

Weekly Update from O'Shea Irish Dance Administrator

Friday, April 5, 2019

Upcoming Important Dates - Mark Your Calendars

- **OID Closed for Spring Break/Worlds** - Monday 4/15 through Monday 4/22.
- **Snow Day Make-Up Days** - Regular classes will be held Tuesday 4/23 through Thursday 4/25 for those wishing to attend class to make up for missed days due to weather closures. Attendance is optional.
- **FESTIVAL OF NATIONS** - Thursday, May 2 - Sunday, May 5 - [Form/Rubric](#) - Sign Up Now!
 - WHO:
 - Performance Teams, Teen KII dancers, Adults
 - DAY SCHEDULE:
 - Thu May 2 - 11 am and 1 pm (INT, ADV, and KII)
 - Fri May 3 - 11 am and 1 pm (INT, ADV, and KII)
 - Sat May 4 - noon (INT and ADV ages 7-14), 1 pm (INT, ADV, and KII ages 12+), 4 pm (adult) and 6 pm (adult)
 - Sun May 5 - 5 pm (adult)
- **OID Spring Recital!** - Mark your calendars! May 11, 2 pm to 5 pm - **Details Below**

OID Spring Recitals Details

This is our big event for all dancers in levels **Preschool, Beginner, Primary I and Primary II** to feature them at their own special event on May 11! This is a ticketed event for adults. Youth 18 and under are free. (No need to reserve a seat for them.) The recital is broken into two groups with two separate arrival and recital times. Please check the schedule and make sure your family is purchasing tickets and has the details for the correct recital. **Dancers should arrive ONE HOUR BEFORE their scheduled recital time.**

3 pm RECITAL 1 ([Tickets Here](#)) *Arrive at 2 pm.* THIS RECITAL INCLUDES:

- WEDNESDAY PRE-SCHOOL
- WEDNESDAY BEGINNERS
- WEDNESDAY PRIMARY 1 and PRIMARY 2
- SATURDAY BEGINNERS

4 pm RECITAL 2 ([Tickets Here](#)) *Arrive at 3 pm.* THIS RECITAL INCLUDES:

- MONDAY PRE-SCHOOL
- MONDAY BEGINNERS
- MONDAY PRIMARY 1 and PRIMARY 2

Natalie's Office Hours

Natalie will be holding regular office hours to answer questions from dancers and families on Mon - Thu 8 pm to 8:30 pm in her office at The Junction. As always, Natalie is available between 9 am and 3 pm by text/email.

Special Class Offering - Family Four-Hand Ceili

Do you want to learn what goes into a basic ceili dance? Then we've got just the class: Family Four-Hand Ceili for ages 6 and up. Come with siblings, cousins, friends, parents. Gain skills that will be useful for parties, social dances, and ceilis!

This special class offering is available for registration now. Look for the Family 4-Hand class in Spring 2019 classes in StudioDirector. The class will run for eight sessions (three in April and five in May) on Thursdays from 5 pm to 6:30 pm and costs \$50 per month.

Our May Feiseanna are Coming Up!

The O'Shea Irish Dance Feis (May 18) and the Minneapolis Leap into Spring Feis (May 19) are coming up fast. Registration is open at www.feisworx.com. Please talk to your teacher if you have questions about what dances to register for. These feiseanna are coordinated by our own Irish Dance Parent Association (IDPA). More info at www.idpamn.org.

OID Parents: *These events don't happen without your volunteerism. Please sign up to volunteer here: [OID Feis Volunteers](#) and/or [Mpls Leap Into Spring Volunteers](#). No experience necessary!*

Massage Therapy at CJAC

We are hosting a bodywork therapist at CJAC on Wednesday, April 10th from 4:30 pm - 9:30 pm, Mr. Derrick Lundberg, LMT. He came to me highly recommended by the owner of the Great Metropolitan Backrub, and by St. Paul Chiropractic. Natalie has had him treat her and her children, and he is exceptional.

Derrick's unique skill is in getting right to the heart of the problem with his training in osteopathic manual therapies such as cranio-sacral visceral manipulation, neural manipulation, and myofascial release, as well as traditional massage and acupuncture.

Mr. Lundberg is offering therapy for \$1 a minute. We have a private page link for CJAC appointments only, although he does treatments all around the cities, which you can see on his homepage. He will be set up in the office across from the Eoin McKiernan library entrance. You can book a CJ based appointment at derricklundberg.com/cjac.

From Derrick: *"Dancing is a beautiful and intensive sport which makes an extensive impact on your body. Let's take some time out of your Wednesday night to check in with your body and get you back into balance!"*

What's Coming Up at CJAC's [Irish College of Minnesota](#)

College quality classes for community audiences. Spring Quarter runs April-June 2019 and includes multiple classes in Irish Language, History & Literature, Celtic Creative Arts, and Irish Genealogy. Click the link above for more information.

**SPRING MUST BE HERE. IRISH DANCE DADS ARE STARTING TO WEAR SHORTS!
LOOK FOR YOUR NEXT WEEKLY UPDATE FRIDAY APRIL 12, 2019**