

SUNNY SIDE UP

THE SUNSHINE CENTER NEWSLETTER
A COMMUNITY CENTER FOR **ACTIVE** ADULTS



July 2021

JULY SPECIAL EVENTS YOU WON'T WANT TO MISS!

WET AND WILD

FRIDAY, July 2, 1pm Tie Dye a hat, attack the staff, play games, compete in the watermelon eating contest and enjoy the "wet t-shirt contest"! Come dressed to get wet on a hot summer day!

FAMILY FEUD

TUESDAY, July 13, 1pm Interactive audience will play the age old TV game show, Family Feud! Prizes!

OPEN HOUSE

FRIDAY, July 16, 1pm—3pm—Ice Cream Sundaes, demos, swag, prizes, bring a friend!

SUNSHINE READER'S THEATRE

THURSDAY, July 22, 12:30pm New session starts July 22 for six weeks. No experience necessary. Carole and Sally will be directing the actor driven play.

NEW PROGRAMS

COOKING MATTERS

TUESDAY, July 6, 10:30am, Cook with Hillary and learn new recipes for healthy living.

TABLET BASICS

WEDNESDAY, July 28, 1pm WellMed sponsored the purchase of 12 tablets. Hands-on lessons. Once you have completed the class, you can check out the tablets to use around the center.

RETURNING PROGRAMS

GOOD LIFE GAMES PRACTICE

MONDAYS, 11:00AM Practice washer toss, bag toss, table tennis. No experience needed. Have fun exercising.

CREATIVE WRITING

THURSDAYS, 10:30am. No experience needed, just a love of stories. Enjoy reading your own story or hearing others.

**ALL ABOVE PROGRAMS AND ACTIVITIES
ARE FREE OF CHARGE!**

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

Friends of the Sunshine Center, Inc. Board

President

Gerald Buchert

Vice President

Ibolya (Violet) Prepost

Secretary/Finance Chairman

Eileen Ozga

Board Members

Jay Morgan Ed Killeen

Milka Bamond Craig Allen

Charlene Allen Gary Munger

Joe Patterson Sandra Patterson

Administrator

Carol Ann Payne

sunshinecenterfriends.org



Internet 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

One secret to the success of our ongoing activities at the center is sponsorship. Without the special folks who contribute donations, our business wouldn't thrive as well. There are many companies who have given to the Sunshine Center for specific events, but there's one on-site agency who has been very generous with their continued support for events, such as our volunteer recognition parties, Senior Hall of Fame, holiday meals, and Volunteer of the Quarter recognitions. The "Friends of the Sunshine Center" is a volunteer board serving the needs of the Sunshine Center participants. They help bring awareness to the community about the center and promote our events, programs, and activities. Their continued advocacy is a fierce support system for the Sunshine Center, one for which we thank them endlessly. It is for these reasons we have named the Friends of the Sunshine Center, Inc. our "Volunteers of the Quarter."

Congratulations to these folks who work hard keeping our amazing center funded for success!

Thank you Friends!

IN THE KNOW



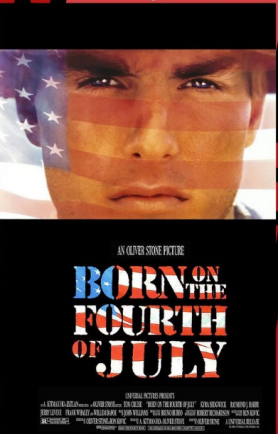
THROWBACK THURSDAY

ENJOY THREE CLASSIC FILMS IN JULY

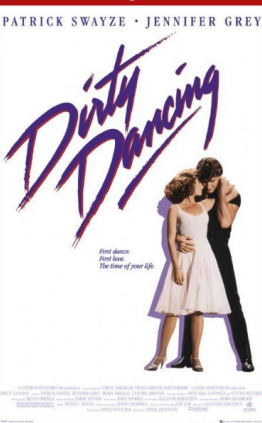
*PRESHOW STARTS 12:30PM
FEATURE STARTS AT 1:00PM

CONCESSIONS ARE AVAILABLE FOR PURCHASE IN THE LOBBY

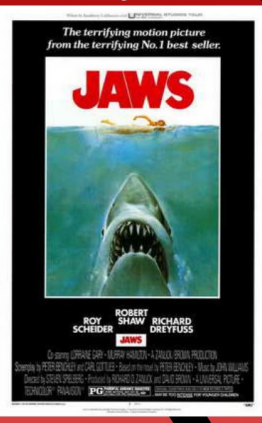
July 1



July 15



July 29



*TIMES ARE SUBJECT TO CHANGE ON A SHOW BY SHOW BASIS

B . I . N . G . O .

Hosted by Ronnie

12	41	63
4	free	61
7	35	75

Join us every Friday at 1 p.m.

You just got served!
Chair volleyball is back!

**Mondays at
1:00 p.m.**



You don't want to miss out on the fun, so come and join us for good exercise and a great time.

Be prepared to get wet!

**Water
Games**

**Friday, July 2
10 a.m.**

wet -N- wild

Join in on the fun to
celebrate the 4th of July.
Games, food, fun. Down
where the sun always shines!

330 Fifth Street N

tie



dye



WATERMELON



eating

CONTEST

THE SUNSHINE CENTER IS PROUD TO PRESENT

FAMILY FEUD

TUESDAY JULY 13, 1:00 P.M.

330 FIFTH STREET N

COME BE A PART OF OUR
SUNSHINE CENTER FAMILY
AND PLAY THE FEUD!



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.

Sunset Avenue Café

Daily Specials \$4.75

Mystery Monday

Taco Tuesday

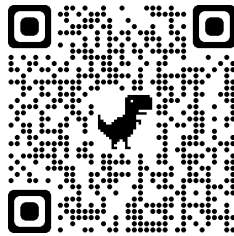
Chicken & Waffle Wednesday

Thirsty Thursday

Fish Fryday



Full menu available
Mon-Fri 8 a.m.—1 p.m.



Open your camera on your cell phone and
hover over QR code and the menu will pop
up to view

Attorney
Bishop L. Toups
& Attorney
Ben Sorrell



Have Estate Planning, Elder Law, or Tax Questions?


**Please call the Sunshine Center
to set up your free 30 minute
appointment (727) 893-7133.**

**Monday, July 12
10:00 a.m.- 2:00 p.m.**



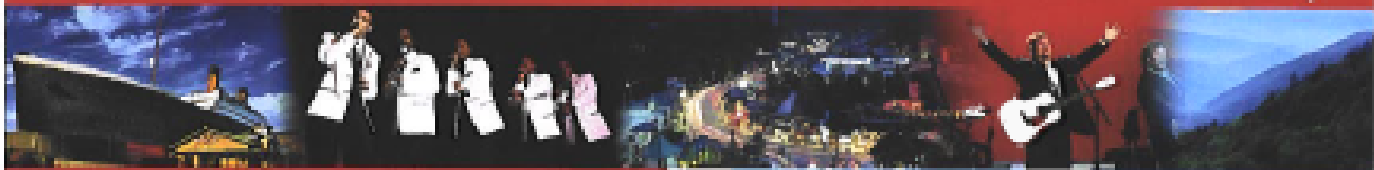
AD

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
July 2021		
5 SUNSHINE CENTER CLOSED	6 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 10:30 COOKING MATTERS (see p.10) 12:30 CANASTA	7 9:30 ARTHRITIS EXERCISE CLASS 3:00 TAI CHI
12 9:30 ARTHRITIS EXERCISE CLASS 11:00 SENIOR GAMES PRACTICE* 1:00 CHAIR VOLLEYBALL	13 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 12:30 CANASTA 1:00 FAMILY FEUD (see p.4)	14 9:30 ARTHRITIS EXERCISE CLASS 1:00 TODAY'S WORLD LYRICAL POETRY 3:00 TAI CHI
19 9:30 ARTHRITIS EXERCISE CLASS 11:00 SENIOR GAMES PRACTICE* 1:00 CHAIR VOLLEYBALL	20 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 12:30 CANASTA	21 9:30 ARTHRITIS EXERCISE CLASS 3:00 TAI CHI
26 9:30 ARTHRITIS EXERCISE CLASS 11:00 SENIOR GAMES PRACTICE* 1:00 CHAIR VOLLEYBALL	27 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 12:30 CANASTA	28 9:30 ARTHRITIS EXERCISE CLASS 1:00 TABLET BASICS CLASS 3:00 TAI CHI

<i>Thursday</i>	<i>Friday</i>	<i>Saturday/Sunday</i>
1	2	3/4
9:30 CARIBBEAN AEROBICS 10:00 KNIT & CROCHET 10:30 CREATIVE WRITING 11:00 WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME 12:30 SUNSHINE CINEMA PRESHOW 1:00 FEATURE PRESENTATION 1:00 CHAIR YOGA	9:00 ARTHRITIS EXERCISE CLASS 10:00 WET—N—WILD (see p. 4) 1:00 BINGO FOR FUN & PRIZES <i>Please note time change for Arthritis Exercise Class due to special event..</i>	
8	9	10/11
9:30 CARIBBEAN AEROBICS 10:00 KNIT & CROCHET 10:30 CREATIVE WRITING 11:00 WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME 1:00 CHAIR YOGA	9:30 ARTHRITIS EXERCISE CLASS 1:00 BINGO FOR FUN & PRIZES	
15	16	17/18
9:30 CARIBBEAN AEROBICS 10:00 KNIT & CROCHET 10:30 CREATIVE WRITING 11:00 WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME 12:30 SUNSHINE CINEMA PRESHOW 1:00 FEATURE PRESENTATION 1:00 CHAIR YOGA	9:30 ARTHRITIS EXERCISE CLASS 1:00 OPEN HOUSE see pg 12	
22	23	24/25
9:30 CARIBBEAN AEROBICS 10:00 KNIT & CROCHET 10:30 CREATIVE WRITING 11:00 WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME 12:30 READER'S THEATER 1:00 CHAIR YOGA	9:30 ARTHRITIS EXERCISE CLASS 1:00 BINGO FOR FUN & PRIZES	
29	30	31
9:30 CARIBBEAN AEROBICS 10:00 KNIT & CROCHET 10:30 CREATIVE WRITING 11:00 WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME 12:30 SUNSHINE CINEMA PRESHOW 1:00 FEATURE PRESENTATION 1:00 CHAIR YOGA	9:30 ARTHRITIS EXERCISE CLASS 1:00 BINGO FOR FUN & PRIZES	 Special Events

FRIENDS OF THE SUNSHINE CENTER, INC. PRESENTS

Pigeon Forge and Smoky Mountains Show Trip



INCREDIBLE PRICE INCLUDES:

- ✦ Motorcoach transportation
- ✦ 5 nights lodging including 3 consecutive nights in the Smokies
- ✦ 8 meals: 5 breakfasts and 3 dinners
- ✦ Admission to TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION
- ✦ One Morning Show: The SMITH MORNING VARIETY SHOW
- ✦ Four Evening Shows: PATTY WASZAK SHOW, SOUL OF MOTOWN, AMERICA'S HIT PARADE & COUNTRY TONITE
- ✦ Free time in HISTORIC DOWNTOWN GATLINBURG
- ✦ GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK

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

\$650 *

6 DAYS 5 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Sat)

September

20 - 25, 2021

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

Day 1: Depart your group's location in a spacious, restroom and video equipped motorcoach and set off for the breathtaking Smoky Mountains! This evening, you'll check into your en route hotel for a good night's rest.

Day 2: Today, after enjoying a Continental Breakfast, you'll continue towards your destination - the Smoky Mountains. Later, you'll check into your hotel for a three night stay. Tonight, after enjoying Dinner, take in the high-energy SOUL OF MOTOWN SHOW. Relive the great music of Motown Legends like the Drifters, the Platters, Sam Cooke, Smokey Robinson, the Jackson Five, Aretha Franklin, Gladys Knight, Diana Ross, and more!

Day 3: Start your day with a Continental Breakfast, before heading off on a GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK. Afterward, enjoy free time and lunch on your own in HISTORIC DOWNTOWN GATLINBURG. Then, you will experience the PATTY WASZAK SHOW, as this talented entertainer wows you by playing an array of multiple instruments and fun-filled tunes. This evening, after Dinner, enjoy COUNTRY TONITE, a fast-paced production with a variety of dynamic singing and dancing, side-splitting comedy, powerful gospel, and American patriotism.

Day 4: Today, you'll start your day by enjoying a Continental Breakfast before departing for the SMITH MORNING VARIETY SHOW! You can look forward to an outstanding blend of classic country music, heartfelt gospel music, oldies rock-n-roll music, clean family comedy, and impersonations of famous stars you have to see to believe! This evening, you will enjoy Dinner and see the AMERICA'S HIT PARADE SHOW. Spanning the Fifties to the Eighties and beyond, this high-energy show features singing, dancing, colorful costumes, and a special one-of-a-kind Military Tribute to the men and women of the Armed Forces.

Day 5: Enjoy a Continental Breakfast before starting your morning at the impressive TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION. You can experience the hallways, parlors, cabins, and Grand Staircase of this replica of the world's most famous luxury liner, view actual artifacts, and more. You can also hear passenger stories and pay tribute to their memory. This evening, relax at your en route hotel.

Day 6: 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 shows you've seen and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive Travel Confidence Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$189 for single occupancy.
Final Payment Due: 7/13/2021

FOR INFORMATION & RESERVATIONS CONTACT:

Carol Ann Payne @ (727) 821-2323

Diamond Tours inc.
 Bringing Group Travel to a Higher Standard™

The Office of Travel and the 8722115

Sunshine Center Tablet Program

Tablet Basics
Wednesday, July 28
at 1:00 pm

Thank You to WellMed Foundation
for financing

12 new tablets. We will have instructional opportunities. We will have a check-out system beginning in August to use them on-site. You must take Tablet Basics before you can check them out.



SUNSHINE CENTER READER'S THEATER

The Reader's Theater is a style of theater in which the actors present dramatic readings of material chosen and formatted by the group. Be a part of creating a unique piece, and spur your interest in literature and theater. Compose a new theme every quarter with a performance to showcase your creativity.

New Session Starts
July 22, at 12:30 p.m.

330 Fifth Street N.

Cooking Matters
Choose Whole Grains As
Often As You Can.

Tuesday, July 6,
10:30 a.m.

Hillary Miller, Nutrition Educator
UF/IFAS Extension Family Nutrition Program

UF/IFAS
UNIVERSITY OF FLORIDA



Any interest in....



**Anything else you don't see that
you would like to do?**

**Stop by or call Carrie L, to see if
we can begin something new! We
are always open to suggestions!**

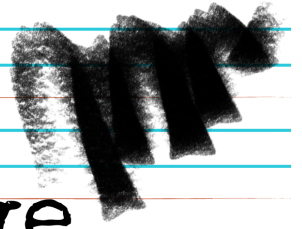
893-7074

Good Life Games Practice Mondays 11:00 a.m.

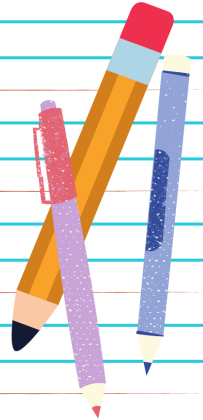


Come enjoy a little healthy competition. Find out how to get involved in the Good Life Games and Florida Senior Games.

No fee
330 Fifth Street N.



Creative writing is back!!!



Thursdays 10:30 a.m.
the Pelican Room
Sunshine Center
330 Fifth St. N.



Open House

Sunshine Center

Friday July 16, 1-3 p.m.

330 Fifth Street N



ice cream social



You're all that with
the cherry on top

GUARDIAN
GROUP
SERVICES

Join us for our open house. Come and see all that we have to offer. Meet the staff, check out the agencies that we have on-site, get involved!

- *Demos
- *Fun, swag, and prizes
- *Bring a friend



RECREATIONAL ACTIVITIES

Ageless Grace	Tuesday, 9:30 a.m. Banyan Room	No Fee
Arthritis Exercise Unbelievable Results!	Monday, Wednesday & Friday, 9:30 a.m. Banyan Room	No Fee
Canasta Card Game	Tuesday, 12:30 p.m. Pelican Room	\$2 drop-in
Caribbean Aerobics	Tuesday & 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 per class
Creative Writing	Thursday, 10:30 a.m. Pelican Room	No Fee
Drama Group Sunshine Center Players	Monday, 10:00 a.m. Auditorium	Hiatus
Fitness Center	Monday through Friday 9:00 a.m. – 3:00 p.m.	No Fee
Hand & Foot Card Game	Thursday, 10:00 a.m. Pelican Room	\$2 drop-in
Improv Class with Performances	Tuesday, 5:30 p.m. Auditorium	Hiatus until September
Knit and Crochet Social Group	Thursday, 10:00 a.m. Flamingo Room	No Fee
Senior Games Social Table Tennis, Bag & Washer Toss	Monday, 11:00 a.m. – 2:00 p.m. Banyan Room	No Fee
Tai Chi	Wednesday, 3:00 p.m. Banyan Room	\$24/month or \$7/ class
Ukulele	Friday, 1:00 p.m. Osprey Room	Hiatus until August
Wisdom Circle	Thursday, 11:00 a.m. Banyan Room	No Fee

*Must have a Parks & Recreation ADVANTAGE Membership to participate in all classes. Low income residents may qualify for the Fee Waiver Program. For more information on this program, contact Sally Marvin at 893-7190.

ON-SITE AGENCIES		
AARP Smart Driver Course	Second Friday of each month Must register online or call to register. Limited class size.	873-0660
Commission on Aging	Second Wednesday of each month	Call Carole Ware for more info 893-7102
Community Law Program	First Friday of each month at 9:30 a.m. Must call for an appointment to be seen.	Call 582-7480 for an appointment
Community Resource & Health Promotion Office	Monday to Friday, 8:30 a.m. – 3:30 p.m.	Carole Ware 893-7102
Guardian Group Services	By appointment	Susan Brehm 490-8609
Friends of the Sunshine Center, Inc.	Monday to Friday, 9 a.m. – noon	821-2323
Kids & Kubs ¾ Century Softball Club	Monday, Wednesday, & Friday 9 a.m. - noon	893-7108
Moore Medicare Options	Monday to Friday By appointment	677-8040
Neighborhood Care Network Group Dining, Meals on Wheels	Monday to Friday, 8:30 a.m. – 2 p.m. Monday to Friday, 11:45 a.m. – 12:15 p.m.	893-7136 756-1001 ext. 1108
R.S.V.P. Retired Senior Volunteer Program	Monday to Friday By appointment	Sarah Rosenbaum 890-4808 813-582-2162 X 842
St. Petersburg Lions Club Eye Center	Monday, Wednesday, & Friday 9:00 a.m. – 2:00 p.m. closed Tuesday & Thursday	893-7152

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

SUNSHINE CENTER NEWSLETTER SUBSCRIPTION FORM

330 FIFTH STREET N., ST. PETERSBURG, FL 33701

\$10 per year (Make checks payable to City of St. Petersburg)

First and Last Name:_____

Address:_____

City:_____ State:_____

Zip: _____ Telephone:_____

EMAIL Subscription (Free)_____

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

www.stpeteparkrec.org

SunshineCenterFriends.org

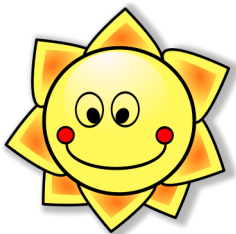
727-893-7101

8:00 a.m. until 4:00 p.m.

Monday through Friday

HOURS of OPERATION

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



July 2021