

# O'Shea Irish Dance Announcements

June 1, 2025

## Important Dates - Mark Your Calendars

- IDPA Annual Meeting - June 7
- Performance: Rock the Cradle performance at MIA - June 8
- IDPA Parent/Adult Summer Party - June 27

## Upcoming Performance Opportunities

Join the fun at the [Current/MPR and MIA's Rock the Cradle](#) on Sunday, June 8. **We're looking for dancers of all levels Preschool through Adult and KII dancers to join the performance.**

**KII Dancers, we need more of you.** Please sign up or email [oidadmin@osheairishdance.com](mailto:oidadmin@osheairishdance.com) if you can't be there. We need you. Links to the form and rubric below and on the [Upcoming Performances page](#). Sign up!

### Rock The Cradle - Minneapolis Institute of Arts

When: June 8, 2025

Who: Preschool and Up through Adult & KII

Where: Minneapolis Institute of Arts

- [Form](#)
- [Rubric](#)

## OID Is Celebrating 20 Years - Share Your Pictures!



Well that was fast! OID is celebrating 20 years this year and as part of the celebration we're looking for your memories. We've created a Dropbox folder where you're invited to share photos from the earliest days of your dancer's involvement up to now.

Get your pictures organized and then [visit this link](#) to upload your photos. You'll see it's hosted on OID's co-administrator Kristo Sween's Dropbox. Can't wait to see and share your memories!

## IDPA Annual Meeting June 7

IDPA is holding its Annual Meeting on Zoom on Saturday, June 7 at 9 am. All are welcome to join. Here are the Zoom details:

<https://us02web.zoom.us/j/89127408857?pwd=bWhuRTAwbCtFR0QrRkZJQ2xhYU53dz09>

Meeting ID: 891 2740 8857

Passcode: 734886

## **IDPA Summer Cocktail / Mocktail Party - RSVP Today!**

O'Shea Family Adults (21+) are invited to the IDPA Summer Cocktail / Mocktail Party to recognize the amazing volunteers who helped make IDPA a success this past year! The event will be held at King Coil, St. Paul on June 27 at 7pm and you're all invited!

A separate email was just sent with more details. Here's the link to [RSVP](#).

## **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](mailto:Derrick.Lundberg@gmail.com) or through the CJAC schedule form [on his website](#).

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