

SUNNY SIDE UP

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



Spring Into Action!

Spring is here and with it comes a time of renewal and growth. Just as the flowers begin to bloom and the days grow warmer, this season is the perfect opportunity for a personal “bloom” of your own. It’s a wonderful time to reflect on the things that bring you joy and to dedicate attention to your own growth and well-being.

Prioritize Health and Wellness

Spring is a wonderful time to focus on your health. This is the perfect time to make a commitment to visit the Sunshine Senior Center’s fitness center.

Declutter and Refresh

Spring is synonymous with fresh starts and there’s no better time to declutter your space! Clearing out unnecessary items not only refreshes your home but also creates a sense of calm and clarity. Start small with a closet or drawer and gradually work through your living space.

A season of possibilities

Spring is full of promise. The changing weather invites us to go outside, embrace new experiences and refresh our minds and bodies. It’s the perfect season to bloom where you’re planted, so take a moment to reflect on the things that matter most to you.

Stay connected with us online:
stpeteparksrec.org/sunshinecenter



APRIL 2025



When you visit the Sunshine Senior Center, be sure to check out what’s growing and blooming in the garden!



COMMISSION ON AGING ADVISORY MEETING

Wednesday, April 9, 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.

You are invited to be our guest at the

41st Annual
SENIOR HALL OF FAME
AWARDS CEREMONY

WEDNESDAY | APRIL 16, 2025

6:00 PM

Mahaffey Theater | 400 First Street S.
St. Petersburg, FL

Join us as we roll out the red carpet at the annual Senior Hall of Fame Awards Ceremony, where we shine a spotlight on and celebrate the incredible contributions of our senior volunteers who dedicate their time and talents to making the St. Petersburg community shine!

Scan the QR code to reserve your seats.



Thank you to our sponsors





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sunshinecenterfriends.org

Accredited by 
National Institute of
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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.*

SPOTLIGHT

SAFEGUARD YOUR LEGACY: LEGAL SERVICES FOR SENIORS

TUESDAY, APRIL 1
1 P.M.

SUNSHINE SENIOR CENTER
330 FIFTH ST. N.

Join Noelle Clark, Chief Advocacy Officer at Gulfcoast Legal Services (GLS), for an informative presentation on the various services GLS offers, including:

- consumer protection
- end-of-life planning
- basic wills.

This event is free. No registration is required.



Need a Personal Assistant? *Support and Resource Help*

Tuesdays and Fridays, 1 - 3 PM
Sunshine Senior Center
330 Fifth Street N.
By appointments only, call 727-893-7133

Trusted volunteers are available
to provide assistance:

- **TECH HELP** with phones, computers, tablets, etc.
- **HELP** with paperwork, applying for programs, etc.

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



HAVE LEGAL QUESTIONS? WE HAVE HELP TO GET YOU ANSWERS

Wednesday, April 23
1-4 p.m.
Sunshine Senior Center
330 5th St. N.



Meet with attorney, Haley Brown

Gulfcoast Legal Services can help with:

- Consumer law issues, such as consumer protection, credit fraud, and other credit related issues, creditor harassment, and debtor's rights.
- End of life planning/advance directives
- Simple wills
- Low-income taxpayer clinic.

On the **fourth Wednesday** of each month, an attorney from Gulfcoast Legal Services (GLS) will be available, by appointment, to answer your questions.

Call 727-893-7133 to schedule.

DON'T MISS



LIVE MUSIC
FIRST & THIRD FRIDAYS AT 2 PM
SUNSHINE SENIOR CENTER
AUDITORIUM
330 FIFTH STREET N., ST. PETERSBURG
FREE ADMISSION

4/4 | **SPECIAL PERFORMANCE**
BOOKER CREEK
4/18 Acoustic guitar trio featuring folk, bluegrass, and popular hits



**Creative Arts
Adult Coloring Class
“Color Me Happy”**

Sunshine Senior Center
Tuesdays
12 - 1 p.m.

Join Alicia Daniels, Recreation Leader, for a new, weekly art adventure at the Sunshine Senior Center. Rediscover your passion for coloring unique designs, pictures, and fun themes.

We invite you to explore this exciting new class whether you're a seasoned artist or just starting out. Classes are free. Register at the front desk.

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Lisa Moore
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Rich Fernbach**

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HEALTHY ST. PETE'S

HEALTHY COOKING DEMO

Wednesdays

April 2

May 7

June 4

1 - 2 pm



FREE

Sunshine Senior Center
330 5th St. N.

Come join us for live cooking demonstrations! Chef Garrett will lead an interactive, healthy cooking demo on preparing the Fresh Rec Stop recipe of the month.

Healthy St. Pete's Fresh Rec Stop program aims to increase access to fresh produce at affordable prices in convenient locations and provide monthly healthy recipe tasting opportunities at Fresh Rec Stop locations.

Learn more: Contact Healthy St. Pete at (727) 892-5994 or scan the QR Code



EVENTS

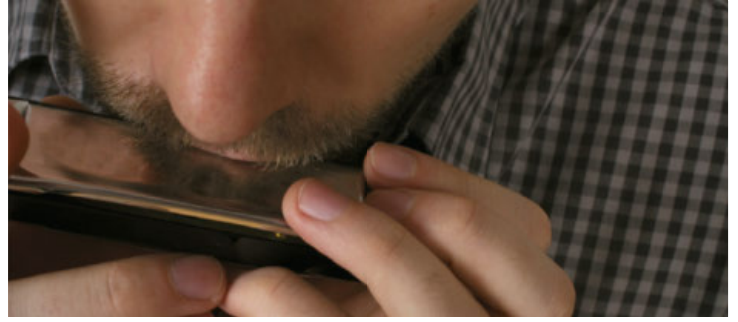


LGBTQ+ SENIORS COFFEE & CONNECTION

Friday, April 11, at 1 p.m.

A warm and welcoming place to share stories, laughter, and meaningful conversation within the community.

Meetings are led by Stephanie Smith and are held on the second Friday of each month.



MARC BLACKWOOD

Thursday, April 10, at 1 p.m.

We are happy to welcome Marc back for your entertainment. Join us for a musical styling that you are sure to enjoy. You never know who you might run into!

Acupuncture Sessions

Friday, April 4

10:30 a.m. - noon

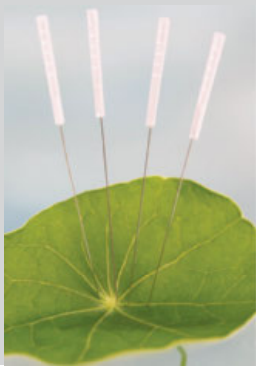
Sunshine Senior Center

Next session: Friday, April 18

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.



If you'd like to learn more about this ancient alternative therapy, join our chat with Dr. Mann.

Dr. Mann is an expert in the field of acupuncture and owner of St. Petersburg Acupuncture and Integrative Medicine.



HEALTHY WEIGHT LOSS: WHAT WORKS

Wednesday, April 16, at 1p.m.

Did you hear about all the "miracle cures" for losing weight? Join us for some clarity and learn the ins and outs of all the weight loss strategies out there. Daphne Garnder, NP, a nurse practitioner from Infinity Health Consultants will be our guide through the confusing maze of weight loss information. Ms. Garnder is a St. Petersburg native who is dedicated to ensuring St. Pete residents have access to a reliable source of information.

CALENDAR

SPECIAL EVENTS

NEW EVENTS

MONDAY

TUESDAY

WEDNESDAY

	1 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	2 9:30 Arthritis Exercise 10:30 Storytelling Circle 10:30 Ping-Pong 1:00 Mahjong 1:00 Healthy Cooking Demo 3:00 Tai Chi
7 9:30 Arthritis Exercise 10:30 Ping-Pong 1:00 Chair Volleyball 1:00 Rummikub	8 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	9 9:00 SOS Mobile Food Pantry 9:30 Arthritis Exercise 10:30 Storytelling Circle 10:30 Ping-Pong 11:00 Movie at Oldsmar 1:00 Mahjong 1:00 Karaoke & Hula 3:00 Tai Chi
14 9:30 Arthritis Exercise 11:00 Birthday Celebration 1:00 Chair Volleyball 1:00 Rummikub	15 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	16 9:30 Arthritis Exercise 10:30 Storytelling Circle 10:30 Ping-Pong 1:00 Mahjong 1:00 Healthy Weight Loss 3:00 Tai Chi 6:00 SENIOR HALL OF FAME
21 9:30 Arthritis Exercise 10:30 Ping-Pong 1:00 Chair Volleyball 1:00 Rummikub	22 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	23 9:30 Arthritis Exercise 10:30 Storytelling Circle 10:30 Ping-Pong 1:00 Mahjong 1:00 Have Legal Questions? 3:00 Tai Chi
28 9:30 Arthritis Exercise 10:30 Ping-Pong 1:00 Chair Volleyball 1:00 Rummikub	29 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	30 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

3 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

4 9:30 Arthritis Exercise
10:30 Acupuncture
10:45 Sunshine Drumming
1:00 Bingo for Fun & Prizes
2:00 Booker Creek Music Trio

Skip's cookout

5/6

Join our Fitness Center.

It's FREE!

Fitness Center Hours:

Monday - Friday, 9 a.m. - 3 p.m.

10 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

11

9:30 Arthritis Exercise
10:45 Sunshine Drumming
1:00 Bingo for Fun & Prizes
1:00 LGBTQ+ Seniors Coffee

12/13

17 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

18

9:30 Arthritis Exercise
10:30 Acupuncture
10:45 Sunshine Drumming
1:00 Bingo for Fun & Prizes
2:00 Booker Creek Music Trio

Skip's cookout

19/20

24 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

25

9:30 Arthritis Exercise
10:45 Sunshine Drumming
1:00 Bingo for Fun & Prizes

26/27

Play Rehearsal
9:30 Every
Tuesdays and
Thursdays

**All Are
Welcome Here**



SOUTH CITRUS COAST PRESENTS

FRED ASTAIRE

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GUEST CHOREOGRAPHERS: STEPHEN KNIGHT, BRUNO COLLINS, JOE TROVATO

You'll want to be front and center to experience the passion of ballroom dancing in this year's show, Legends and Icons. It's a promise of an unforgettable evening that will leave you tapping your toes wanting to join in on the fun. Dancers of all ages will be performing to the artistry of the best choreographers in the ballroom industry. There will be many styles of dance featuring our professionals and amateurs alike. Please come join us for a wonderful evening of Dance! **\$25 General Admission/\$30 VIP Seating.**

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Joann R., 68 y.o



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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 for Parkinsons	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



MOBILE FOOD PANTRY

**WEDNESDAY, APRIL 9
9 - 9:45 A.M.**

SOS Mobile Food Pantry provides seniors, ages 55 and up, with fresh produce and nonperishable items in the comfort of their own community.

For more information: 727-893-7101
stpeteparksrec.org/sunshinecenter



RESOURCES & SUPPORT GROUPS AT THE SUNSHINE SENIOR CENTER

Estate Planning, Elder Law, or Tax Questions
Appointments available on the second Monday of the month from 10 a.m. - 3 p.m. Call 727-893-7133 to schedule an appointment.
Hosted by Daily, Montfort & Toups and Gulfcoast Legal Services

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

Community Law Program
Need legal advice? Join us on the 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



GROCERIES ON THE GO
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We bring the grocery store to your neighborhood! Fresh produce and healthy shelf-stable options at a lower than retail cost. Purchase your groceries today to have a healthier tomorrow.

**Thursday, April 3
10:30 - 11:30 A.M.**

**Now accepting EBT,
cash and credit!**



CONNECT



SHARE THE SUNSHINE

Tuesday, April 1, at 10:45 a.m.

Join Carole Ware, Supervisor I of the Sunshine Senior Center, the first Tuesday of every month to meet with participants immediately following the Ageless Grace class. Grab your free coffee from the Sunset Café, and join us as 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, April 14, at 11 a.m.

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

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!



MOVIE DAY

Thursday, April 17, at 1 p.m.

Come enjoy a night of entertainment and inspiration. Join us for a screening of *Champions*, an inspiring film that highlights the strength, resilience, and determination of individuals from all walks of life.

Admission and popcorn are free!



DAY TRIPS

Wednesday, April 9, at 11 a.m.

You are invited to enjoy a free movie day at Woodlands Square in Oldsmar on the second Wednesday of every month, courtesy of Simply Healthcare. Spots are limited. Registration starts Wednesday, March 26.

Thursday, May 1

Sign up to enjoy a day going bowling and having lunch at Miller's Ale House. Sign-up begins Tuesday, April 1.



COOKOUTS ARE BACK

Friday, April 4 and 18

Come out and enjoy some delicious food fresh from the grill! We always serve up classic hamburgers and hot dogs, and we'll be alternating between having chicken and ribs. Each meal comes with a tasty side to complete your plate.

We fire up the grill early, with food starting to be served by 10:30 a.m. Be sure to get your orders in early—don't miss this mouthwatering experience!



CHECK OUT WHAT'S COMING UP IN MAY

- Shorecrest Intergenerational Program Week
- National Fitness Day
- Armchair Travel
- Special Craft Workshop
- and much more!

NATIONAL HEALTHCARE DECISION DAY

Planning for Tomorrow: Understanding the 5 Wishes Program

Thursday, April 17, at 1 p.m.

Sunshine Senior Center

330 5th St. N.



National Healthcare Decision Day is held annually, on April 16. This day is set aside to educate consumers and healthcare providers about the importance of end-of-life planning.

Join us as we discuss the **5 Wishes** program. Presenter, Herb Casey, a certified 5 Wishes facilitator, will explain the program and help answer your questions. Discover how to take control of your options and the importance of communicating your healthcare decisions to your loved ones.



ON-SITE AGENCIES

CLASS	DAY/TIME	CONTACT
Commission on Aging	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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SRES




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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