

SUNNY SIDE UP

THE SUNSHINE CENTER NEWSLETTER
A COMMUNITY CENTER FOR **ACTIVE** ADULTS
LIVING THEIR BEST LIVES



January 2022

Murder Mystery Dinner Theatre

The staff has been chattering about hosting a Murder Mystery Dinner Theatre at the center for quite some time. We'd like to know if you would be interested in attending and/or participating in this event. Chef Brad will be cooking and staff will be directing and performing, but we'll need some help from you as well. Would you be willing to pay \$15 to \$20 for a dinner and show? Would you be willing to perform as an actor? Please leave your name and opinion at the first floor desk so we know if this is something you would enjoy!

Shingles is Preventable!

From National Institute of Health (www.nia.nih.gov)

Shingles, a disease that causes a painful skin rash, comes from the same virus that causes chickenpox. Approximately one in three people will get shingles, and the risk increases with age. Although there is no cure, shingles can be prevented and treated.

Here are five things you need to know about shingles:

1. Anyone who has recovered from chickenpox can develop shingles, including children.
2. Symptoms of shingles include burning or shooting pain, tingling or itching, chills, fever, headache, upset stomach, and rashes or blisters that develop on one side of the body, usually on the face or around the waist. There are medicines that may help.
3. Healthy adults, age 50 and older, should talk to their healthcare professional about getting the shingles vaccine to reduce their risk.
4. Generally, shingles is not contagious, but a person with active shingles can spread the virus when the rash is in the blister phase. It's important to keep the rash covered.
5. Most cases of shingles last three to five weeks. Most people get shingles only one time, but it is possible to have it more than once.

If you think you might have shingles, talk to your doctor as soon as possible.

The Sunshine Center may be offering flu and shingle vaccines in the near future through a local pharmacy. Stay tuned for more information.



NOTE: The Sunshine Center will be closed on Monday, January 18, in honor of Martin Luther King, Jr. Day.

All programs will adhere to local ordinances and CDC guidelines.

Sunshine Staff

SALLY MARVIN

893-7190 . . . Supervisor II

RONNIE VILLANO

893-7622 . . . Volunteers/Fitness Coordinator

BRAD LEAMER

892-7092. . . Events/Café

CARRIE LAIRD

893-7074 . . . Editor/Computers/Rentals/News

CARRIE PENNEY

893-7133 . . . Reception/Café/Programs

BRYAN ODOM

893-7101. . . Maintenance Worker II

Office on Aging

CAROLE WARE

**893-7102 . . . Community Resources & Health
Promotion, Supervisor I**

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Vice President

Ibolya (Violet) Prepost

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Charlene Allen Gary Munger

Joe Patterson Sandra Patterson

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Carol Ann Payne



Online Connections

Sunshine Senior Center

www.stpeteparksrec.org/sunshinecenter/

Or visit our sister site, the **Enoch Davis Center**

www.stpeteparksrec.org/enochdaviscenter/

City of St. Petersburg Parks and Recreation

www.stpeteparksrec.org/

Volunteer of the Quarter

SHANNON KONTRICK

In early February, a sweet lady named Shannon Kontrick walked into the Sunshine Center looking for the Neighborly Care Network offices. I happened to be standing nearby and asked if she would be interested in volunteering for us as well. She stated "As a matter of fact, I would like to make phone calls if I could do it from home." I was so excited to hear this, since our assurance call program abruptly ended after we reopened post-COVID, that we signed her up immediately! Knowing how important it was to reach folks still isolated at home, she wanted to jump in quickly. After compiling a list of approximately 150 people, she began the phone calls. Her calls became so important to the recipients, as well as to herself, that she began to go beyond the "wellness" call to make other connections for those in need. People coming into the center talk of how appreciative they were to receive a call, letting them know they weren't forgotten. Making 150 phone calls week after week is no easy task; emotionally, it can be quite draining. However, Shannon is up to the task and has realized that a human voice is really a mood booster and makes a huge difference to those who need to hear it.

Shannon was born in California and soon moved to Kansas. She met her husband while he attended the Air Force Academy, and she worked for the airlines. They traveled every three years to many countries outside of the United States as well as within. She landed back in Kansas, and then came to St. Petersburg where she found us and offered to give back to the senior community. Because of her gratitude for living a healthy and wonderful life, her compassionate side signaled to her that the Sunshine Center was the place to help others. It's for this commitment and her blessing us with such a passion to help our seniors that we have named Shannon our Volunteer of the Quarter.

Thank you, Shannon!



*Veronica Villano
Volunteer Coordinator
Sunshine Senior Center
Parks & Recreation Dept.*

**Shannon Kontrick
Volunteer of the Quarter
January-March 2022**

IN THE KNOW

Garden Club Volunteers
The Garden Club for the Sunshine Center welcomes people of all ages and abilities. Meet new friends and develop new skills. Celebrate the holidays with gifts from our community garden. Every day is Earth Day at the Sunshine Center. Come join us!
9 a.m. on Thursdays

For more info: Bob Murphy at murphydalzell@aol.com



See Ronnie for more details

330 Fifth Street N.



Acupuncture
by JoAnne

Friday, January 21

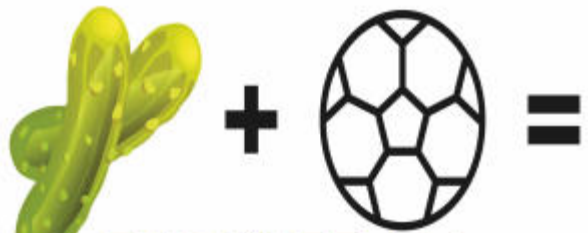
Appointments available:
9 a.m.
10 a.m.
11 a.m.
12 p.m.

Call 893-7133 to schedule your appointment. Please note, this service is donation based.
Please be kind.



Sunshine Center
330 Fifth Street N.
St. Petersburg, FL 33701

Dave & Cookie
Jan. 26, 2022. 1:00
Sunshine Auditorium



PICKLEBALL

Join Ronnie for a pickleball clinic.
Learn the rules of the game and
come have fun.

Tuesday, January 4
12:30-2:00 p.m.

Limited Spots
Sign Up Early!



330 Fifth Street N.
St. Petersburg, FL 33701

The City of St. Petersburg does not endorse any advertised company, product, or service, and assumes no liability for the goods or services received by any person.

The Care Partner Space Wednesday, January 12 12:00-1:00 p.m.

As care partners, sometimes we just need space. Space to share, space to vent, space to learn and connect. Find community in a safe and supportive environment. Gain a sense of well-being and empowerment. Dementia focused but all are welcome.



**GUARDIAN
GROUP
SERVICES**

727.490.8609

EPIC | **empath** health
a member of

LGBTQ Coffee Hour
Friday, January 21
11 a.m.

Wisdom Circle With Wanda

Thursdays at 11:00 a.m.

Join your peers to give and receive wisdom about current events, life happenings, and the impact of aging on everyday life.



For more information call 727.893.7133



Grief Café

Tuesday, January 11

10:30 a.m.

Grab a mug and join us for a coffee chat. Discussion focus is on various topics related to grief and loss.

**GUARDIAN
GROUP
SERVICES**

Sunshine Center
330 Fifth Street N.



Veterans Coffee Connection

Thursday,
January 6
8:30 a.m.



**COMMUNITY
LAW PROGRAM**
Working for Equal Access to Justice for All

Friday, January 7

Phone: 727.582.7480 to make
an appointment.



Have questions about
health insurance?

A SHINE counselor is
available to answer
questions.

Tuesday, January 4

Please call the 1st floor 727.893.7133 to

DAILY,
MONTFORT
&
TOUPS



Have Estate Planning,
Elder Law, or Tax Questions?

Call 727.893.7133 and schedule a
free 30-minute consultation.

Monday, January 10
10:00 a.m. to 2:00 p.m.



The City of St. Petersburg does not endorse any advertised company, product, or service, and assumes no liability for the goods or services received by any person.

Emotional Benefits of Exercise By National Institute of Health

Research has shown that exercise is not only good for your physical health, it also supports emotional and mental health. You can exercise with a friend and get the added benefit of emotional support. So, next time you're feeling down, anxious, or stressed, try to get up and start moving!

Physical activity can help:

- Reduce feelings of depression and stress, while improving your mood and overall emotional well-being;
- Increase your energy level;
- Improve sleep;
- Empower you to feel more in control.

In addition, exercise and physical activity may possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Here are some exercise ideas to help lift your mood:

- Walking, bicycling, or dancing. Endurance activities increase your breathing, get your heart pumping, and boost chemicals in your body that may improve mood.
- Yoga. This mind and body practice typically combines physical postures, breathing exercises, and relaxation.
- Tai Chi. This "moving meditation" involves shifting the body slowly, gently, and precisely, breathing deeply.
- Activities you enjoy. Choose an activity you want to do, not one you have to do.

MOORE MEDICARE OPTIONS

More options and guidance for Medicare.

Your local neighbor & resource for
Medicare Supplements, Medicare
Advantage Plans and Prescription
Drug Plans

Lisa Moore

Lisa@MooreMedicareOptions.com
MooreMedicareOptions.com

**Schedule a virtual
face-to-face appointment!
727-677-8040**



Sunshine Center, 330 5th Street North St. Pete 33701

Medicare Annual Election Period is NOW thru December 7th, Please contact Rafael to see how you can benefit from the new provisions for 2022.



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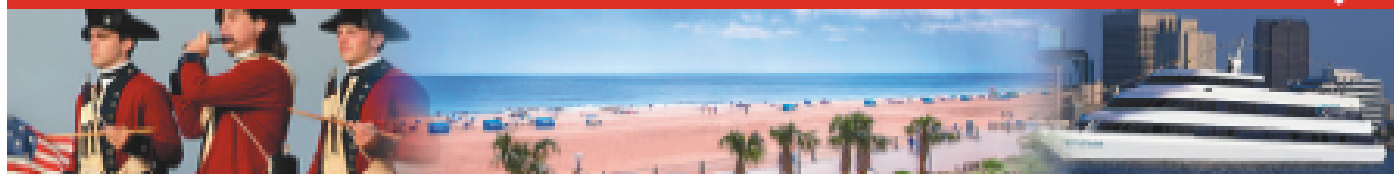
16-0330

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
January 2022		
3 9:30 ARTHRITIS EXERCISE CLASS 10:00 DRAMA GROUP 11:00 TABLE TENNIS 1:00 BEACH BALL VOLLEYBALL (SEATED)	4 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 10:30 COOKING MATTERS 11:00 YOGA— Canceled 12:30 CANASTA 12:30 PICKLEBALL CLINIC SHINE - all day, by appointment	5 9:30 ARTHRITIS EXERCISE CLASS 1:00 OUNCE OF PREVENTION 1:00 MAHJONG 3:00 TAI CHI
10 9:30 ARTHRITIS EXERCISE CLASS 10:00 DRAMA GROUP 10:00 LEGAL—BISHOP TOUPES 11:00 BIRTHDAY PARTY 11:00 TABLE TENNIS 1:00 BEACH BALL VOLLEYBALL (SEATED)	11 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 10:30 GRIEF CAFE 11:00 YOGA 12:30 CANASTA 1:00 GAME DAY— Pictionary!	12 9:30 ARTHRITIS EXERCISE CLASS 12:00 CARE PARTNER SPACE 1:00 KARAOKE & HULA 1:00 MAHJONG 3:00 TAI CHI
17 CLOSED 	18 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 11:00 YOGA 12:30 CANASTA	19 9:30 ARTHRITIS EXERCISE CLASS 1:00 MAHJONG 1:00 SONG FEST LIVE 3:00 TAI CHI
24 9:30 ARTHRITIS EXERCISE CLASS 10:00 DRAMA GROUP 11:00 TABLE TENNIS 1:00 BEACH BALL VOLLEYBALL (SEATED)	25 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 11:00 YOGA 12:30 CANASTA 1:00 COOKING AROUND THE WORLD “CHINESE NEW YEAR”	26 9:30 ARTHRITIS EXERCISE CLASS 1:00 DAVE & COOKIE—LIVE! 1:00 MAHJONG 3:00 TAI CHI
31 9:30 ARTHRITIS EXERCISE CLASS 10:00 DRAMA GROUP 11:00 TABLE TENNIS 1:00 BEACH BALL VOLLEYBALL (SEATED)		

<i>Thursday</i>	<i>Friday</i>	<i>Saturday/Sunday</i>
<p>6</p> <p>8:30 VETERANS COFFEE 9:00 GARDEN CLUB 9:30 CARIBBEAN AEROBICS 10:30 CREATIVE WRITING 11:00 WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME 12:30 MOVIE PRESHOW 1:00 MOVIE—<i>Field of Dreams</i> 1:00 CHAIR YOGA</p>	<p>7</p> <p>9:30 ARTHRITIS EXERCISE CLASS 9:30 COMMUNITY LAW 1:00 BINGO FOR FUN & PRIZES</p>	<p>8/9</p>
<p>13</p> <p>9:00 GARDEN CLUB 9:30 CARIBBEAN AEROBICS 10:30 CREATIVE WRITING 11:00 WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME 1:00 CHAIR YOGA</p>	<p>14</p> <p>9:30 ARTHRITIS EXERCISE CLASS 1:00 BINGO FOR FUN & PRIZES</p>	<p>15/16</p>
<p>20</p> <p>9:00 GARDEN CLUB 9:30 CARIBBEAN AEROBICS 10:30 CREATIVE WRITING 11:00 WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME 12:30 MOVIE PRESHOW 1:00 MOVIE—<i>Selma</i> 1:00 CHAIR YOGA</p>	<p>21</p> <p>9:00 ACUPUNCTURE—APPT ONLY 9:30 ARTHRITIS EXERCISE CLASS 11:00 LGBT COFFEE HOUR 1:00 BINGO FOR FUN & PRIZES</p>	<p>22/23</p>
<p>27</p> <p>9:00 GARDEN CLUB 9:30 CARIBBEAN AEROBICS 10:30 CREATIVE WRITING 11:00 WISDOM CIRCLE 12:30 READER'S THEATER 12:30 HAND AND FOOT CARD GAME 1:00 CHAIR YOGA</p>	<p>28</p> <p>9:30 ARTHRITIS EXERCISE CLASS 1:00 BINGO FOR FUN & PRIZES</p>	<p>29/30</p>
		<p>1</p> <p> Special Events</p> <p> New Events</p>
	7	

FRIENDS OF THE SUNSHINE CENTER, INC. PRESENTS

Virginia Beach, Colonial Williamsburg & Historic Norfolk



INCREDIBLE PRICE INCLUDES:

- ✦ Motorcoach transportation
- ✦ 6 nights lodging including 4 consecutive nights in Virginia Beach
- ✦ 10 meals: 6 breakfasts and 4 dinners
- ✦ The VIRGINIA BEACH BOARDWALK
- ✦ Visit to COLONIAL WILLIAMSBURG including a Guided Tour
- ✦ Dinner Cruise & Entertainment on the SPIRIT OF NORFOLK
- ✦ Admission to the NAUTICUS & BATTLESHIP WISCONSIN
- ✦ Visit to THE MARINERS' MUSEUM AND PARK
- ✦ VIRGINIA BEACH AQUARIUM & MARINE SCIENCE CENTER

For more pictures, video and information visit:
www.GroupTrips.com/FriendsOfTheSunshineCenter

\$850 *

7 DAYS 6 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Sun - Sat)

April

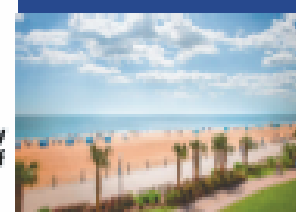
3 - 9, 2022



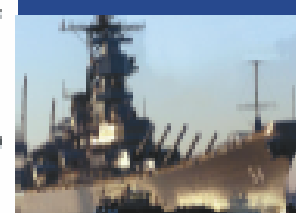
See History Come Alive
in Colonial
Williamsburg!



Enjoy a Cruise Aboard
the Spirit of Norfolk



Visit the Beautiful
Virginia Beach
Boardwalk



Experience the Nauticus
and
Battleship Wisconsin

Departure: Sunshine Senior Center, 330 5th Street N, Saint Petersburg, FL @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach and set off on your exciting trip! Tonight, settle into a comfortable en route hotel for a good night's rest.

Day 2: Today, after enjoying a Continental Breakfast, you'll depart for your destination, beautiful Virginia Beach! Later that day, enjoy a relaxing Dinner and check into your accommodations in Virginia Beach for a four-night stay.

Day 3: Start the day with a Continental Breakfast before heading to the VIRGINIA BEACH AQUARIUM & MARINE SCIENCE CENTER. This award winning attraction hosts over 800,000 gallons of aquariums and live animal habitats focusing on Virginia's diverse and unique marine environment. Then, relax and enjoy the VIRGINIA BEACH BOARDWALK. The Virginia Beach Boardwalk has been a treasured beach hot spot for locals and tourists alike. Rated one of America's Best Beach Boardwalks, you will find such a perfect mix of restaurants, shops, and unforgettable beach vibes. Tonight, enjoy Dinner and entertainment.

Day 4: Start the day with Continental Breakfast before you head to COLONIAL WILLIAMSBURG, and become a citizen of the Revolutionary City. Enjoy a guided tour. Engage with the local community and experience firsthand the daily struggles of wartime. Then, visit Merchant Square, an 18th-century-style retail village in Colonial Williamsburg, Virginia where you'll enjoy shopping and lunch on your own. THE MARINERS' MUSEUM AND PARK in Newport News, VA. Through their vast collection of over 32,000 artifacts, you'll live the engaging experience that connect people to the world's waterways. This evening, have Dinner before heading back to your hotel.

Day 5: Start the day with a Continental Breakfast, then, relax and enjoy the VIRGINIA BEACH BOARDWALK. Afterwards, head to Norfolk, Virginia where'll you'll begin your experience at the famous NAUTICUS & BATTLESHIP WISCONSIN. Located on the downtown waterfront, Nauticus is a marine themed science center with 3D films and dozens of exhibits. You'll also have an opportunity to experience the Battleship Wisconsin and the Hampton Roads Naval Museum. The Hampton Roads Naval Museum inside Nauticus presents 225 years of naval history. The museum is also responsible for the historic interpretation of the Battleship Wisconsin. Then, enjoy free time and lunch on your own. This evening, you will Cruise in style and comfort aboard SPIRIT OF NORFOLK. There'll be delicious freshly prepared dining, dancing and great sightseeing. Spirit of Norfolk allows you to experience a completely festive atmosphere at your leisure. Relax on their festive climate-controlled decks, or take a stroll to their spacious observation deck. Then, you'll head back to your hotel for a good night's rest.

Day 6: Enjoy a Continental Breakfast before leaving for the Halifax Historical Site in Halifax, NC. This evening, relax at your en route hotel.

Day 7: Today, after enjoying a Continental Breakfast, you depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

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FOR INFORMATION & RESERVATIONS CONTACT:

Carol Ann Payne @ (727) 821-2323

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*Benefits vary by plan. Consult the Evidence of Coverage for full plan details.

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†You may reach a messaging service on weekends from April 1 through September 30 and holidays. Please leave a message, and your call will be returned the next business day.

BayCare Select Health Plans is an HMO plan with a Medicare contract. Enrollment in BayCare Select Health Plans depends on contract renewal. Call Customer Service at (866) 509-5396 (TTY: 711) for more information. BayCare Select Health Plans complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

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 (866) 509-7307 (TTY: 711)
8am to 8pm, seven days a week†

 [BayCarePlus.org/ForYou](https://www.BayCarePlus.org/ForYou)

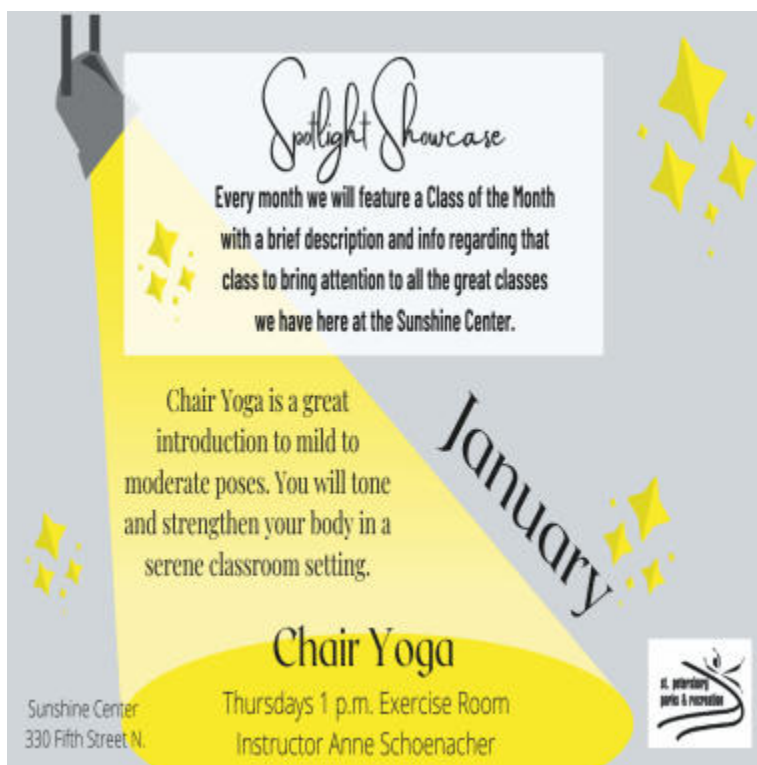
 **BayCarePlus**
Medicare Advantage

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For ad info. call 1-800-477-4574 • www.lpicommunities.com

16-0330



Spotlight Showcase

Every month we will feature a Class of the Month with a brief description and info regarding that class to bring attention to all the great classes we have here at the Sunshine Center.

Chair Yoga is a great introduction to mild to moderate poses. You will tone and strengthen your body in a serene classroom setting.

January


Chair Yoga

Thursdays 1 p.m. Exercise Room
Instructor Anne Schoenacher

Sunshine Center
330 Fifth Street N.

St. Petersburg parks & recreation

AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE




**Wednesday,
January 5
1:00 p.m.**

Learn about two new monthly programs to help you accomplish your health goals. The presentation will focus on Aging in place through health and wellness, both medical and dental.

**SUNSHINE CENTER
330 FIFTH STREET N.**

Edye Pullums
Nurse 2 Patient
Care Management

Joleyn Carriveau


St. Petersburg parks & recreation



Cooking Around the World

**Tuesday, January 25
1 p.m.**

Experience a trip around the globe with food and culture once a month. Each program consists of a cooking demonstration with a tasting. Come learn about different foods and cultures. Each participant will go home with a recipe and a take-home meal kit to cook at home. Seating is limited. Registration starts on January 5. Call 727- 893-7133 to reserve your spot.

COME AND CELEBRATE THE CHINESE NEW YEAR



 **Dedicated Senior
Medical Center**

**Sunshine Center
330 Fifth Street N.**



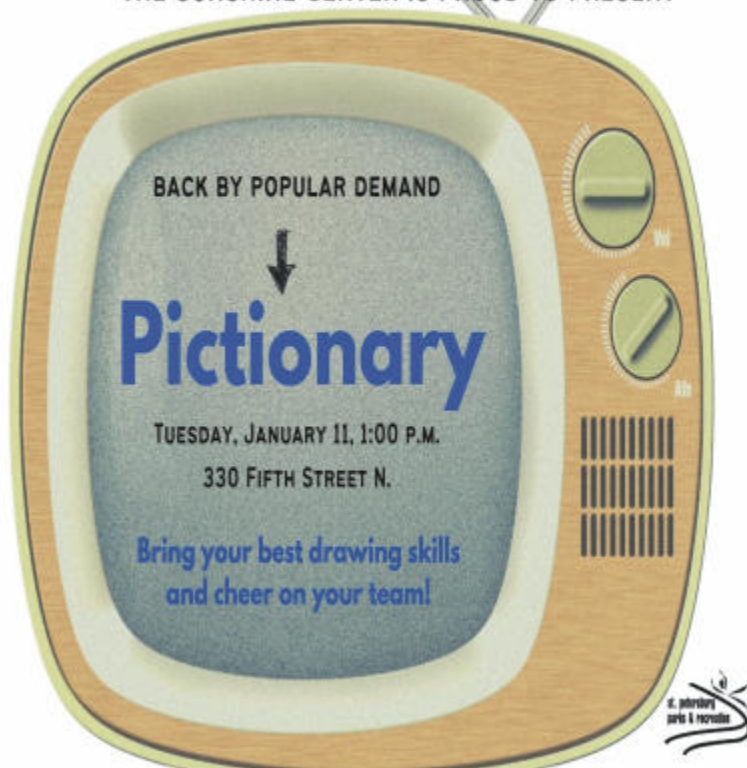
This month celebrate



China



THE SUNSHINE CENTER IS PROUD TO PRESENT



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For more information, call:

Brittany Jackson-Fletcher

727-338-3568, 8 a.m. to 6 p.m., Monday - Friday

Brittany.Jackson-Fletcher@Cigna.com



5 out of 5 stars for 2021

MEDICARE'S HIGHEST
RATING FOR 3 YEARS



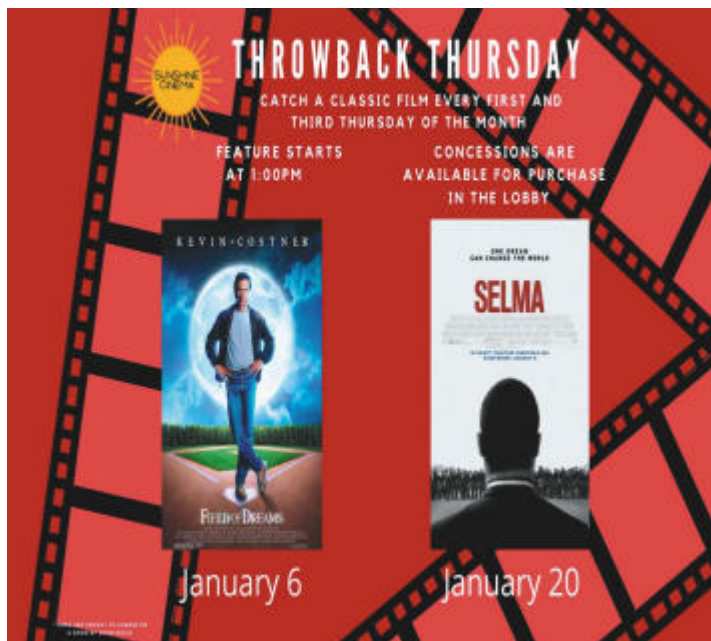
*You can use any licensed dental provider who is eligible under Medicare.

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For ad info. call 1-800-477-4574 • www.lpicomunities.com

16-0330



**"Faith is taking the first step
even when you don't see the
whole staircase."**

Martin Luther King Jr.

Creative Writing Corner

Give Me a Break

By Rachel Kahle

I meant to only buy a few groceries, but when I saw the pastries, I had to buy the cinnamon one with cream cheese frosting. The sandwiches at Publix are so good. Yes, I bought the Italian sub, then moved on to the fruits. Cherries were screaming at me to take them home, and I had to buy some nectarines and grapes, too. The lettuce and tomatoes said "We'll make a salad!", so in the cart they went. More calls came from the pistachios, steaks, chicken wings, and ox tails. Hershey bars and Russell Stover candies are on BOGO, so I must buy them. I have surpassed the items on my list by now. But there is still dog food to buy. Bella has allergies and with the vet suggested changes to the more expensive food, she's eating like a horse! I still have paper towels, toilet paper, and cheese to go. I even managed to squeeze butter, milk and eggs into the packed shopping cart.

People are by now remarking on how much this little old lady is going to eat. Oh, well, give me a break: I'm Italian and food is in my DNA. My nephew, who loves to cook, is my personal chef, so I buy him whatever spices and food he decides to cook up. Now, on to the checkout. The result is \$250. When I first walked into the store, I meant to spend \$150. Oh, woe is me!



This excerpt is from a writer that has been in the Creative Writing class offered at the Sunshine Center. This free class is at 10:30 a.m. on Thursdays. Please join us.

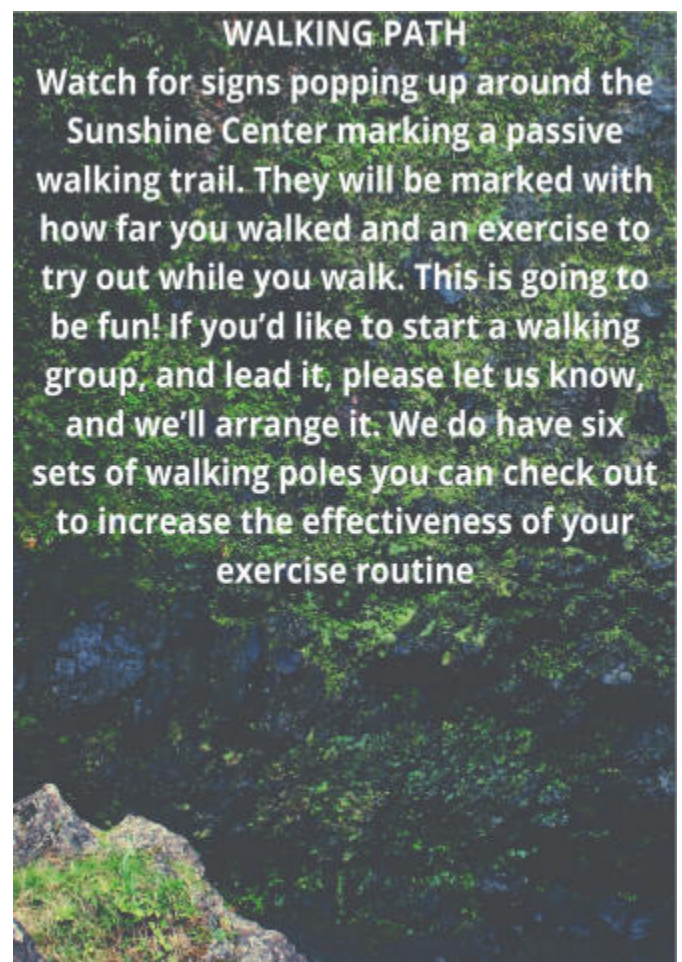


FEE CLASSES

Acupuncture	3rd Friday, 9:00 a.m. to 12:00 p.m. Exercise Room	Donation By appt only Call 893-7133 to reserve
Card Games Canasta and Hand & Foot	Tuesday and Thursday, 12:30 p.m. Pelican Room	\$2 drop-in
Caribbean Aerobics	Tuesday and Thursday, 9:30 a.m. Exercise Room	\$22/month or \$4/class
Chair Yoga in the Afternoon	Thursday, 1:00 p.m. Exercise Room	\$20/month or \$6/class
Mahjong	Wednesday, 1:00 p.m. Pelican Room	\$2 drop-in
Tai Chi	Wednesday, 3:00 p.m. Banyan Room	\$24/month or \$7/class
Yoga	Tuesday, 11:00 a.m. Pelican Room	\$20/month or \$6/class

ON-SITE AGENCIES

Commission on Aging Meeting	Second Wednesday of each month	Carole Ware 727-893-7102
Office On Aging	Monday to Friday	Carole Ware 727-893-7102
Guardian Group Services	Monday to Friday By appointment	Susan Brehm 727-490-8609
Friends of the Sunshine Center, Inc.	Monday to Friday, 9 a.m. – noon	727-821-2323
Kids & Kubs ¾ Century Softball Club	Monday, Wednesday, & Friday 9 a.m. – noon	727-893-7108
Moore Medicare Options	Monday to Friday By appointment	727-677-8040
Neighborly Care Network Senior Cafe, Meals on Wheels	Monday to Friday, 8:30 a.m. – 2 p.m. Monday to Friday, 11:45 a.m. – 12:15 p.m.	727-893-7136 727-756-1001 ext. 1108
Pinellas Opportunity Council Seniors in Service Retired Senior Volunteer Program	Monday to Friday By appointment	Sarah Rosenbaum 727-890-4808 813-582-2162 ext 842
St. Petersburg Lions Club Eye Center	Monday, Wednesday, & Friday 9:00 a.m. – 2:00 p.m. Closed Tuesday & Thursday	727-893-7152



SUNSHINE CENTER READER'S THEATER



A style of theater in which the actors present dramatic readings of narrative material without costumes, props, scenery, or special lighting. What better way to spur your interest in literature and theater. A new theme presented every quarter with a performance to showcase your creativity.

New Year, New Theme

Challenge yourself!

You are invited to join us as we start an 8-week session on Thursday, January 27, 2022. We will continue to meet on the 2nd and 4th Thursday of every month.

Mark your calendars

Thursday, January 27

12:30-2:00 p.m.

330 Fifth Street N.
For more information call 727-893-7133



Would you like to receive this newsletter for **free**? Send an email to carrie.laird@stpete.org, and we will send you the newsletter every month. If you'd rather get it in your postal box, fill out the form below, include \$10, and you will have the newsletter delivered to your mailbox for one year.

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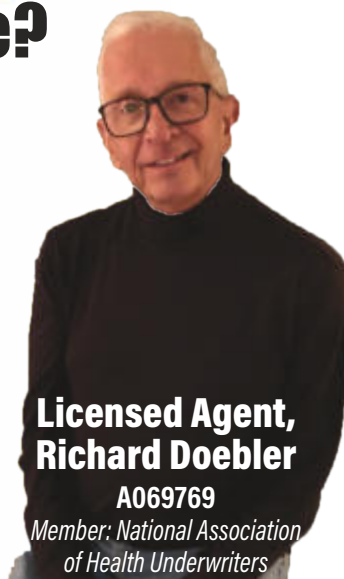
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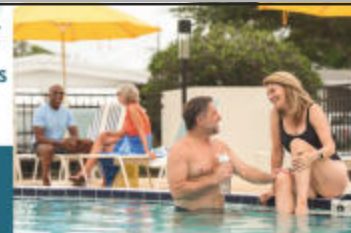
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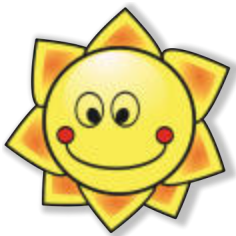
16-0330

The City of St. Petersburg's Sunshine Senior Center mission is to serve as a community focal point to enhance the quality of life of our citizens aged 50 and over.

MISSION STATEMENT

HOURS of OPERATION
Monday through Friday
8:00 a.m. until 4:00 p.m.
727-893-7101
SunshineCenterFriends.org
www.stpeteparksrec.org

Sunshine Center
330 Fifth Street North
St. Petersburg, FL 33701



January 2022