

# O'Shea Irish Dance Announcements

January 22, 2023

## Important Dates - Mark Your Calendars

- Class Costume Returns by 1/26
- Celtic Junction Winter Feis 2/11 & 2/12
- Kickin' It Irish runs 3/4 through 3/17
- OID at Day of Irish Dance 3/19

## IMPORTANT: Class Costume Check and Form

As we prepare for our big performance in March we're asking all dancers to check the fit and condition of your costumes. 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 before classes this week to check for fit or for any repairs. If your costume fits and is in good condition, nothing else is needed. **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.

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

## 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](http://www.feisworx.com). The Feis has very limited caps so if you haven't signed up yet, get registered before it's full.



## 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 [Chanhasen 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](mailto:Derrick.Lundberg@gmail.com) or through the contact form [on his website](#).

**REMEMBER TO VISIT THE [OID DAMHSA SITE](#) FOR IMPORTANT SCHOOL INFO.**