

## Welcome Sacred Sound Yoga



Rosie Rains opened Sacred Sound Yoga studio October 13th at 3805 N. Oakland Ave. Rosie described her new studio as a "cozy and unique musical yoga studio which blends the healing power of yoga and sound." Rosie Rain is a musician, sound healer, yoga teacher and energy healer with a passion for making yoga enjoyable for everyone.

"My purpose as your teacher is to guide you to come fully into this precious moment, and to remind you of who you are beyond this body and mind. Each class is a journey deeper within."

Her services offer:

- Meditation instruction accompanied by meditation music
- Sound Healing
- Reiki Healing Sessions
- Reiki infused yoga classes
- Musical Yoga for Children of all ages
- Prenatal Yoga
- Kundalini Yoga
- MeMeditative Iyengar-based Hatha Yoga
- Vinyasa Flow from the Heart
- Holistic Memory Care
- Yoga for Cancer Support
- Host a monthly women's gathering

[sacredsoundyoga.org](http://sacredsoundyoga.org)  
[FB @RosieRainYoga](https://www.facebook.com/RosieRainYoga)



## Business Spotlight - East Gardens

### East Gardens

For 35 years the Wu family has been offering the community Chinese fare at East Gardens. Son David Wu took over the day-to-day operations five years ago and has been putting his touch in the menu ever since.

"We've added many authentic dishes to the menu. My mother is from Taiwan, so we've introduced Taiwanese style dishes along with Mainland China dishes. Taiwan is considered a foodie country and with people traveling more and UW-Milwaukee international student population growing, locals expect authentic dishes." There is also

new vegetarian dishes. "A must-try is the sesame bean curd, which has a dense and firm texture."

I met with David over lunch, having my first-ever Bubble Tea- the Black Milk Tea with tapioca pearls to be exact- this might replace my daily latte addiction. The Egg Drop Soup and Chicken with Broccoli (sorry, kept with an American version dish) were outstanding and budget-friendly.

David was born and raised in Shorewood and knowing the community has always been important to his family.

**Happy 35th!**  
*Ericka Lang*



*Sesame Chicken is the most popular dish*

Check out the [Menu](#)

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## Shorewood BID Events

### Save the date for Shorewood's Small Business Saturday "Shop Hop" November 24th

A collection of local businesses are putting together a timeline of great offers throughout the day. Stay-tuned for some great offerings.

**Olson House: 10:00 Swanky Seconds 1:00**

**The Workroom: 11:00 Re-Threads 2:00**

**Just Goods: 12:00 Lake Effect 3:00**

### WinterFest @ Wood Square, Saturday Dec 1st 5:30pm - 7:30pm

Get into the holiday spirit at Wood Square (on Oakland ave, at Wood Pl.) Music, Hot Cider, Hot Chocolate, Popcorn, doughnuts, Selfies with Santa, and kid's activities all capped off with a **tree lighting at 7:00 pm!** Join us and stay tuned for more details!



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## BID News

### Hayek's Space Update, 4001 Downer

You may have heard that the old Hayek's space is getting a new tenant next spring. The name of the business has not been released yet, but we can share that it is a woman-owned cafe & pastry shop on the back half of the building. Developer Elan Peltz has received numerous inquiries for the front half, seeking the best fit for the community and memorable building. More to come!

### Wells Fargo Drive-Through Closed?

That is correct. The local branch manager noted that ATM machines will be added at the site instead. No further information was provided about future plans for the site.

### PowerCycle Opening Pushed to December

Owners Ty and Kayla are making sure everything is perfect, putting the finishing touches on their indoor cycling business. The timing is perfect- right after the added pounds from Thanksgiving.

# Shorewood Businesses Specials & Events

**Blue's Egg**  
4195 N. Oakland Ave.



Each Egg Plate special ordered (served every day) in November will contribute \$1 to GiGi's Playhouse.

At GiGi's their vision is to see a world where individuals with Down syndrome are accepted and supported in the community. GiGi's Playhouse offers 100% free, donor-funded programs to individuals with Down syndrome, as well as their families, with no government funding.

**Sacred Sounds Yoga**  
3805 N. Oakland Ave.



*Sacred Sound*  
YOGA  
*A Musical Healing Space*

In gratitude for friends, bring a friend to yoga for free!

One time offer, for new students only.

**Northwoods Web Solutions**  
1572 E. Capitol Dr.



**Free workshops for the community!**

**November 6 - What to do After (Re)Launching Your Website – [Learn More!](#)**

**November 8 – Writing for the Web – [Learn More!](#)**

**November 15 – How to Make Your Manufacturing Website Work Harder and Smarter – [Learn More!](#)**

All workshops take place at 1572 E Capitol Drive.

**Anytime Fitness**  
4009 N. Oakland Ave



*Get to a healthier place.*

**Toys For Tots drive!**  
**We're waiving the enrollment fee with \$10 or more CASH donation or a new/unwrapped toy!**

**Ananda Healing Collective**  
4528 N. Oakland Ave.



We have a fall new patient consultation & Health Assessment special of \$59.00 (value is originally \$75) this will run till the end of November.

**Luxe Salon & Spas**  
2219 E. Capitol Dr.



Free gift from LUXE when you walk next door and have a free consultation with CRUX!!

Fitness Center  
1701 E. Capitol Dr.



Home  
155 N. Milwaukee St.  
Milwaukee



Shorewood Fowl 5k  
run/walk is on  
Saturday, Nov. 10.



Olson House is  
opening it's  
ethereal Nordic  
concept pop-up  
store, Haavikko  
Home, at The  
Shoppe Salon in  
the 3rd Ward, and the opening night is  
Friday, November 9th!

Haavikko Home will show an alternative side to the bright and airy Olson House we all are familiar with. This temporary pop-up shop will feature curated furniture, decor and art installations to showcase the ethereal and dramatic side of Nordic design. See brand new collections, enjoy snacks from Bavette, and enjoy a bit of the Nordic & Scandinavian lifestyle here in Milwaukee.

In serendipity, a long-dreamed pop-up became possible in partnership with amazing people at The Shoppe Salon. Their Third Ward, Milwaukee location is a dreamy space that we are busy preparing to fill and style during our pop-up.

#### **Nov 9, 5pm - 9pm Opening Night!**

Join Haavikko Home for a wonderful evening of food, drink music and hanging out while taking a first look at the space and products.

**Nov. 9 - 23**, While strolling around the Third Ward, stop in Haavikko Home at The Shoppe Salon for some cozy inspiration and shopping. They'll be around until Nov. 23rd!

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## Community Calendar

**THUR. NOV. 8** - Reading Race: Community Conversations 6pm, Village Center

**FRI. & SAT. NOV. 9 & 10** - SIS Show Circle 7pm, SHS Auditorium

**SAT. NOV. 10** - Shorewood Rec Dept's Fowl 5K Run/Walk 10am, Starts in SHS parking lot

**TUES. NOV. 13**- Black Panthers and Weatherman of the Sixties — Terrorists or Agents for Justice? 6:30pm, Village Center

**FRI. & SAT. NOV. 16 & 17** - SHS AFS Showcase 7pm, SHS Auditorium

**SAT. & SUN. NOV. 17 & 18** - Drama Jr. fall show: Camp Daze 2, Sat. 4pm & Sun. 1:30pm, Lake Bluff School Cafetorium

**TUES. NOV. 20** - Shorewood Woman's Club "Cook, Plate, Dine" with MATC's Brian Moran 1pm, Village Center

**SAT. NOV. 24** - Small Business Saturday , All Day, Shorewood Business District

**SAT. Dec 1** - WinterFest, 5:30pm - 7:30pm, Tree lighting at 7:00pm, Wood Square  
(Oakland Ave & Wood Pl.)

**Do you have BID news you want us to talk about?  
Please email [Ericka](#) or [Sarah](#) and let us know!**

Are you an in home business in Shorewood? The BID serves the Shorewood business community and we would like for all Shorewood businesses to be a part of it! Please contact [Ericka](#) for more info!