

# Weekly Update from O'Shea Irish Dance

April 25, 2022

## Important Dates - Mark Your Calendars

- O'Shea Irish Dance Feis - April 30
- Leap Into Spring Feis - May 1
- OID Spring Recitals! - May 7
- Performance Opportunity - May 30

## Irish Arts Week



Celtic Junction Arts Center's Irish Arts Week starts next week! So much to see and hear and learn and do. All the details can be found on the the Irish Arts Week's Main Event Page. You'll see classes, concerts, lectures, lessons and much more including **free irish dance classes for beginners**. More info about the whole [Irish Arts Week here](#). Share this info with friends and family as well. Beginners can [sign up for a free trial here](#).

**About the image above and Irish Arts Week:** Minnesota artist Carrie Finnigan's image of a hare, a raven, and a fox evokes tale-tellers and harbingers of Spring. Corresponding to Celtic, Norse, and Indigenous tricksters as hare/pooka and

raven/Odin's messenger, and fox/trickster all three are dualities juxtaposing truth and disinformation, telling tales to stir and contain chaos - just like the Bealtaine season that is upon us. Founded in 2016 and operated in partnership with the Irish Fair for the last four years, the Irish Arts Week 2022 is now fully produced by Celtic Junction Arts Center where it will continue to grow and flourish.

## State Fairgrounds Memorial Day Performance Opportunity

We have been invited to perform at the Minnesota State Fair's Kick-Off to Summer event on Memorial Day, May 30, 2022. Links to the form and rubric can be found on our [Upcoming Performances](#) page.

## OID Spring Recitals - May 7th!

Save the date! Recitals for Preschool, Beginner, Primary, Intermediate & Adult dancers will be held on Saturday May 7. Recitals will be split into to times based on the day of the week your dancer attends class:

- Monday and Tuesday classes at 1:30 pm - Tickets: [Free for 18 and under, \\$10 for adults](#)
- Wednesday and Thursday at 3:00 pm - Tickets: [Free for 18 and under, \\$10 for adults](#)

We're excited to see you show your steps and moves! [Please fill out this form](#) to confirm your participation in the recitals.

## Masking, COVID Testing and Cafe Updates

Based the latest CDC info and recommendations, beginning May 1, 2022 CJAC is moving to mask-optional. Feel free to remain masked or go without a mask based on your comfort level. We ask that everyone respects each others' choice. Masks are still required this week.

We will continue to provide COVID testing Monday through Thursday this week but beginning May 1, 2022, testing will be available on Tuesdays and Wednesdays only from 4:30 pm to 7:30 pm.

Finally, the Cafe will reopen on Mondays and Thursdays from 5 pm to 8 pm. The usual assortment of snacks and beverages will be available for purchase. Parents, gift cards will be available for purchase as well. We will be looking for volunteers to help staff the Cafe. Please email [oidadmin@osheairishdance.com](mailto:oidadmin@osheairishdance.com) if you're interested.

## Myofascial Release Therapist at CJAC on Tuesdays

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 Tuesdays from 6 pm - 9 pm in the Green Room. The cost is \$30 per half hour session.

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. You can book a CJ based appointment at [derricklundberg.com/cjac](http://derricklundberg.com/cjac).

## COVID-19 Masking and Testing at CJAC

Masks are still required inside CJAC. Beginning May 1, 2022 masks will be optional indoors at CJAC. Thanks for respecting individual choices on mask usage.

**Testing is available to all CJAC** (you will need to register on the MCC system) in the lobby Monday through Thursday 4:30pm to 7:30pm. Beginning May 1, 2022 testing will occur on Tuesdays and Wednesdays only.

If you are feeling sick or have tested positive for COVID, please stay home and wait 5 days before returning to the facility. We continue to monitor local, state, and federal guidance and will provide updates as needed. State info can be found [here](#) and the City of Saint Paul's info is [here](#). This is all subject to change as conditions change.

**LOOK FOR YOUR NEXT WEEKLY UPDATE ON FRIDAY, APRIL 29, 2022**