

O'Shea Irish Dance Announcements

February 16, 2023

Important Dates - Mark Your Calendars

- Class Costume Fittings 2/18
- IDPA Board Meeting 3/4
- Kickin' It Irish runs 3/4 through 3/17
- KII at Rock the Cradle 3/12
- OID at Day of Irish Dance 3/19
- OID Spring Feiseanna 4/29 & 4/30

What a Great CJAC Winter Feis!

Thank you dancers, parents and volunteers for making last weekend's Celtic Junction Winter Feis a great success. It was so fun to see the Junction full and lively with so many dancers.

Parents, please remember, with the exception of First Feis and Beginner comps, there is no photography of dancers on stage.

Thanks to all the volunteers who made the feis run so well and especially to the folks who helped with setup and with teardown to make our studios dance-class-ready so quickly.



Class Costume Fittings - All Dancers All Levels

ALL DANCERS/FAMILIES MUST FILL OUT THE [UPDATED COSTUME FORM](#) ASAP!

We will be holding the last scheduled costume fittings by appointment only on **Saturday 2/18 from 9 am to 11 am** in the upstairs classroom across from the Library. Your old costume must be returned ASAP prior to scheduling your fitting. Please fill out the COSTUME FORM above and return your costume ASAP. [Schedule a fitting appointment here.](#)



Kickin' It Irish - 10th Anniversary Season!

2023 marks the 10th Anniversary of Kickin' It Irish! Tickets are on sale now for the [performances at CJAC](#) running March 4 through St. Patrick's Day, at Children's Theatre/MIA's "[Rock the Cradle](#)" on March 12 and at [Chanhassen Dinner Theatres](#) on March 13. Please join us in celebrating 10 years of Kickin' It!

VOLUNTEERS are needed for the Rock the Cradle event. Celtic Junction Arts Center is a sponsor and we'll have a table for OID plus an activity table with Irish Dance themed crafts. Save the date! A volunteer sign up form and more details will be coming out soon!

OID Performances at Landmark on 3/19 - Mark Your Calendars!

OID will perform on Sunday, March 19, 2023 at 11:50 am at Landmark Center for Irish Arts Minnesota's Day of Irish Dance. We will NOT be performing at Landmark on St. Patrick's Day.

I@M (formerly IMDA) will also be distributing its annual Decade of Dance Awards at 12:35 pm, directly following our performance, and again at 2:25 pm. Our Adult Dancers are also invited to participate in the Adult Dancer Showcase at 2:25 pm on the Weyerhaeuser Stage. We can't wait to see everyone on stage for this big event!



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 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.