

SUNNY SIDE UP

The Sunshine Senior Center Newsletter
Active adults living their best life!



Celebrating Seniors' Month

The City of St. Petersburg's Parks and Recreation Department proudly celebrates the invaluable contributions of our senior residents. Their hard work, wisdom, and resilience have helped shape our vibrant community. In their honor, we've planned a month-long series of events this August to recognize and celebrate seniors.

Seniors' Month is our way of saying thank you to the individuals who paved the way for generations to thrive in this great city. We invite **ALL** seniors to join us for a variety of engaging, fun-filled events designed with appreciation and connection in mind.

Whether you join us for one event or all five, we look forward to celebrating you during Seniors' Month. Your contributions matter, and this August, we're honoring every step you've taken to help build the St. Petersburg we love today.

You can find a list of all the Seniors' Month activities listed on page 3.

Stay connected with us online:
stpetparksrec.org/sunshinecenter



AUGUST 2025



Do you have an idea for a workshop or craft project? We'd love to hear about it. Drop your ideas in the suggestion box located at the reception desk. Let your voice be heard!

Splash Bash



Our members made a splash during an exciting, fun-filled Water Day!

COMMISSION ON AGING ADVISORY MEETING

Wednesday, August 13, at 3:30 p.m.

The St. Petersburg Advisory Commission on Aging meets at the Sunshine Senior Center on the second Wednesday of each month.

This is a public meeting. Any St. Petersburg resident is welcome to attend.



SUNSHINE SENIOR CENTER STAFF

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FRIENDS OF THE SUNSHINE CENTER, INC.

The Friends are a nonprofit based at the Sunshine Senior Center, serving as the fundraising arm to support the center's programs and services.

To learn more, visit: sunshinecenterfriends.org

Accredited by 
National Institute of
Senior Centers

The Sunshine Senior Center is a four-time Nationally Accredited Senior Center through the National Council on Aging/National Institute of Senior Centers.



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The City of St. Petersburg Parks and Recreation Department provides this information as a resource for the consideration of those we serve. We do not endorse or assume responsibility for third party, City nonaffiliated advertisements.



ST. PETERSBURG PARKS & RECREATION DEPARTMENT'S

SENIORS' MONTH

FLIP THE SCRIPT ON THE STEREOTYPES OF AGING

**FREE
EVENTS**

THURSDAY, AUGUST 7 | 5-7 P.M. | ENOCH DAVIS CENTER

CHICKEN SALAD & TALENT SHOW

Enjoy an evening of singing, dancing, poetry, and a tasty chicken salad dinner. This fun, intergenerational event has limited space. **Registration required.**

FRIDAY, AUGUST 8 | 6-9 P.M. | ALLSTATE CENTER

BOOTS, BUCKLES & BLING: IT'S A WESTERN THING!

Dust off your boots and bling for a festive evening of country music, line dancing, and Western fun! Western attire encouraged. **Registration required.**

THURSDAY, AUGUST 14 | 5:30-8 P.M. | LAKE VISTA POOL

TROPICAL POOL PARTY

Unwind island-style with tropical tunes, tasty bites, and great company. Tropical attire encouraged! **Registration required.**

THURSDAY, AUGUST 21 | 4-7 P.M. | ROBERTS RECREATION CENTER

COMMUNITY MIX & MINGLE

Discover programs for adults and seniors! Meet instructors from ballet, kung fu, pottery, and more. Enjoy music, refreshments, and connect with neighbors. **No registration required.**

SATURDAY, AUGUST 23 | 10 A.M. - 2 P.M.

AZALEA RECREATION CENTER

SENIORS' FIELD DAY & BBQ

Get ready for a day of fun activities that keep you moving and grooving! Connect with friends, engage in some healthy competition, and enjoy a tasty BBQ lunch. **Registration required.**

Thank you to our gold sponsors for their support!



**SCAN QR
CODE TO
REGISTER
FOR
EVENTS:**



SENIOR HALL OF FAME

GET TO KNOW THE 2025 INDUCTEES!

Antoinette Instone has tirelessly dedicated over 30 years to serving others through countless volunteer efforts. From her early days as a candy striper to her ongoing involvement with the Lions Club, American Legion, Sunshine Senior Center, and Positive Impact Church, she consistently goes above and beyond to meet the needs of those around her.



Antoinette Instone

Whether she's delivering meals, organizing events, knitting for hospital patients, or advocating for veterans, Antoinette leads with her heart and humility. Her ability to bring people together and foster connections has left a lasting impact on our community.



Paulette Jones

Paulette Jones is a lifelong St. Petersburg resident. She has devoted over 50 years to serving her community with passion and purpose. A proud graduate of Xavier University and retired social worker, Paulette has worked with organizations supporting mental health and other vulnerable populations.

Through her nonprofit, Midtown Celebrity Club Inc., she leads impactful events like the annual Juneteenth Celebration and the Ruthie Mae Jones Memorial Christmas Breakfast. Her tireless volunteer work spans decades and includes roles with schools, churches, neighborhood associations, and civic boards. Paulette's leadership, compassion, and dedication continue to uplift and unite the Midtown community.

Sunshine Dazzle Fashion Show

August 29, 2025 | 1-3:30 PM

Sunshine Senior Center, 330 5th St. N.

Celebrate summer with a vibrant fashion show featuring fun, themed runway segments like Golden Girls, Movie Matinee, and Shuffleboard Social. Join us and revel in the style, spirit, and self-expression at this one-of-a-kind experience!

Fashion show styled by Macy's.
Registration is required.
Limited spots available.
Scan the QR code to register online.



727-893-7133 | stpeteparksrec.org



DON'T MISS



CRAFT CORNER

Set your crafty side free at one of our regularly scheduled craft programs.

Carrie's Crafts

Tuesday, August 5 at 1 p.m.

Join Carrie Penney, Recreation Leader, for a monthly art project that you create and take

Color Me Happy!

Every Tuesday from noon - 1 p.m.

Join Alicia Daniels, Recreation Leader, for a weekly art adventure at the Sunshine Senior Center. Rediscover your



MOVIE DAY

Thursday, August 21 at 1 p.m.

Weekend at Bernie's

Beat the heat and join us for a matinee movie! This month, enjoy this crazy comedy starring Andrew McCarthy and Terry Kiser.

Admission is free, and the air conditioning and the popcorn are on us!

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16-0330

A SENIOR'S MONTH EVENT

TROPICAL POOL PARTY

**THURSDAY
AUGUST 14
5:30 - 8 PM**

**LAKE VISTA POOL
1450 60TH AVE. S.**

**FREE
EVENT**

**TROPICAL
ATTIRE
ENCOURAGED!**

**DIVE INTO SUMMER FUN!
FOOD & HYDRATION BAR - GAMES
HULA DANCING LESSONS
DOOR PRIZES & GIVEAWAYS
PHOTO BOOTH**

**REGISTRATION IS REQUIRED.
SCAN THE QR CODE TO
REGISTER ONLINE**



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EVENTS



DOC TALK

Wednesday, August 20 at 1 p.m.

Let's Talk About Doctors

Join Tom and Lisa Moore, to discuss what to think about when you are choosing a new physician. How can you make sure you have gotten the referrals you need? Learn about the upcoming changes to Medicare and how it might impact visits to your healthcare providers.



LIVE MUSIC

Do you love live music? Be sure to join us for one or all of these live performances at the Sunshine Senior Center.

Marc Blackwood

Thursday, August 14 at 1 p.m.

Enjoy harmonic delights featuring popular hits.

Rick Martin

Every Friday at 2 p.m.

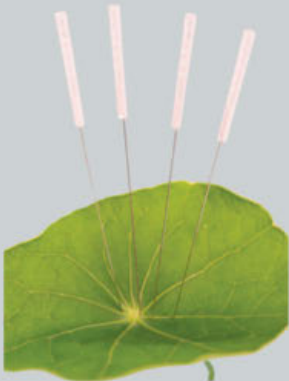
Join Rick Martin, one of the members from Booker Creek, as he plays for your enjoyment.

ACUPUNCTURE SESSIONS

10:30 a.m. - noon
Sunshine Senior Center
Next session: August 15

FREE

Donations accepted to cover the cost of supplies and Dr. Mann's time.



Dr. Matthew Mann, DAOM, AP, will offer acupuncture sessions at the Sunshine Senior Center on the first and third Friday of the month. Acupuncture is done on a first come, first served basis.

ST. PETERSBURG SUNSHINE SENIOR CENTER PLAYERS PRESENT

Get ready for an epic night of entertainment filled with comedy, puns, double entendres and jam-packed with music! This original comedy lovingly pokes fun at the famous Broadway show and movie.

THE
PHANTOM
YOU CAN KISS MY MASK

OCTOBER 23, 24, 25, 26, 2025

AUDITIONS:

August 5
9:30 a.m. to noon

REHEARSALS:

Tuesdays & Thursdays
9:30 a.m. to noon

CALENDAR

SEE PAGE 3 FOR SPECIAL EVENTS HOSTED AT OTHER RECREATION CENTERS
TO CELEBRATE SENIORS' MONTH

SPECIAL EVENTS

NEW EVENTS

MONDAY

TUESDAY

WEDNESDAY



Join our **FREE**
Fitness Center.

Fitness Center Hours:
Monday - Friday, 9 a.m. - 3 p.m.

4
9:30 Arthritis Exercise
10:30 Ping-pong
1:00 Chair volleyball

5
9:30 Ageless Grace
9:30 Caribbean Aerobics
10:00 Knit and Crochet Social
10:45 Share the Sunshine
11:00 Yoga
12:00 Color Me Happy
12:30 Canasta
1:00 Carrie's Craft Class

6
9:30 Arthritis Exercise
10:30 Storytelling Circle
10:30 Ping-pong
1:00 Mahjong
3:00 Tai Chi

11
9:30 Arthritis Exercise
10:30 Ping-pong
11:00 Birthday Celebration
1:00 Chair volleyball

12
9:30 Ageless Grace
9:30 Caribbean Aerobics
10:00 Knit and Crochet Social
11:00 Yoga
12:00 Color Me Happy
12:30 Canasta

13
9:00 SOS Mobile Food Pantry
9:30 Arthritis Exercise
10:30 Storytelling Circle
10:30 Ping-pong
1:00 Mahjong
1:00 Snack & Learn
3:00 Tai Chi

18
9:30 Arthritis Exercise
10:30 Ping-pong
1:00 Chair Volleyball

19
9:30 Ageless Grace
9:30 Caribbean Aerobics
10:00 Knit and Crochet Social
11:00 Yoga
12:00 Color Me Happy
12:30 Canasta

20
9:30 Arthritis Exercise
10:30 Storytelling Circle
10:30 Ping-pong
1:00 Mahjong
1:00 Doc Talk
3:00 Tai Chi

25
9:30 Arthritis Exercise
10:30 Ping-pong
1:00 Chair Volleyball

26
9:30 Ageless Grace
9:30 Caribbean Aerobics
10:00 Knit and Crochet Social
11:00 Yoga
12:00 Color Me Happy
12:30 Canasta

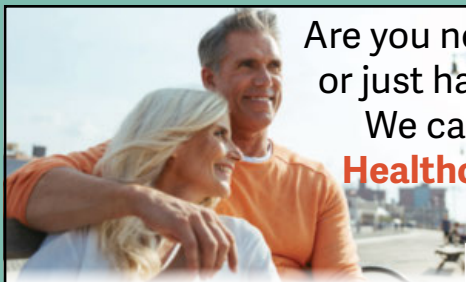
27
9:30 Arthritis Exercise
10:30 Storytelling Circle
10:30 Ping-pong
1:00 Mahjong
3:00 Tai Chi

CALENDAR

SPECIAL EVENTS

NEW EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
	1 9:30 Arthritis Exercise 10:30 Acupuncture 10:45 Sunshine Drumming 1:00 Bingo for Fun & Prizes Skip's Cookout	2/3
7 8:30 Veteran's Support 9:30 Caribbean Aerobics 10:30 Creative Writing 10:30 Groceries on the Go 10:45 Spanish 11:00 Chair Yoga 12:30 Hand & Foot Cards 2:00 Tango 2:30 Chess	8 9:30 Arthritis Exercise 10:45 Sunshine Drumming 1:00 Bingo for Fun & Prizes 1:00 LGBTQ+ Seniors Coffee 2:00 Friday Dance Party	9/10
14 9:30 Caribbean Aerobics 10:30 Creative Writing 10:45 Spanish 11:00 Chair Yoga 12:30 Hand & Foot Cards 1:00 Marc Blackwood 2:00 Tango 2:30 Chess 5:30 Tropical Pool Party	15 9:30 Arthritis Exercise 10:30 Acupuncture 10:45 Sunshine Drumming 1:00 Bingo for Fun & Prizes Skip's Cookout	16/17
21 9:30 Caribbean Aerobics 10:30 Creative Writing 10:45 Spanish 11:00 Chair Yoga 12:30 Hand & Foot Cards 1:00 Movie Day 2:00 Tango 2:30 Chess	22 9:30 Arthritis Exercise 10:45 Sunshine Drumming 1:00 Bingo for Fun & Prizes 2:00 Friday Dance Party	23/24
28 9:30 Caribbean Aerobics 10:30 Creative Writing 10:45 Spanish 11:00 Chair Yoga 12:30 Hand & Foot Cards 2:00 Tango 2:30 Chess	29 9:30 Arthritis Exercise 10:45 Sunshine Drumming 1:00 NO BINGO TODAY 1:00 Sunshine Dazzle Fashion Show	30/31



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16-0330

FEE CLASSES

CLASS	DAY/TIME	COST
Caribbean Aerobics	Tuesday/Thursday at 9:30 a.m.	\$22/month or \$4 class
Spanish Language: Intermediate	Thursday at 10:45 a.m.	\$16/month
Tai Chi	Wednesday at 3 p.m.	\$24/month or \$7/class
Tango Dance	Thursday at 2 p.m.	\$40/month or \$12/class
Yoga	Tuesday at 11 a.m.	\$20/month or \$6/class

Our FREE classes can be found in the calendar section of this newsletter.
They include Chair Volleyball, Ageless Grace, Arthritis Exercise, and Bingo.



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that Support our
Community!



RESOURCES



SAVING OUR SENIORS

MOBILE FOOD PANTRY

WEDNESDAY, AUGUST 13
9 - 9:45 A.M.



GROCERIES ON THE GO

A SOLUTION OF FEEDING TAMPA BAY

Thursday, August 7
10:30 - 11:30 A.M.

*Now accepting EBT,
cash and credit!*



TECH SUPPORT AND RESOURCE HELP

TUESDAYS AND FRIDAYS, 1 - 3 PM
SUNSHINE SENIOR CENTER
330 FIFTH STREET N.

It is important to note that while we are committed to helping in any way possible, we may not have all the answers.

By appointments only, call 727-893-7133



Have Legal Questions?

Gulfcoast Legal Services can help get you answers

Wednesday, August 27
1-4 p.m.
Sunshine Senior Center
330 5th St. N.



RESOURCES & SUPPORT GROUPS AT THE SUNSHINE SENIOR CENTER

Estate Planning, Elder Law, or Tax Questions
Second Monday of the month from 10 a.m.-3 p.m.
Call 727-893-7133 to schedule an appointment.
Hosted by Daily, Montfort & Touns

Serving Health Insurance Needs of Elders (SHINE)
Review your current insurance plans.
Call 727-893-7133 to schedule an appointment.
Hosted by the Area Agency on Aging for Pasco/Pinellas

Community Law Program
First Friday of the month. Call 727-582-7480 to schedule an appointment.
Hosted by the Community Law Program

Senior Dining
Enjoy a hot meal with your peers.
Call 727-893-7136 for more information.
Hosted by the Neighborly Senior Care Network

Senior Helpline
For help understanding what benefits you may qualify for, call 727-217-8111 for assistance.
Hosted by the Area Agency on Aging for Pasco/Pinellas

Veterans Support Group
First Thursday of the month at 8:30 a.m. Join other veterans and discuss related topics.
Hosted by Empath Health

LGBTQ+ seniors coffee & connection
Second Friday at 1:00 p.m.
A welcoming place to share stories, laughter, and meaningful conversation.
Hosted by Stephanie Smith

CONNECT



SHARE THE SUNSHINE

Tuesday, August 5, at 10:45 a.m.

Join Marci Neal, Supervisor II of the Sunshine Senior Center, on the first Tuesday of each month after the Ageless Grace class. Enjoy free coffee from the Sunset Café while we explore and share together.

- Hear about new programs
- Bring your favorite ideas
- Learn about new updates going on at the center
- Present any questions, comments, or concerns

Contact 727-893-7133 for more information.



MONTHLY BIRTHDAY CELEBRATION

Monday, August 11, at 11 a.m.

Join us for our monthly birthday program as we celebrate all those individuals with birthdays in August.

We will have cake and ice cream, gifts for the birthday honorees, special prize drawings, and a few other surprises as well. It's an event not to be missed!



FRI-YAY PARTY

FRIDAYS, AUGUST 8 & 22
2-3 P.M.

SUNSHINE SENIOR CENTER

Are you looking for great vibes, great moves, and lots of laughs? Join us on the second and fourth Fridays of each month for a fun afternoon of line dancing. Let's dance, laugh, and move together. No experience needed—just bring your own snacks and your enthusiasm!



DAY TRIPS

August: We will be attending all the Seniors' Month activities and offering van transportation. Be on the lookout to sign up. There will not be a day trip in August.

It's almost time for our big show trip in September!

Nashville Show Trip

September 8-13, 2025

For Information contact

Carole Ann Payne at (727) 821-2323

The September trip is being organized through the Friends of the Sunshine Center, Inc.



LEND A HAND, BRIGHTEN A DAY

The Sunshine Senior Center is seeking volunteers. Just a little bit of your time can make a big difference. Stop by the front desk or contact Melissa, our volunteer coordinator, at 727-893-7092 for more information.



COOKOUTS

Fridays, August 1 & 15

Food service begins at 10:30 a.m.

Skip's Cookouts are the first and third Fridays of each month. Swing by the Café for some tasty BBQ and good vibes! Meals are \$6 each.



WHAT'S COMING UP IN SEPTEMBER?

- Matter of Balance
- Fall Prevention Week
- National Senior Center Month
- Beaded Ink Pen Workshop

Look for more information coming soon!

COSTS FOR EVERYTHING ARE RISING IN 2025!!

Join Us for a FREE educational

SNACK & LEARN

Learn tips on how to protect your family through proper final expense planning

Don't miss the **RAFFLE PRIZE** giveaway

WED, AUG 13 AT 1 PM

SUNSHINE SENIOR CENTER, 330 5TH ST. N.

Desserts, pastries, and refreshments will be served!



HOSTED BY:

Brent Atkinson

Atkinson & Associates

WHETHER YOU ALREADY HAVE LIFE INSURANCE OR NOT-YOU SHOULD ATTEND!

Don't miss important info that will impact your family!

DID YOU KNOW....

- that 7 out of 10 seniors are not properly informed about what's in their policy!
- **BE PREPARED.** Don't be left vulnerable because you didn't have the information.

You will be **SHOCKED** to learn how expensive funerals & cremations cost in 2025... and expected to DOUBLE in the next 10 years!!

ON-SITE AGENCIES

CLASS	DAY/TIME	CONTACT
Commission on Aging Meeting	Second Wednesday of each month	Carole Ware 727-893-7102
Office on Aging	Monday - Friday by appointment	Carole Ware 727-893-7102
Guardian Group Services	Monday - Friday by appointment	Susan Brehm 727-490-8609
Friends of the Sunshine Center, Inc.	Monday - Friday 9 a.m. - 12 p.m.	727-821-2323
Kids & Kubs 3/4 Century Softball Club	Monday, Wednesday & Friday 9 a.m. - 12 p.m.	727-893-7108
Moore Medicare Options	Monday - Friday by appointment	727-677-8040
Neighborly Care Network Senior Cafe	Monday - Friday 8:30 a.m. - 2 p.m.	727-893-7136
Meals on Wheels	Monday - Friday 11:45 a.m. - 12:15 p.m.	727-573-9444
Seniors in Service, Retired Senior Volunteer Program	Monday - Friday by appointment	Sarah Rosenbaum 727-890-4808 813-582-2162 ext. 842
St. Petersburg Lions Club Eye Center	Monday, Wednesday & Friday 9 a.m. - 2 p.m.	727-893-7152

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16-0330

The City of St. Petersburg Parks & Recreation Department's Sunshine Senior Center serves as a community focal point to enhance the quality of life of our citizens ages 50 and over.

MISSION STATEMENT

Monday - Friday
8 a.m. - 4 p.m.
727-893-7101
stpeterparksrec.org/sunshinecenter

HOURS OF OPERATION

SUNSHINE SENIOR CENTER

330 Fifth Street North
St. Petersburg, FL 33701



AUGUST 2025 NEWSLETTER