

SUNNY SIDE UP

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



A center participant getting a fall risk assessment during the Fall Prevention Awareness Week Roadshow.

We're full into fall mode and ready for that sweater weather! November has some fun in store for you. Word of mouth is our best advertisement, so please spread the word and invite your friends to our wonderful home-away-from-home center.

Nov. 2 - Learn your vehicle's technology! AARP Free Class.
Nov. 14 - Paint and Sip at 1 p.m. Mocktails and Canvas.
Nov. 15 - Fraud Prevention Seminar
Nov. 22 - Thanksgiving Dinner. A full catered meal served family style with your friends. Seating at 11:00 a.m.

Preregistration for the Fraud Prevention Seminar and Thanksgiving dinner is required.

December events include a Paint & Sip event; a stage play entitled *Miss Ida's Man in the Moon Yard Sale*; a holiday lights bus tour to Largo Central Park and neighborhoods with hot chocolate and snacks; and a holiday party for everyone with gifts. Register now!

Stay connected with us online:
stpeteparksrec.org/sunshinecenter



NOVEMBER 2023



Academy Prep students were at the center to celebrate National Senior Center Month.





SUNSHINE CENTER STAFF

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FRIENDS OF THE SUNSHINE CENTER, INC.

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Sandra Patterson, Vice-President
Eileen Ozga, Secretary/Finance Chair

Board Members

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Craig Allen	Gary Munger
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Ed Kileen	

Administrator
Carol Ann Payne - cpayne37@gmail.com

sunshinecenterfriends.org
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TABLE OF CONTENTS

Page 3	Spotlight: <ul style="list-style-type: none">• Volunteer of the Quarter• Immunization Info
Page 4-5	Don't Miss Out: <ul style="list-style-type: none">• Paint & Sip Holiday Series• Fraud Prevention Week• Wisdom Circle• Nashville Show Trip• Carrie's Craft Corner• Let's Dig In
Page 6-7	Events: <ul style="list-style-type: none">• Let's Celebrate• Talk To The Nurse• AARP Smart DriverTEK Workshop• Cookie and Dave• Manicure Mania• Veteran's Celebration In Song• • Sunset Ave Café Highlights
Page 8-9	Calendar
Page 11	Fee Classes
Page 12	Resources <ul style="list-style-type: none">• Support Groups at the Center• SOS Food Pantry• Groceries on the Go
Page 13	Connect: <ul style="list-style-type: none">• Attention Volunteers• Volunteer Meeting• Volunteers Needed• Coffee Chat• Share Your Stories
Page 14	Thanksgiving Dinner
Page 15	Onsite Agencies

SPOTLIGHT



VOLUNTEER OF THE QUARTER: DENISE JONES

Denise has been a volunteer for a little over a year. She works the second floor reception desk which can get quite hectic at times. She always keeps her cool and is a great advocate for the center.

Denise has filled in many times for volunteers who have not been able to work their shift. She does so without complaint.

Denise has a daughter and son-in-law. She is a very spiritual woman who stands ready to pray for you. She is dependable, communicative, and always willing to help. She loves working on extra projects while she is at the reception desk. Denise also volunteers at other locations, but we really LOVE having her here at the center.

Thank you and congratulations, Denise, for all you do for the Sunshine Senior Center!

*If you are interested in volunteering, please see page 12 for more information.
(Oct/Nov/Dec)*



STAY HEALTHY AND JOIN ALL THE FUN EVENTS THIS MONTH

Getting vaccinated is an important way to protect yourself and your loved ones from illness. If it's been a while since you had a vaccine for either Covid-19 or the flu, your protection may need a boost, and now is the time to do it. For more information on either vaccine, please see the information table or contact Carole Ware at Carole.ware@stpete.org or 727-893-7102.

The Sunshine Senior Center is honored to have been chosen by the National Council on Aging/National Institute of Senior Centers to help seniors receive their vaccinations this season, up to April 2024. We held one Flu Clinic and hope to have more. If you need assistance in registering for your vaccine or finding a location, we are here to help.

Our next immunization period will run to November 30, 2023. Once you receive your Covid-19 or flu vaccine, please see Carole to be added to a prize drawing.

Thank you for staying healthy!

DON'T MISS



PAINT & SIP HOLIDAY SERIES

Tuesday, November 14 at 1p.m.

Tuesday, December 12 at 1 p.m.

At our Paint & Sip Holiday Series we are going to show you a good time. Allow yourself to experience a unique afternoon. At the end of the day, you'll be amazed with your own creation! Non-alcoholic beverages will be served. You must register for each event separately in ActiveNet or by calling 727-893-7133. This is a free event.



WISDOM CIRCLE

Thursday, November 16 at 11 a.m.

Come shout with us! Be a part of a unique group of individuals. Share your voice and your thoughts on current events, aging issues, and more. Hosted by Wanda Stuart.



FRAUD AWARENESS WEEK

Wednesday, November 15 at 1 p.m.

A Pinellas County Consumer Protection Investigator will educate us on the latest scams to watch out for and let us in on the red flags to avoid. Find out who are the agencies and resources to contact if you have been scammed and what you can do to protect yourself.



NASHVILLE SHOW TRIP

March 11-16, 2024

Legendary entertainment at the Grand Ole Opry, icons of country music's past and present, and much more! The price per person, double occupancy is \$1,050 for 6 days/5 nights.

Call the *Friends of the Sunshine Senior Center* for more information at 727-821-2323.

DON'T MISS



CARRIE'S CRAFT CORNER

Tuesday, November 7 at 1 p.m.

Let's make some arts and crafts together! Show your creativity the first Tuesday of every month and design a new project to take home.

Registration is limited. Call 727-893-7133 to reserve your spot.



LET'S DIG IN...

Friday, November 3 at 11:45 a.m.

Please join us in the Sunshine Garden for a discussion series with local primary care physician Dr. Kostamo, from WellMed.

This month's topic: How to combat Seasonal Depression/Anxiety.

The Garden Club will also make a healthy recipe with samples for participants. Contact 727-893-7133 for more information.

MOORE
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Lisa Moore

Lisa@MooreMedicareOptions.com
MooreMedicareOptions.com

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16-0330

EVENTS



LET'S CELEBRATE

Monday, November 13 at 11 a.m.

Share your birthday with us every month and bring a friend! We want to recognize your special day on the second Monday of every month at 11 a.m. Join us for some sweet treats and prizes. Even if it's not your birthday month, come and have some fun with the birthday crew.

Contact 727-893-7133 for more information.



GET SMART ABOUT NEW VEHICLE TECHNOLOGY

Stay up to date with an AARP Smart DriverTEKSM workshop.

Smart DriverTEK is a 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road. Register today and tell a friend—it's FREE!

LOCATION:

Sunshine Senior Center
Banyan Room
330 5th St. N., St. Pete, FL 33701

DATE/TIME:

Thursday, November 2, 2023
10 - 11:30 a.m.

Workshop dates and times are subject to change.

Register today and tell a friend!

www.aarp.org/sdtekinperson

or call **1-877-805-4115**

Visit aarp.org/sdtek to learn more about our in-person, virtual and online workshops.

AARP Smart DriverTEK is developed jointly by AARP Driver Safety and The Hartford.



TALK TO THE NURSE

Wednesday, November 1 at 12 p.m.

Have a question for a RN? Meet Alex Asble, a registered nurse here in the St.Pete area. Alex will be taking blood pressures and answering some questions.



COOKIE & DAVE

Wednesday, November 22 at 1 p.m.

Cookie and Dave will perform their unique style of song and dance for your enjoyment. No registration necessary and the event is free.



EVENTS



VETERAN'S CELEBRATION IN SONG

Thursday, November 9 from 1-2:30 p.m.

Join us as we honor those who have given so much so we can have our freedom.

Enjoy an afternoon of music and prose. Learn about various resources specifically for Veterans. We will have experts on hand to answer questions and share resources. The program is open to all!

If you are a veteran please register at Carole.Ware@Stpete.org or call 727-893-7102 with the branch you served. This is an opportunity to invite friends and family to help celebrate you.

Please feel free to wear your uniform (or any part of it)

Music by Mark Blackwood



CAFE HIGHLIGHTS

Have you checked out the new menu items at the café and met our new chef, Alicia? Come for lunch and try the specials for Meatloaf Monday, Taco Tuesday, Spaghetti Wednesday and more. Delicious sandwiches and wraps, chips, and desserts are all on the menu.

NOTE: Starting in November the cafe will feature limited menu choices on Thursdays so we can get all the shopping, ordering and stocking done.



MOVIE DAY WITH THE MOORES!

Enjoy some popcorn and the movie "Planes, Trains, and Automobiles", a comedy with John Candy and Steve Martin.

This free event is sponsored by Moore Medicare Options.

CALENDAR

SPECIAL EVENTS

NEW EVENTS

MONDAY

TUESDAY

WEDNESDAY

		<p>Note: Cafe has limited menu on Thursdays</p>	<p>1</p> <p>9:30 Arthritis Exercise 10:45 Share Your Stories 1:00 Mahjong 3:00 Tai Chi</p>	
<p>6</p> <p>9:30 Arthritis Exercise 10:30 Groceries on the Go 12:30 Euchre 1:00 Chair Volleyball</p>	<p>7</p> <p>9:30 Garden Workday 9:30 Ageless Grace 9:30 Caribbean Aerobics 11:00 Yoga 12:30 Canasta 1:00 Carrie's Crafts</p>	<p>8</p> <p>9:30 Arthritis Exercise 11:00 Coffee Chat with Sally 1:00 Karaoke & Hula 1:00 Mahjong 3:00 Tai Chi</p>		
<p>13</p> <p>9:30 Arthritis Exercise 11:00 Birthday Party 12:30 Euchre 1:00 Chair Volleyball</p>	<p>14</p> <p>9:30 Garden Workday 9:30 Ageless Grace 9:30 Caribbean Aerobics 11:00 Yoga 12:30 Canasta 1:00 Paint and Sip Holiday Series</p>	<p>15</p> <p>9:30 Arthritis Exercise 10:45 Share Your Stories 1:00 Mahjong 1:00 Fraud Prevention 3:00 Tai Chi</p>		
<p>20</p> <p>9:30 Arthritis Exercise 10:30 Groceries on the Go 12:30 Euchre 1:00 Chair Volleyball</p>	<p>21</p> <p>9:30 Garden Workday 9:30 Ageless Grace 9:30 Caribbean Aerobics 11:00 Yoga 12:30 Canasta</p>	<p>22</p> <p>9:30 Arthritis Exercise 11:30 Thanksgiving Dinner 1:00 Cookie and Dave 1:00 Mahjong 3:00 Tai Chi</p>		
<p>27</p> <p>9:30 Arthritis Exercise 12:30 Euchre 1:00 Chair Volleyball</p>	<p>28</p> <p>9:30 Garden Workday 9:30 Ageless Grace 9:30 Caribbean Aerobics 11:00 Yoga 12:30 Canasta</p>	<p>29</p> <p>9:30 Arthritis Exercise 1:00 Cookie and Dave 1:00 Mahjong 3:00 Tai Chi</p>		

CALENDAR

SPECIAL EVENTS

NEW EVENTS

THURSDAY

FRIDAY

SATURDAY/SUNDAY

2 8:30 Veterans Coffee Hour
9:30 Caribbean Aerobics
10:00 Garden Workday
10:30 Creative Writing
10:45 Spanish Class
11:00 Chair Yoga
12:30 Hand & Foot Cards

3
9:30 Arthritis Exercise
10:45 Sunshine Drumming
11:45 Let's Dig In
1:00 Bingo for Fun & Prizes

4/5
Join our Fitness Center.
It's FREE!
Fitness Center Hours:
Monday - Friday, 9 a.m. - 3 p.m.

9 9:30 Caribbean Aerobics
10:00 Garden Workday
10:30 Creative Writing
10:45 Spanish Class
11:00 Chair Yoga
12:30 Hand & Foot Cards
1:00 **Veteran's Celebration**
Mark Blackwood

10
Center closed

11/12

16 9:30 Caribbean Aerobics
10:00 Garden Workday
10:30 Creative Writing
10:45 Spanish Class
11:00 Chair Yoga
11:00 Wisdom Circle
12:30 Hand & Foot Cards

17
9:30 Arthritis Exercise
10:45 Sunshine Drumming
1:00 Bingo for Fun & Prizes

18/19

23
Center closed

24
Center closed

25/26

30 9:30 Caribbean Aerobics
10:00 Garden Workday
10:30 Creative Writing
10:45 Spanish Class
11:00 Chair Yoga
12:30 Hand & Foot Cards



All are welcome here



Now accepting new patients. Meet our team.



**Kyle
Borodunovich, DO**
Family medicine



**Sandeep
Chugani, DO**
Family medicine



**Ashleyrae
Donald, DO**
Internal medicine



**Bryan
Fink, DO**
Family medicine



**Daphne
Gardner, APRN**
Family medicine

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- Care and education for your illness
- Wound care

- Dermatology (skin) care
- Preventative care
- Vaccinations
- Joint injections
- Infusion center

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FEE CLASSES

CLASS	DAY/TIME/LOCATION	COST
Euchure	Monday 12:30 p.m. Osprey Room	\$2 drop-in
Canasta, Hand & Foot	Tuesday & Thursday 12:30 p.m. Exercise Room	\$2 drop-in
Caribbean Aerobics	Tuesday & Thursday 9:30 a.m. Exercise Room	\$22/month or \$4/class
Mahjong	Wednesday 1 p.m. Exercise Room	\$2 drop-in
Spanish Language	Thursday 10:45 a.m. Pelican Room	\$16/month
Sunshine Drumming	Friday 10:45 a.m. Banyan Room	\$2 drop-in
Tai Chi	Wednesday 3 p.m. Banyan Room	\$24/month or \$7/class
Yoga	Tuesday 11 a.m. Exercise Room	\$20/month or \$6/class



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RESOURCES



RESOURCES & SUPPORT GROUPS AT THE SUNSHINE SENIOR CENTER

Monthly LGBTQ+, 55+ Coffee Connection

Every second Friday from 1 - 2 p.m.

Hosted by Empath Health

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



MOBILE FOOD PANTRY

**WEDNESDAY,
NOVEMBER 8
9 - 10 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.

More information: 727-893-7101
stpeteparksrec.org/sunshinecenter



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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.

**MONDAYS, November 6 & 20
10:30 - 11:30 A.M.**

Now accepting EBT,
cash and credit!



CONNECT



ATTENTION VOLUNTEERS!

We are partnering with Seniors In Service for an amazing opportunity. See Carrie Penney when you are at the Center to learn all of the perks and benefits for this special program.

VOLUNTEER MEETING

Monday, November 20, 2023 at 11 a.m.

ALL RESALE SHOP VOLUNTEERS: SAVE THE DATE!

We have scheduled a meeting for the date above. Please plan on attending if you work the Resale Shop.



COFFEE CHAT

Wednesday, November 8 at 11 a.m.

Please join Sally Marvin, supervisor of the Sunshine Senior Center, for a Coffee Chat following the Arthritis Exercise class. Grab your free coffee from the Sunset Cafe, learn about new programs, and discuss what you would like to see in programming and more at the Sunshine Senior Center. Contact 727-893-7133 for more information.



VOLUNTEERS NEEDED

Looking to give back to the community? Are you looking for something to keep you active and engaged? The Sunshine Senior Center is looking for volunteers just like you! We have plenty of fun activities to keep our participants connected, and we need your help. We are flexible and happy to work around your schedule and abilities.

Interested? Please contact Carrie Penney at 727-893-7622 to schedule a tour and receive volunteer information.



SHARE YOUR STORIES

**First and third Wednesdays, November 1 & 15
10:45 - 11:30 a.m.**

Acquire new techniques to develop and share your stories. Learn from master storyteller, Ross Tarr. Contact 727-893-7133 for more information.



Thanksgiving LUNCHEON



WEDNESDAY

**NOV
22**

11:30 A.M.

Dinner Menu

- Ham
- Turkey
- Sweet & mashed potatoes
- Mixed berry and feta salad
- Cornbread Stuffing
- Green beans
- Dinner rolls
- Tarts

Tickets are \$15 per person (a \$30 value)
Seating will be at 11:15 a.m.

You must register in advance for this event.
Scan the QR code to register online or contact
the center at 727-893-7101.



stpeteparksrec.org/sunshinecenter



Sponsored by the Friends of the Sunshine Senior Center.

ONSITE 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
Neighborhood 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.	727-753-9444
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

  <p>Kaitlin Moore, Benefit Consultant Phone: 813-422-1708 Email: kmoore@freedomh.com</p> <p>www.freedomhealth.com Member Services: 1-800-401-2740</p>		
<p>Local Office: 5403 Church Ave. N. Tampa, FL 33614</p>		

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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
stpetersparksrec.org/sunshinecenter

HOURS OF OPERATION

SUNSHINE SENIOR CENTER

330 Fifth Street North
St. Petersburg, FL 33701



NOVEMBER 2023 NEWSLETTER