

O'Shea Irish Dance Announcements

February 18, 2024

Important Dates - Mark Your Calendars

- CJAC Winter Feis - Feb 3 & 4
- I@M Day of Dance at Landmark - Mar 16
- St. Patrick's Day at Landmark - Mar 17
- OID Closed for Worlds / Spring Break - Mar 25 thru Apr 1
- OID Classes Resume - Apr 2
- OID Feis - Apr 20
- Leap Into Spring Feis - Apr 21
- Celtic Junction Summer Feis - Jul 27

OID is Open on Presidents Day

We are open on Presidents Day with our regular Monday schedule. See you there!

St. Patrick's Day & I@M Day of Dance - Performance Signups

We will be performing at Landmark Center for the Irish Arts Minnesota's Day of Dance on Saturday, March 16 and for St. Patrick's Day on Sunday, March 17. Decade of Dance Awards are taking place on Sunday as well. Here's the rundown:

- Saturday, March 16 at 10:25 am on the Main Stage for 35 minutes
 - This performance is for the MONDAY Preschool, MONDAY Beginner and all Primary and Up and KII dancers.
- Sunday, March 17 at 10:00 am on the Main Stage for 45 minutes
 - This performance is for the WEDNESDAY Preschool, WEDNESDAY Beginner and all Primary and Up, KII and ADULT dancers.
- Sunday, March 17 - Decade of Dance Awards - 11:45 am
- Sunday, March 17 - Adult Dancer Showcase at 2:10 pm for 20 minutes with other schools.

As usual, we'll be working around our KII performances and the gigs that our CIM dancer-musicians have. [Please fill out this sign-up form](#) by February 22 so we can get wristbands organized and distributed. Thanks!

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 (a special rate of only \$1 a minute!) 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.