>	<p>8</p> <p>8;30- Dance Fitness 12:30- Bingo</p>
<p>11</p> <p><b>Bakery</b> 8:30- Dance Fitness 9:00- Quilt Group 10:00- Tai Chi 1:00- Game Day</p>	<p>12</p> <p><b>Bakery</b> 9:00-Card Crafters 9:30-Wood Carver 10:30-Knitting Group 1:00 Beading</p>	<p>13</p> <p>8:30-Dance Fitness 9:00- Quilting Group 9:30- Flu Shots 1:00- Mahjong 1:00- Computer Wksp 2:00- Computer Wksp</p>	<p>14</p> <p><b>10:30- Frauds Scams and Lies</b> 1:00- Bridge 1:00- Book Club</p>	<p>15</p> <p>8:30- Dance Fitness 9:00- Dementia Support Group 1:00- Bingo</p>
<p>18</p> <p><b>Bakery</b> <b>Happy Feet</b> 8:30-Dance Fitness 9:00- Quilt Group 10:00- Tai Chi 1:00- Game Day</p>	<p>19</p> <p><b>Bakery</b> 9:00-Card Crafters 9:30-Wood Carvers 10:30-Knitting Group 1:00- Beading</p>	<p>20</p> <p>8:30-Dance Fitness 9:00- Quilting Group <b>10:00- Recycle Workshop</b> 1:00- Mahjong</p>	<p>21</p> <p>11:00-TED Talk 1:00- Bridge</p>	<p>22</p> <p>8:30- Dance fitness 12:30- Bingo</p>
<p>25</p> <p><b>Bakery</b> 8:30- Dance Fitness 9:00- Quilt Group 10:00- Tai Chi <b>10:30- Health &amp; Well</b> 1:00- Game Day</p>	<p>26</p> <p><b>Bakery</b> 9:00- Card Crafters 9:30-Wood Carvers 10:30-Knitting grp 1:00- Beading</p>	<p>27</p> <p>8:30- Dance Fitness 9:00- Quilting Group 1:00- Mahjong</p>	<p>28</p> <p>1:00- Bridge</p>	<p>29</p> <p>8:30- Dance Fitness 12:30- Bingo <b>5:30- OKTOBER FEST</b></p>

# SouthShore Center Calendar

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



# October 2017



Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;"><b>2</b></p> <p><b>Bakery</b> 8:30- dance Fitness 9:00- Quilting Group 10:00- Tai Chi 1:00- Game Day</p>	<p style="text-align: center;"><b>3</b></p> <p><b>Bakery</b> 9:00- Card Crafters 9:30- Wood Carvers 10:30- Knitting Group 1:00- Beading</p>	<p style="text-align: center;"><b>4</b></p> <p>8:30- Dance Fitness 9:00- Quilting Grp <b>10:30- Secrets of the Congdon Mansion</b> 1:00- Mahjong</p>	<p style="text-align: center;"><b>5</b></p> <p>1:00- Bridge</p>	<p style="text-align: center;"><b>6</b></p> <p>8:30- Dance fitness 9:00- Dementia Support Group 12:30-Bingo</p>
<p style="text-align: center;"><b>9</b></p> <p><b>Bakery</b> 8:30 Dance Fitness 9:00- Quilt Group 10:00- Tai-Chi 1:00- Game Day</p>	<p style="text-align: center;"><b>10</b></p> <p><b>Bakery</b> 9:00-Card Crafters 9:30-Wood Carvers 10:30- Knitting group 1:00- Beading</p>	<p style="text-align: center;"><b>11</b></p> <p>8:30- dance Fitness 9:00- Quilting Group 1:00 -Mahjong</p>	<p style="text-align: center;"><b>12</b></p> <p><b>11:00- TED Talk</b> 1:00- Bridge</p>	<p style="text-align: center;"><b>13</b></p> <p>8:30- Dance fitness 12:30- Bingo</p>
<p style="text-align: center;"><b>16</b></p> <p><b>Bakery</b> <b>Happy Feet</b> 8:30- Dance Fitness 9:00- Quilting Group 10:00- Tai-Chi 1:00- Game Day</p>	<p style="text-align: center;"><b>17</b></p> <p><b>Bakery</b> 9:00-Card Crafters 9:30-Wood Carvers 10:30-Knitting Group 1:00- Beading</p>	<p style="text-align: center;"><b>18</b></p> <p>8:30- Dance fitness 9:00- Quilting group 1:00- Mahjong</p>	<p style="text-align: center;"><b>19</b></p> <p>1:00 -Bridge</p>	<p style="text-align: center;"><b>20</b></p> <p>8:30- Dance Fitness 9:00-Dementia Support Group 12:30- Bingo</p>
<p style="text-align: center;"><b>23</b></p> <p><b>Bakery</b> Happy Feet 8:30- Dance fitness 9:00- Quilt Group 1:00- Game Day</p>	<p style="text-align: center;"><b>24</b></p> <p><b>Bakery</b> 9:00-Card Crafters 9:30-Wood Carvers 10:30-Knitting Group 1:00- Beading</p>	<p style="text-align: center;"><b>25</b></p> <p>8:30- Dance fitness 9:00- Quilting Group 1:00- Mahjong</p>	<p style="text-align: center;"><b>26</b></p> <p><b>10:30- Tom Glaser Happiness Workshop</b> 1:00-Bridge</p>	<p style="text-align: center;"><b>27</b></p> <p>8:30- Dance fitness 12:30- Bingo</p>
<p style="text-align: center;"><b>30</b></p> <p><b>Bakery</b> 8:30- Dance Fitness 9:00- Quilt Group <b>1:00- Health and Wellness Talk</b> 1:00- Game Day</p>	<p style="text-align: center;"><b>31</b></p> <p><b>Bakery</b> 9:00- Card Crafters 9:30- Wood Carvers 10:30- Knitting Grp 1:00- Beading</p>			

# SouthShore Activities

[www.southshore-center.org](http://www.southshore-center.org)

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

## Busy Bee Quilters

Come Join our Group!

**Mon. and Wed. 9:00 am to 12 noon**

We have a great time sharing our personal quilt projects, helping each other and making various service projects.

For more info call Linda at 952-475-1430.

**The Quilting Group needs help making mittens, hats and scarves for Caring and Sharing Hands. They also need donations of polar fleece, flannel, cotton and all sewing supplies.**

## Driver Improvement Program

Refresher Course: Thursday September 7th 9:00—1:00  
First Timer Students: Saturday October 21st 9:00—5:30  
Call AAA at 1-888-234-1294

## Flu Shots

**Wednesday September 13th @9:30-11:00**  
**Call for appointment—952-474-7635**

## Happy Feet

**Monday Sept. 18th and Monday Oct 16th**  
(third Mon of every month)

Foot soak, foot massage, care for corns, calluses or thick, curled or ingrown toe nails (if not well advanced).

Call for App. 763-560-5136

## Knitting Group

**Tuesdays at 10:30**

Open to all interested in the needle arts. All level of expertise welcome, Bring your favorite patterns to share! Free

## Bakery

Half price bakery

Every Monday and Tuesday thanks to our friends at Minnetonka Cub.

## Become a Woodcarver!

Have you ever thought about woodcarving as a hobby?

Now is your chance to learn more about it!

The Woodcarvers at the center will share their knowledge and expertise. Everyone is welcome, no fees or signup. Come in and be a part of a great group!

**Tuesdays at 9:30am**

## Computer Workshop

**Wednesday September 13th**

Classes are 1-2 pm and 2-3 pm  
Cost is free for members and \$2.00 for nonmembers.

Bring your laptop, Ipad or iPhone.

Rebecca Hanrahan will help you get the most out of your device.

Call 952-474-7635 to register.

## Mahjong

Wednesday afternoon at 1:00pm

Beginners, walk ins welcome

## Card Crafters

Donate your used greeting cards.

Our card crafters will redesign them into new cards that sell for 50 cents.

## Book Club

**Next meeting Sep. 14th at 1:00pm**

No required reading, just bring a list of your favorite books, and have fun sharing your favorite reads.

## Volunteers Needed

**No experience needed!**

**Very light duties**

We need the help of volunteers to keep our organization running. Please consider helping as little as a few hours a month.

Give us a call at 952-474-7635

Call the Center for information 952-474-7635 Visit the Website [www.Southshore-center.org](http://www.Southshore-center.org)

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

ADDRESS SERVICE REQUESTED

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PERMIT NO. 315

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**Our group is a non profit which rents space in the SouthShore Center from the City of Shorewood. We rely on contributions, fundraising and membership to continue our programming. If you are not already a member or supporter, please consider signing up!**

**Become a SouthShore Senior Partner Today and Join the Fun!**

Name: \_\_\_\_\_  Basic Membership \$25.00  
Address: \_\_\_\_\_  Basic Double Membership \$40.00  
\_\_\_\_\_  Supporting Member \*\$50.00-\$99.00  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  Sustaining Member \*100.00+

\*Any contribution over the basic membership amount is tax deductible

Birth Date (optional)

\_\_\_\_/\_\_\_\_/\_\_\_\_

I am 55+: Circle Yes or No

I would like to volunteer \_\_\_\_\_

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