

Weekly Update from O'Shea Irish Dance

August 3, 2022

Important Dates - Mark Your Calendars

- Washington County Fair - Aug 6
- IRISH FAIR! - Aug 12 - 14
- End of Summer Break - Aug 15 through Labor Day

IRISH FAIR DETAILS ARE IN!!

We finally got the final schedule YESTERDAY for our performances at Irish Fair. We'll be sending a separate email with a form to sign up, but just so you can plan, here are the details of who, where, and when! Irish Fair are updating their published schedule so you may see that this differs from the website. It is confirmed these are the dates and times. Whew!

Saturday, August 13

- 3:30 to 4:15 pm - WHOLE SCHOOL PERFORMANCE on the Belfast Stage
- 4:30 to 6 pm - End of the Year Party in the Kelly's Landing Picnic Shelter

Sunday, August 14

- 11:15 - 11:45 am - Primary 2 & Up on the Belfast Stage
- 2:15 - 2:45 pm - Primary 2 & Up on the Pub Tent Stage
- 3:15 - 3:30 pm - Preschool, Beginner and Primary 1 on the Munster Stage
- 4:30 - 5 pm - Preschool, Beginner, Primary 1 and Adults on the Connacht Stage

Thanks again for your patience as we coordinated with Irish Fair organizers to get us scheduled.

[Signup Forms are here](#) and also here:

- [Form: Preschool, Beginner, Primary 1, and Adult](#)
- [Form: Primary 2, Intermediate, Jr. Champ, PC/OC](#)

Can't wait to see you on the Irish Fair stages!

PARENTS: We'll need volunteers for the CJAC booth and at our dance school table. More info to come!

COSTUMES FOR IRISH FAIR

We're holding costume days Monday through Thursday next week from 4:30 pm to 8 pm to get us all outfitted for Irish Fair. Look for a Sign-up Genius form soon to pick a time to come in. If your costume fits well, there's no need to schedule a time. If you know it doesn't fit (or even if you're not sure) or if you don't yet have a class costume, you'll need to sign up.

IMPORTANT: If your costume doesn't fit, you need to bring it with you and return it before you can be issued a new costume.

Sign up details coming soon!

Lost & Found, Free and Garage Sale Items

Our lost & found, free and garage sale tables will remain up in the CJ lobby through August 11. Please make a point of stopping by when you're coming and going to check out what's there. Good deals and freebies!

More Upcoming Performances!

We've got more performance opportunities coming up in September. Mac/Grove Fest is 9/10; WorldFest and Ice Cream, Peanut Butter and Jam on 9/17 and Nativity County Fair is 9/18. Save the dates! We'll need a lot of dancers!

End of Summer Break - Aug 15 through Labor Day

Our break for the end of the summer begins Monday, August 15th and runs through Labor Day. Look for sign-ups for upcoming performances and enjoy (I can't believe I'm saying this) the end of summer!

Summer at OID

Summer is here! This is how it rolls out at OID.

Summer is not only feis season (more details below), it is also a time for amazing growth and strength in your dancers. Since we know busy summer schedules can make it hard to keep a regular dance class schedule at OID, we offer several ways to help summer become a great time for strength and skill development:

- We open classes up as a "Flexi-schedule" so you can come when you want and travel when you wish.
- If you can't make it to classes in your own level, you can audit the one above you as a makeup too (like an upgrade)!
- Remaining enrolled over the summer allows your dancer to perform at the Irish Fair!

Summer Training!

There is a lot to train for over the summer including three feiseanna that don't require travel! The next local feis is our own Celtic Junction Summer Feis on July 30. Open to PC and Grades only, registration is open on [Feisworx](#).

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.

COVID-19 Masking and Testing at CJAC

Masks are 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 on Tuesdays and Wednesdays only from 4:30pm to 7:30pm.

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, AUGUST 12, 2022