

SUNNY SIDE UP

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



Flipping the Script on Aging Celebrating Older Americans Month

Each May, the Administration for Community Living (ACL) leads the national observance of Older Americans Month, honoring the invaluable contributions of older adults across the country. This year's theme, "Flip the Script on Aging," encourages us to change how we view getting older. It aims to transform society's perceptions of aging, emphasizing that growing older is not a period of decline, but instead it can be a time of reinvention, exploration, and fulfillment.

At the Sunshine Senior Center, we are excited to join this national celebration by encouraging our community to challenge common misconceptions and outdated stereotypes about older adults and the aging process. Rather than focusing on limitations, we aim to highlight the beauty and potential that come with aging. This year, we are dedicated to promoting the idea that aging is not only inevitable, but a beautiful, exciting opportunity to continue leading vibrant, adventurous lives. Join us and let's flip the script together.

Stay connected with us online:
stpeteparksrec.org/sunshinecenter



MAY 2025

Highlights from the Women's History Month Event



Our guest panel featured five inspiring, successful City of St. Pete women who shared their stories of drive and determination.



COMMISSION ON AGING ADVISORY MEETING

Wednesday, May 14, 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.

41ST ANNUAL SENIOR HALL OF FAME

CONGRATULATIONS TO OUR 2025 INDUCTEES!



Jack Fletcher



Antoinette Instone



Paulette Jones



Joanne Rainey



Jeffrey Thomas



David Middleton



Kathy Michaels



Sue Allen



David Baras



**Wallace Tal
Bratton**

HONORABLE MENTION

Gloria Allen • Roseanna Costa • Mary Lou Cunningham • Dorothy DaCosta • Mary Elise Dean
Nancy Dile • Jerry Downing • Diane Dudley • Bruno Falkenstein • Bob Funk • Janice Funk
Arthurine "AG" Grant • Sheri Gruden • Gary King • Izella McCree • Patricia Needom • Sharon Olson
Angela Parker • Bonnie Ruth • Michael Sadowsky • Candice Saunders • Joe Silvestro
Consiwillla Small • Lauren Smalls • Robin Taylor • Latrese Taylor
Janice Wickham • Raymond Williams • Rosetta Williams • Florette Young

THANK YOU TO OUR SPONSORS





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Administrator

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sunshinecenterfriends.org

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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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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 SUNSHINE SENIOR CENTER PLAYERS
PRESENTS

It's a Play with Music!

Heaven Help Us!

Written & Directed by David Middleton

Satan is after Max Malone's soul. Lola, one of Satan's best homewreckers, is out to get it. Will she succeed or will the love of a good woman foil her plan? Come see for yourself!

PERFORMANCES ON:

Thursday, May 15 at 1:30 p.m.

Friday, May 16 at 7 p.m.

Saturday, May 17 at 7 p.m.

Sunday, May 18 at 2 p.m.

Tickets \$10



WE GRATEFULLY ACKNOWLEDGE
OUR SPONSORS:



Friends of the Sunshine Center, Inc.

Tickets on sale now!

DON'T MISS



CRAFT CORNER

Tuesday, May 6, at 1 p.m.
Carrie's Crafts

Join Carrie Penney for a monthly art project that you create and take home.

Every Tuesday from 12 noon - 1 p.m.
Color Me Happy!

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



MOVIE DAY

Thursday, May 22, at 1 p.m.

🎬 Top Gun

In honor of Memorial Day, join us for a showing of *Top Gun*. Let's come together to celebrate and honor the sacrifices of the members of our United States Armed Forces.

Admission is free, and popcorn is on us!

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16-0330



Generations in Motion

Annual Community Service Week

Shorecrest Preparatory School & Sunshine Senior Center

MAY 27 - 29

**SUNSHINE SENIOR CENTER
330 FIFTH ST. N**

Join us for a week of
connection, wellness
& celebration!

Come be part of a meaningful, intergenerational experience! We're inviting Seniors to connect with Shorecrest Preparatory School high school-age students through shared activities, mutual learning, and community-building.

Highlights of What's Happening

- **Lunch Buddies:** Share a meal and stories with student partners
- **Community Art Project:** Collaborate and create something beautiful together
- **Wellness & Exercise Classes:** Celebrate National Senior Fitness Day with movement and mindfulness
- **Dance Party & Sharing Session:** Wrap up the week with music, dancing, and reflections on what we've learned from one another

Seeking Seniors!

We're looking for seniors who are excited to participate in some special extra activities during the Community Service Week.

Stop by the front desk or call 893-7133 for more details and to get signed up.

Whether you're here to move, mingle, create, or connect, there's a place for you in this special week!

EVENTS



DOC TALK ACUPUNCTURE

Wednesday, May 21, at 1 p.m.

Ever wondered what acupuncture is all about? What are the benefits? Most of all, does it hurt? If you'd like to learn more about this ancient alternative therapy, come and meet Dr. Matthew Mann to get all of your burning questions about acupuncture answered. Dr. Mann is an acupuncture expert and owner of St. Petersburg Acupuncture and Integrative Medicine. Please note, this is an information session only, no acupuncture will be administered.



LIVE MUSIC

Thursday, May 8, at 1 p.m.

Marc Blackwood - Come join us and enjoy harmonic delights featuring popular hits.

Fridays, May 2 & 16, at 2 p.m.

Booker Creek - Enjoy acoustic guitar from this trio featuring folk, bluegrass, and popular hits.

Acupuncture Sessions

Friday, May 2
10:30 a.m. - noon
Sunshine Senior Center
Next session: Friday, May 16

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 serve basis.



Healthy St. Pete

Healthy Cooking Demo

Wednesday, May, 7
1 p.m.

Sunshine Senior Center
330 5th St. N.



Join us for a free cooking demonstration and walk away with a new recipe.

For more information contact Healthy St. Pete at (727) 892-5994.

CALENDAR

SPECIAL EVENTS

NEW EVENTS

MONDAY

TUESDAY

WEDNESDAY

	<p>Play Rehearsal Every Tuesday & Thursday at 9:30 a.m.</p>	
<p>5</p> <p>9:30 Arthritis Exercise 10:30 Ping-Pong 1:00 Chair Volleyball 1:00 Rummikub</p>	<p>6</p> <p>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 Crafts</p>	<p>7</p> <p>9:30 Arthritis Exercise 10:30 Storytelling Circle 10:30 Ping-Pong 11:00 Floral Arranging 1:00 Mahjong 1:00 Healthy Cooking Demo 3:00 Tai Chi</p>
<p>12</p> <p>9:30 Arthritis Exercise 11:00 Birthday Celebration 1:00 Chair Volleyball 1:00 Rummikub</p>	<p>13</p> <p>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</p>	<p>14</p> <p>9:00 SOS Mobile Food Pantry 9:30 Arthritis Exercise 10:30 Storytelling Circle 10:30 Ping-Pong 1:00 Mahjong 1:00 Karaoke & Hula 3:00 Tai Chi</p>
<p>19</p> <p>9:30 Arthritis Exercise 10:30 Ping-Pong 1:00 Chair Volleyball 1:00 Rummikub</p>	<p>20</p> <p>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</p>	<p>21</p> <p>9:30 Arthritis Exercise 10:30 Storytelling Circle 10:30 Ping-Pong 1:00 Mahjong 1:00 Doc Talk Acupuncture 3:00 Tai Chi</p>
<p>26</p> <p>Closed for Memorial Day</p>	<p>27</p> <p>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</p>	<p>28</p> <p>9:30 Arthritis Exercise 10:30 Storytelling Circle 10:30 Ping-Pong 1:00 Mahjong 1:00 Have Legal Questions? 3:00 Tai Chi</p>

CALENDAR

SPECIAL EVENTS

NEW EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
1 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	2 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	3/4 Join our Fitness Center. It's <u>FREE</u> ! Fitness Center Hours: Monday - Friday, 9 a.m. - 3 p.m.
8 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	9 9:30 Arthritis Exercise 10:45 Sunshine Drumming 1:00 Bingo for Fun & Prizes 1:00 LGBTQ+ Seniors Coffee 2:00 Friday Dance Party	10/11
15 9:30 Caribbean Aerobics 10:30 Creative Writing 10:45 Spanish 11:00 Chair Yoga 12:30 Hand & Foot Cards 1:30 <i>Heaven Help Us! Play</i> 2:00 Tango 2:30 Chess	16 9:30 Arthritis Exercise 10:30 Acupuncture 10:45 Sunshine Drumming 1:00 Bingo for Fun & Prizes 2:00 Booker Creek Music Trio 7:00 <i>Heaven Help Us! Play</i> Skip's cookout	17 SATURDAY 7:00 <i>Heaven Help Us! Play</i> 18 SUNDAY 2:00 <i>Heaven Help Us! Play</i>
22 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	23 9:30 Arthritis Exercise 10:45 Sunshine Drumming 1:00 Bingo for Fun & Prizes 2:00 Friday Dance Party	24/25
29 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	30 9:30 Arthritis Exercise 10:45 Sunshine Drumming 1:00 Bingo for Fun & Prizes	31 All Are Welcome Here 

SOUTH CITRUS COAST PRESENTS

FRED ASTAIRE

**FRED ASTAIRE
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LEGENDS
AND ICONS**

Amateur & Professional Showcases

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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, Bingo, and more! and more



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Community!



RESOURCES



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) Program
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



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 have help to get you answers



Wednesday, May 28
1-4 p.m.
Sunshine Senior Center
330 5th St. N.

Meet with attorney, Haley Brown

CONNECT



SHARE THE SUNSHINE

Tuesday, May 6, at 10:45 a.m.

Join Marci Neal, Supervisor II 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, May 12, at 11 a.m.

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

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-day Party

**BRING YOUR OWN SNACKS
SECOND & FOURTH FRIDAYS**

**SUNSHINE SENIOR CENTER
330 5TH ST. N.**

The fun starts Friday, May 9, and continues Friday, May 23, from 2-3 p.m. Have questions? See your favorite Sunshine Senior Center staff member or call the center at 727-893-7133.



DAY TRIPS

Thursday, June 12

Sign up to visit St. Pete's own Sunken Gardens: four acres of beautiful botanical gardens, one of the oldest roadside tourist attractions in the United States. Arrive at the center at 9 a.m. We will leave at approximately 9:30 a.m. We will grab lunch at Carrabba's afterward. Sign up begins Monday, May 12.



COOKOUTS ARE BACK

Friday, May 2, and 16

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 JUNE

- Summer Dance
- Juneteenth-Freedom Day
- Armchair Travel
- Day Trip to MOSI
- Senior Summer Swim



Floral Arranging Workshop with Marci

Tuesday, May 7, at 11 AM | Sunshine Senior Center, 330 5th St. N.

Sign up for a fun and creative experience as Marci guides you through the art of floral arranging! Whether you're a beginner or seasoned floral enthusiast, this workshop is designed to inspire your creativity. All materials will be provided, just bring your creativity and a love for flowers.



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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Kaitlin Moore
Licensed Benefit Consultant



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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



MAY 2025 NEWSLETTER