

O'Shea Irish Dance Announcements

January 30, 2023

Important Dates - Mark Your Calendars

- Celtic Junction Winter Feis 2/11 & 2/12
- Class Costume Returns by 2/2
- Class Costume Fittings Round 1 - Winter Feis Dancers
- Class Costume Fittings Round 2 - All Dancers All Levels
- IDPA Annual Meeting This Sunday
- Kickin' It Irish runs 3/4 through 3/17
- OID at Day of Irish Dance 3/19
- Myofascial Release Therapy Wednesdays at CJAC

Celtic Junction Winter Feis - Feb 11 & 12

The Celtic Junction Winter Feis taking place at the Celtic Junction Arts Center on February 11/12, 2022 is still open for registration on www.feisworx.com. The Feis has very limited caps so if you haven't signed up yet, get registered before it's full.



IMPORTANT: Class Costume Check and Form Due Thursday 2/2

As we prepare for our big performance in March we're asking all dancers to check the fit and condition of your costumes. We ask that Dancers with costumes that are too small or with an extra costume (from Oireachtas or any other reason) to return costumes to the Junction this week. Please try on your costumes this week at home to check for fit or for any repairs. If your costume fits and is in good condition, nothing else is needed except the form below. **IF YOUR COSTUME DOESN'T FIT OR NEEDS REPAIR, we'll have a rack in the lobby for costume returns.** Please return extra costumes, costumes that don't fit or ones that need repair by 8 pm this Thursday, Feb 2.

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

Class Costume Fittings Round 1 - Winter Feis Competitors Only

Celtic Junction Winter Feis competitors dancing in class costumes (Beginner, Primary or Intermediate) who need to be fit for a new class costume to dance in at the feis. We will be holding costume fittings for feis dancers ONLY on Friday, 2/3 from 4 pm to 6 pm and Tuesday 2/7 from 5 pm to 7:30 pm in the upstairs classroom across from the Library. Your old costume must be returned (by February 2nd) prior to scheduling your fitting. Please fill out the COSTUME FORM above and return your costume this week by Thursday 2/2. [Schedule a fitting here](#).

Class Costume Fittings Round 2 - All Dancers All Levels

All Dancers All Levels who have a costume that doesn't fit or needs repair please fill out the COSTUME FORM above and return your costume this week by Thursday 2/2. Your costume must be returned (by February 2nd) prior to scheduling your fitting. Costume fittings will be held on Monday 2/13 and Wednesday 2/15 from 5 pm to 7:30 pm and on Saturday 2/18 from 9 am to 11 am all in the upstairs classroom across from the Library. [Schedule a fitting here](#). ANY DANCERS WHO HAVE NOT BEEN ISSUED A COSTUME YET PLEASE SCHEDULE DURING THESE TIMES.

IDPA Annual Meeting - Sunday, Feb 5 at 9 am

The Irish Dance Parent Association (IDPA) will hold it's annual meeting this Sunday at 9 am. All OID parents are IDPA members and are welcome to attend any meeting. This week's meeting will be held on Zoom. Please join if you're interested in learning more about the organization. We will be holding elections in this meeting at are in need of new members to fill two roles: Board Secretary and Member at Large. Online meeting info: [Join Zoom Meeting](#) | ID: 87282730994 | Passcode: 331614.



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 (save the date!) and at [Chanhassen Dinner Theatres](#) on March 13. Please join us in celebrating 10 years of Kickin' It!

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 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.