

O'Shea Irish Dance Announcements

January 18, 2025

Important Dates - Mark Your Calendars

- Winter/Spring Costume Fittings - Jan 27 - 29
- St. Brigid says, "Don't Miss the Imbolc Ceili!" Jan 24
- Celtic Junction Winter Feis - Feb 8 - 9
- I@M Day of Irish Dance - Mar 16
- I@M St. Patrick's Day Celebration - Mar 17

Winter/Spring Costume Fittings

Sure it's Winter now, but Spring and St. Patrick's Day are coming! ALL level of dancers will participate in Day of Dance and St Patrick's Day at Landmark so please mark your calendars now!! Monday, Jan 27 through Wednesday Jan 29 are costume fitting days.

Please check your costumes now for fit at home and if you don't have a costume, or you have moved up or your current costume doesn't fit you need to get fitted now. Fittings are done by appointment ONLY.



Please review the available slots on the [Winter Costume Fittings Sign-Up](#) and choose a date and time. One dancer per slot. Families with multiple dancers to fit can select one slot for the whole family.

St. Brigid says, "Don't Miss the Imbolc Ceili!"



Come to the Imbolc Ceili on Jan 24! Enjoy the vibrant tradition of céilí dancing— a social dance deeply rooted in Irish culture (and beyond!). Don't worry if you're new to céilí, we've got you covered. Our friendly instructors will guide you through the steps and dances, making sure everyone can join in the fun. Live music provided by Tom Dahill & Ginny Johnson. Admission is \$10 at the door for adults and free for youth 18 years and younger.

Imbolc marks the beginning of spring, is observed as the feast day of Saint Brigid, Ireland's patroness saint. Its traditional date is about halfway between the winter solstice and the spring equinox. Historically, its traditions were widely observed throughout Ireland, Scotland and the Isle of Man. Imbolc is one of the four Gaelic seasonal festivals, along with: Beltane, Lughnasadh and Samhain.



Ceili details here: <https://celticjunction.org/event/imbolc-ceili-dance-2025/>

Celtic Junction Winter Feis



The Celtic Junction Winter Feis is still open for registration. New registrations, changes or additions to completed registrations can be made at feisworx.com until NOON on January 24, 2025. After that time new registrations will incur an additional \$25 late fee.

This two day event has competitions for PC/OC dancers on Saturday, February 8 and for Grades dancers on Sunday, February 9. Due to space limitations, blackout

attire is recommended. You can view the syllabus here and other details at idpamn.org.

Save the Dates for St. Patrick's Day Events at Landmark

Irish Arts Minnesota's events at Landmark Center this St. Patrick's Day season are Sunday, March 16 - I@M's Day of Irish Dance and Monday, March 17 - I@M's St. Patrick's Day Celebration. Please hold those dates as we organize who will dance when. More information and signups coming soon!



Myofascial Release Therapist at CJAC on Wednesdays

Derrick Lundberg, Natalie's massage therapist and friend, is a licensed massage therapist trained in Myofascial Release, Osteopathic Manual Therapies and Oriental Medicine.

A performer's most important tool is their body. Injuries, limitations, and performance can all be improved with manual therapy. He will be offering weekly, 30-minute massage appointments to O'Shea Families on Wednesdays from 6 pm - 9 pm in the Green Room. The cost is \$30 per half hour (a special rate of only \$1 a minute!) session.

Please contact Derrick directly at (651) 214-2476 or Derrick.Lundberg@gmail.com or through the CJAC schedule form [on his website](#).

REMEMBER TO VISIT THE [OID DAMHSA SITE](#) FOR IMPORTANT SCHOOL INFO.