SUNNY SIDE UP

THE SUNSHINE SENIOR CENTER NEWSLETTER

ACTIVE ADULTS LIVING THEIR BEST LIVES

August 2022

st. petersburg parks & recreation

Lifestyles After 50 Health Fair

The *Lifestyles After 50* publication is hosting a health fair on Thursday, August 18, at 9:00 a.m. for your benefit. Learn about ways to get and/or stay healthy and fit for a better quality of life!

Seniors Week

Join us as we celebrate SeniorsWeek August 21 through August 25. We plan to bring our participants via our van to each event: Azalea Senior Fit Fair will be on Sunday, August 21; Enoch Davis Center will host a Taste of the Gardens cooking demo from their gardens on Monday, August 22; Bay Vista has a Senior Games Showdown on Wednesday, August 24; and on Thursday, August 25, the Sunshine Senior Center will host a Senior Gala semiformal dance for intergenerational participants. Sign up at the front desk if you plan to attend, and let us know if you need the van ride. For more information, go to stpeteparksrec.org/seniorsweek.

The Blue Orchid Murder

The Blue Orchid Murder happens on September 10, but rehearsals for this hilarious murder mystery dinner theatre will be held July through September. Get your 20s flapper dresses ready, your spatz shined up, and buy your tickets NOW!

Welcome Creative Clay!

We are fortunate to have a facility that is open to all our citizens. Creative Clay just discovered us, and they are thrilled to become a part of the Sunshine Senior Center. These adult artists with disabilities will be welcomed with open arms by our center participants. We'll do some activities together when they come on Wednesdays and Fridays, and they will certainly enjoy our Sunset Avenue Café selections for lunch!

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 . . . Computers/Rentals

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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sunshinecenterfriends.org
Accounting by TABS, INC.

Online Connections

Sunshine Senior Center
www.stpeteparksrec.org/sunshinecenter/

City of St. Petersburg Parks and Recreation
www.stpeteparksrec.org/

Volunteer of the Quarter

When Betty Medernach enters the Sunshine Senior Center, you'll know it! In addition to her fun and sometimes loud form is a kind and giving soul. She began coming to the center two years ago only to work out in the Fitness Center. Then she began dining with newly met friends at the Neighborly Senior Cafe. Soon after visiting the rest of the center, she decided to engage in our activities. Betty is quick to lend a hand, get signatures on a birthday or get well card, give creative criticism, and definitely has a good time creating laughter for all during our classes. Along with helping to take down chairs and tables for events, Betty is a caregiver to those in need of some extra assistance. She always keeps an eye out for everyone's needs and will volunteer to drive folks to doctor appointments, shopping or to the center. Betty enjoys having a good time with others. Our day trips are one of her favorite activities. She's all about happiness and positive vibes for her life. For all that she does, Betty is our "Volunteer of the Quarter". If you haven't met her, just look for the bright blonde hair and someone who is always laughing. THANK YOU, BETTY!

BETTY MEDERNACH

Volunteer of the Quarter

July-September 2022

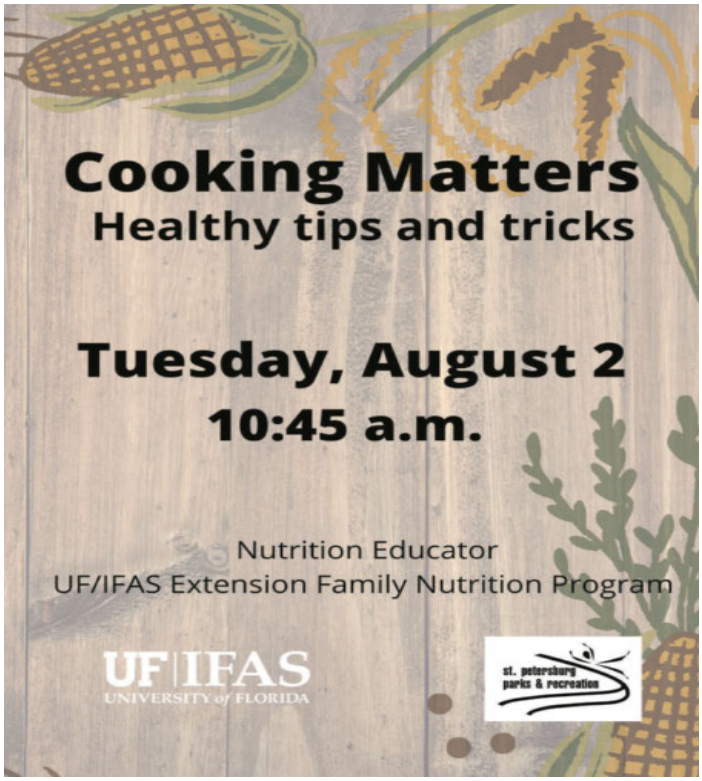
MARK YOUR CALENDARS!

Coffee Chat

Please join Supervisor Sally Marvin for a Coffee Chat on Wednesday, August 10, at 10:40 a.m., right after Ronnie's Arthritis Exercise Class.

Grab your free coffee from the Café, learn about new programs, and discuss what you would like to see in programming and about the Sunshine Center in general.

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.



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Young at Heart Garden Club

SUNSHINE SENIOR CENTER

The Young at Heart Garden Club of the Sunshine Center welcomes people of all ages and abilities. Meet new friends and develop new skills. Enjoy fresh food in every season. Come join us!

Garden Club work days are now scheduled for every Tuesday and Thursday from 9:00 a.m. to 11:00 a.m. (Except when the center is closed.)

The Garden Club meetings, for all people who are interested, are on the third Thursday of every month at 9:00 a.m.

Sunshine Center
330 Fifth Street N.

st. petersburg parks & recreation

Garden Club Note:

Please don't harvest items without asking the Garden Club. We grow vegetables and flowers to share with others at special events. Some garden items are grown for the Cafe at the Sunshine Senior Center. Please be considerate of others.

Thank you

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Lisa Moore
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MooreMedicareOptions.com

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

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

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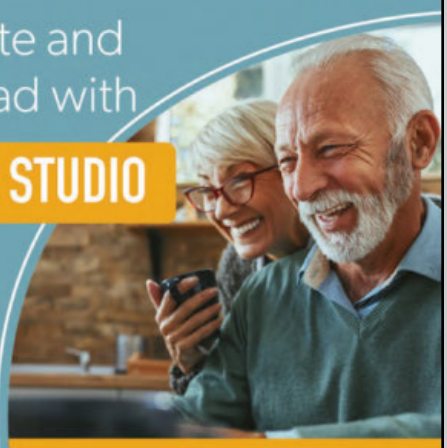

lpicommunities.com/adcreator

A Travel Trip to Cape Cod, Martha's Vineyard, and Plymouth!

$1,100 for 11 days/10 nights; Per Person, Double Occupancy; Friday-Monday, September 9-19, 2022

Register now! Call 727-821-2323

For estate planning, elder law, or tax questions - appointments are available 2nd Monday of the month, from 10 am-3 pm. Call 727-893-7133 to get scheduled.

DAILY, MONTFORT & TOUPS

SEASONS HOSPICE & PALLIATIVE CARE

GUARDIAN GROUP SERVICES

Grief Cafe' - 2nd Tuesday of the month at 10:30 am. Open to all who are grieving.

Care Partner Space - 2nd Wednesday of the month at 12 pm. Dementia focused but all are welcome.

GUARDIAN GROUP SERVICES

empath health

Veterans Coffee Hour - 1st Thursday of the month at 8:30am.

Community Law Program - 1st Friday of the month at 9:30 am. Call 727-582-7480 to schedule an appointment.

COMMUNITY LAW PROGRAM
Working for Equal Access to Justice for All

FLORIDA SHIP SHINE
Serving Health Insurance Needs of Elders
Florida Department of Elder Affairs

The SHINE Program - 1st Tuesday of the month. Call 727-893-7133 to schedule an appointment.

st. petersburg parks & recreation

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

Support Groups at The Sunshine Center

August 2022

Monday	*Tuesday*	*Wednesday*
1 9:30 ARTHRITIS EXERCISE CLASS **10:30 GROCERIES ON THE GO** 11:00 TABLE TENNIS 1:00 BEACH BALL VOLLEYBALL 1:00 PAINTING CLASS	2 9:00 GARDEN CLUB 9:30 AGELESS GRACE 10:45 COOKING MATTERS 9:30 CARIBBEAN AEROBICS 10:45 COOKING MATTERS 11:00 YOGA 12:30 CANASTA	3 9:30 ARTHRITIS EXERCISE CLASS 1:00 MAHJONG 3:00 TAI CHI **Sunshine Day Trippers—Rays Game!**
8 9:30 ARTHRITIS EXERCISE CLASS 10:00 LEGAL—BISHOP TOUPES 10:00 GULFCOAST LEGAL *By Appt.* 11:00 TABLE TENNIS **11:00 BIRTHDAY CELEBRATION** 1:00 BEACH BALL VOLLEYBALL 1:00 PAINTING CLASS	9 9:00 GARDEN CLUB 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 10:30 GRIEF CAFÉ 11:00 YOGA 12:30 CANASTA	10 **9:00 S.O.S. FOOD PANTRY** 9:30 ARTHRITIS EXERCISE CLASS 10:40 COFFEE CHAT W/SALLY 12:00 CARE PARTNER SPACE 1:00 MAHJONG 1:00 KARAOKE & HULA 3:00 TAI CHI
15 9:30 ARTHRITIS EXERCISE CLASS **10:30 GROCERIES ON THE GO** 11:00 TABLE TENNIS 1:00 BEACH BALL VOLLEYBALL 1:00 PAINTING CLASS	16 9:00 GARDEN CLUB 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 11:00 YOGA 12:30 CANASTA	17 9:30 ARTHRITIS EXERCISE CLASS 1:00 MAHJONG 3:00 TAI CHI
22 9:30 ARTHRITIS EXERCISE CLASS 11:00 TABLE TENNIS 1:00 BEACH BALL VOLLEYBALL 1:00 PAINTING CLASS **5:00 TASTE OF THE GARDENS** **Enoch Davis Center**	23 9:00 GARDEN CLUB 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 11:00 YOGA 12:30 CANASTA	24 9:30 ARTHRITIS EXERCISE CLASS 12:00 **SENIOR SHOWDOWN** **Bay Vista Recreation Center** 1:00 MAHJONG **1:00 DAVE & COOKIE LIVE!** 3:00 TAI CHI
29 9:30 ARTHRITIS EXERCISE CLASS 11:00 TABLE TENNIS 1:00 BEACH BALL VOLLEYBALL 1:00 PAINTING CLASS	30 9:00 GARDEN CLUB 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 11:00 YOGA 12:30 CANASTA **1:30 COOKING AROUND THE WORLD**	31 9:30 ARTHRITIS EXERCISE CLASS 1:00 MAHJONG 3:00 TAI CHI

Thursday	*Friday*	*Saturday/Sunday*
4 8:30 VETERAN'S COFFEE HOUR 9:00 GARDEN CLUB 9:30 CARIBBEAN AEROBICS 10:30 CREATIVE WRITING 10:45 SPANISH LANGUAGE CLASS 11:00 VOICES OF WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME	5 9:30 ARTHRITIS EXERCISE CLASS 9:30 COMMUNITY LAW 1:00 BINGO FOR FUN & PRIZES	6/7
11 9:00 GARDEN CLUB 9:30 CARIBBEAN AEROBICS 10:30 CREATIVE WRITING 10:45 SPANISH LANGUAGE CLASS 11:00 VOICES OF WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME 12:30 READER'S THEATER **1:00 OPEN UP AND SING/SPEAK**	12 9:30 ARTHRITIS EXERCISE CLASS 1:00 BINGO FOR FUN & PRIZES	13/14
18 9:00 GARDEN CLUB **9:00 LIFESTYLE HEALTH FAIR** 9:30 CARIBBEAN AEROBICS 10:30 CREATIVE WRITING 10:45 SPANISH LANGUAGE CLASS 11:00 VOICES OF WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME **Sunshine Day Trippers—Imagine Museum/The Hangar Restaurant**	19 9:30 ARTHRITIS EXERCISE CLASS **11:00 SUNSHINE CENTER TOUR!** 1:00 BINGO FOR FUN & PRIZES	20/21
25 9:00 GARDEN CLUB 9:30 CARIBBEAN AEROBICS 10:30 CREATIVE WRITING 10:45 SPANISH LANGUAGE CLASS 11:00 VOICES OF WISDOM CIRCLE 12:30 READER'S THEATER 12:30 HAND AND FOOT CARD GAME **5:30 SENIOR GALA**	26 9:30 ARTHRITIS EXERCISE CLASS 1:00 BINGO FOR FUN & PRIZES	27/28
		Special Events New Events

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FREEDOM HEALTH
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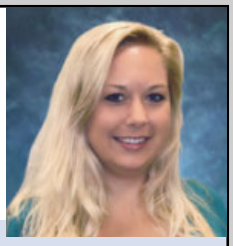

Kaitlin Moore, Benefit Consultant
Phone: 813-422-1708 | Email: kmoore@freedomh.com

www.freedomhealth.com
Member Services: 1-800-401-2740

Local Office: 5403 Church Ave. N.
Tampa, FL 33614

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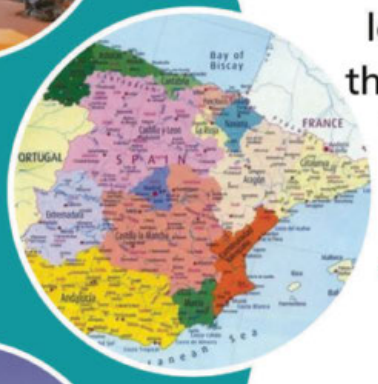
Time to Travel Again

Enjoy your best free vacation without leaving your seat. Join us as we taste the cuisine and learn about the culture. You will leave with a recipe and the ingredients to try it out at home.

SPAIN



Tuesday, August 30

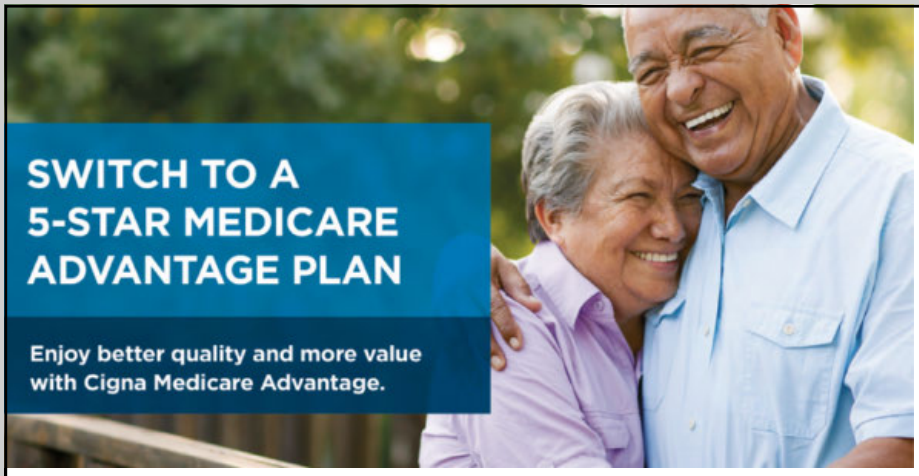
1:30 p.m.

Sunshine Center 330 Fifth Street N.

Book Now

st. petersburg parks & recreation

Register St. Pete Parks and Rec Connect or the front desk starting August 1. Spots are limited.



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Daily Positive

Get a daily dose of inspiration via email with the FREE Daily Positive! Each day they'll send you a short, encouraging message to help you win the day. Sign up for free at https://dailypositive.com/

You are cordially invited....

To attend a **free tour** of the Sunshine Senior Center
Friday, August 19
11:00 a.m.

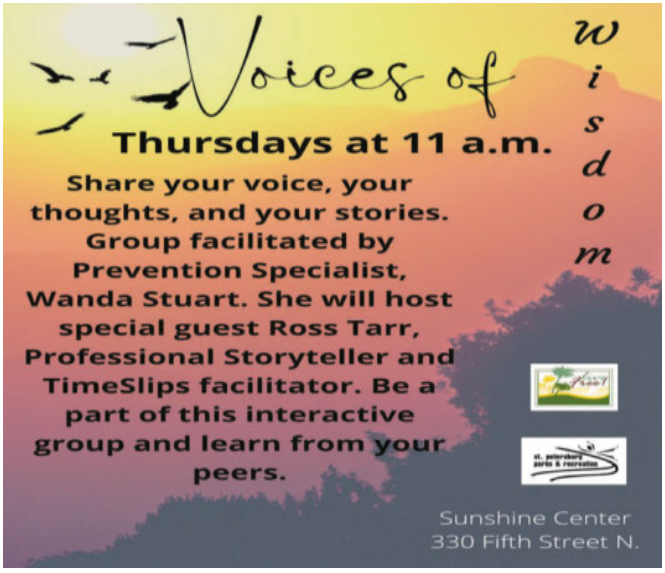
Learn our history, share in our changes, delight in our programming.
(No registration required)

Creative Writing Corner

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

The Right to Write
By Sherry Davis

The right to write
And the right to read,
Is the sort of right
I essentially need,
For without my pen
And without my book,
I am a fisherman
Without a hook!



FEE CLASSES

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
MahJong	Wednesday, 1:00 p.m. Pelican Room	$2 drop-in
Painting Class (Watercolor or Acrylic)	Monday, 1:00—3:30 p.m. Exercise Room	$30/month
Spanish Language	Thursday, 10:45 a.m. Pelican Room	$16/month
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

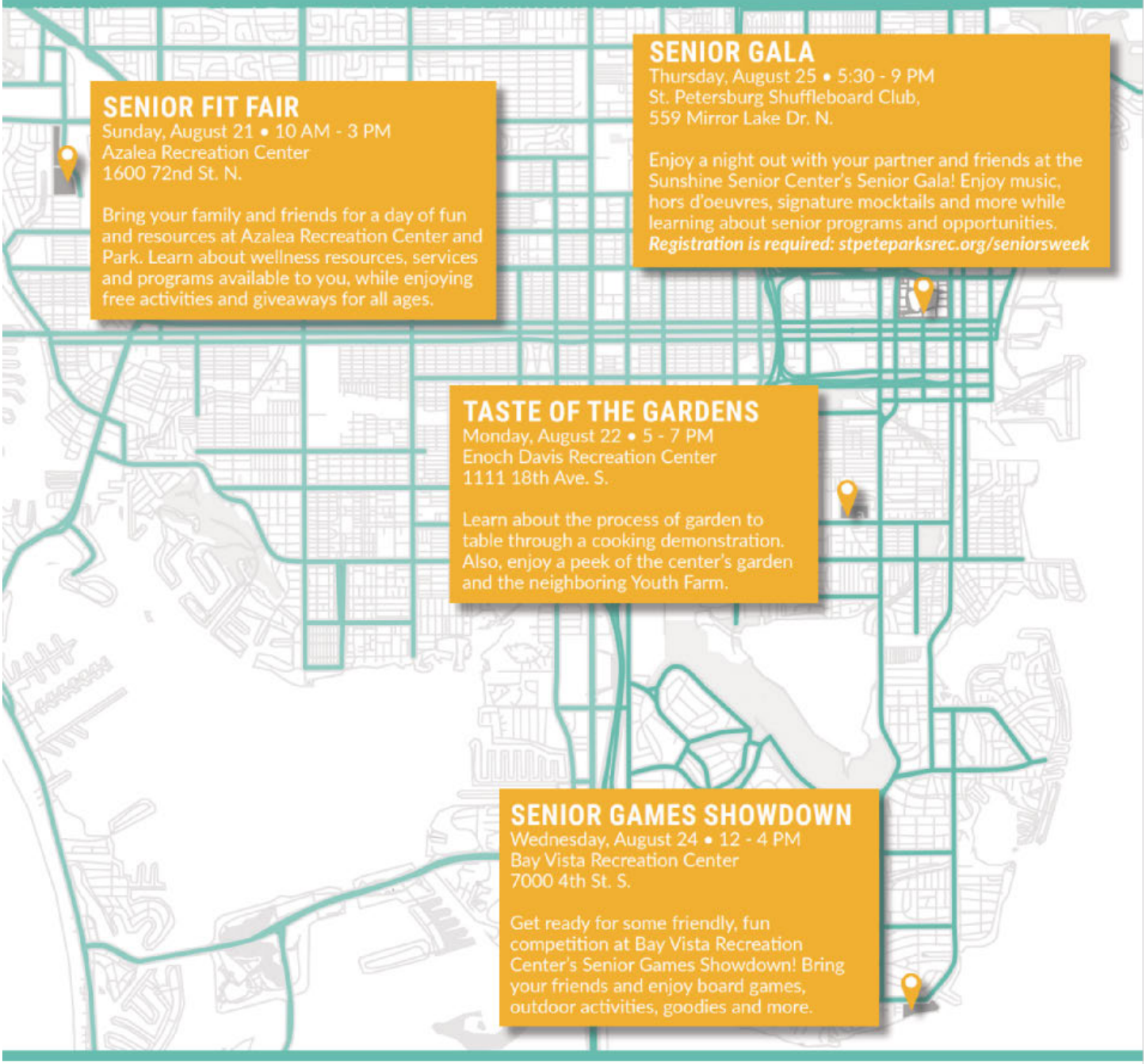
ON-SITE AGENCIES

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 Café, 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
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

The Friends of the Sunshine Center has an exciting new feature on their website: www.sunshinecenterfriends.org/

They are selling the T-shirts that so many of us want. There are a variety of designs from which to choose, all with a sunshine theme! Most are under $20. Join us on trips, activities, walks, and just hanging out at the center in a beautiful Sunshine T-shirt! Proceeds directly benefit center participants.

SENIORS WEEK



SENIOR FIT FAIR
Sunday, August 21 • 10 AM - 3 PM
Azalea Recreation Center
1600 72nd St. N.

Bring your family and friends for a day of fun and resources at Azalea Recreation Center and Park. Learn about wellness resources, services and programs available to you, while enjoying free activities and giveaways for all ages.

SENIOR GALA
Thursday, August 25 • 5:30 - 9 PM
St. Petersburg Shuffleboard Club,
559 Mirror Lake Dr. N.

Enjoy a night out with your partner and friends at the Sunshine Senior Center's Senior Gala! Enjoy music, hors d'oeuvres, signature mocktails and more while learning about senior programs and opportunities.
Registration is required: stpeteparksrec.org/seniorsweek

TASTE OF THE GARDENS
Monday, August 22 • 5 - 7 PM
Enoch Davis Recreation Center
1111 18th Ave. S.

Learn about the process of garden to table through a cooking demonstration. Also, enjoy a peek of the center's garden and the neighboring Youth Farm.

SENIOR GAMES SHOWDOWN
Wednesday, August 24 • 12 - 4 PM
Bay Vista Recreation Center
7000 4th St. S.

Get ready for some friendly, fun competition at Bay Vista Recreation Center's Senior Games Showdown! Bring your friends and enjoy board games, outdoor activities, goodies and more.

Celebrate the inaugural Seniors Week on Sunday, August 21, through Thursday, August 25. The celebration shines a light on senior citizens and offers resources and activities to raise awareness of programs, services and opportunities that are available to older adults in the St. Pete community. Events are offered throughout the week bringing the community together.

st. petersburg parks & recreation

st.petersburg www.stpete.org

dispatch health

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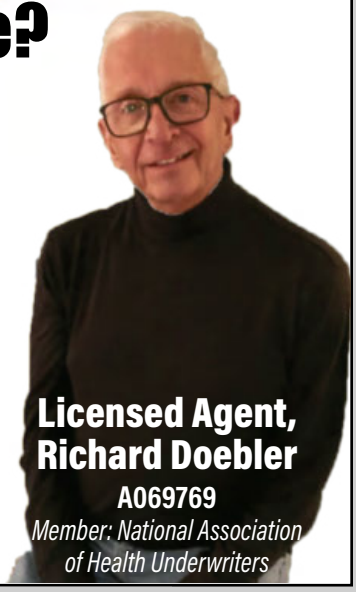

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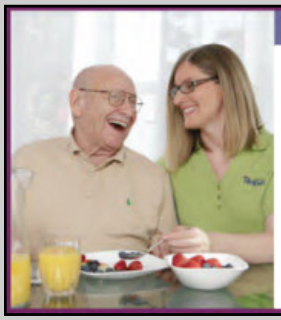

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HOURS of OPERATION

Monday through Friday

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

727-893-7101

SunshineCenterFriends.org

www.stpeteparksrec.org

MISSION STATEMENT

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.

Sunshine Center

330 Fifth Street North

St. Petersburg, FL 33701

August 2022