

# SUNNY SIDE UP

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

## PHONEY BALONEY! A CAUTIONARY TALE

The Sunshine Senior Center recently took a van load of our members on a field trip to the Strawberry Festival. While traveling to Plant City, Carole, our information and referral specialist, heard a phone ring behind her and heard the respondent answer using the speaker phone option.

The caller said, "Hi, guess who this is?"

Mary (not her real name) responded, "Who?"

"It's your favorite grandson, grandma!" Said the caller.

"Oh, Nate!" Mary exclaimed, "How are you?"

Carole, having had experience teaching about scam callers, immediately recognized the call sounded like a scam. She called out to Mary to warn her of her concern and advised her to hang up immediately on the caller.

"Yes, grandma, it's me, Nate!" continued the caller.

Carole took the phone from Mary to speak to the caller. "We know this is a scam" she said. The caller immediately hung up.

Mary said, "I should have known. Nate never calls me. It's always his Grandpa." This is just one example of how easy it is to get scammed. In another minute, the caller would have been asking grandma for money.

Please make plans to see *Phoney Baloney*, a Play with Purpose, to address scamming put on by the theater group SAGES. They will be presenting in our area soon.

**REMEMBER:** We must stay vigilant to protect ourselves and our neighbors from scammers who are always finding new ways to deceive unsuspecting elders.

Stay connected with us online:  
[stpeteparksrec.org/sunshinecenter](http://stpeteparksrec.org/sunshinecenter)



APRIL 2024



Valentine's Dinner Dance

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*The City of St. Petersburg Parks and Recreation Department provides this information as a resource only for the consideration of those we serve. We do not endorse or assume responsibility for third party, City nonaffiliated advertisements.*

# SPOTLIGHT



## VOLUNTEER OF THE QUARTER: RANDY CARMELLA

Randy grew up in western Pennsylvania and attended college in Pittsburgh. He started his 38-year career with NCR Corporation in 1974. He has lived in Cambridge, Ohio and Atlanta, Georgia working for NCR in both locations until his retirement in 2013.

After his retirement, Randy and his wife, Vickie, relocated to St. Petersburg to be near family. He continued to work at ACE Hardware in St. Petersburg until 2020. Randy and Vickie became involved with the Sunshine Senior Center and quickly became volunteers.

Randy enjoys being in the fitness center and is always ready and willing to fill in for anyone who may need a day off. He rarely misses a day, but when he does, people immediately ask about him.

Thank you Randy, for all you do, and the smiles you bring to the Sunshine Senior Center.

**Need a Personal Assistant?**  
*Support and Resource Help*

Every first & third Monday, 10:30 a.m. - noon  
Wednesdays and Fridays, noon - 3 p.m.

Sunshine Senior Center  
330 Fifth Street N.

To set up an appointment, call 727-893-7133

Trusted volunteers are available to provide assistance with:

- **TECH HELP** with phones, computers, tablets, etc.
- **HELP** with paperwork, applying for programs, etc.

*It's important to note that while we are committed to helping in any way possible, we may not have all the answers.*



## VISIT THE RESALE SHOP

**Hours: Monday - Friday, 9 a.m. - noon**

Have you checked out our Resale Shop? You'll find jewelry, clothing, household items, home decor and more! New items come in every week.

Do you have items to donate? Bring them in, but please note, we do not accept bedding or large furniture.

The Resale Shop is run and operated by volunteers. Would you like to help? We're always happy to have extra hands.

# DON'T MISS

## SHINING A LIGHT ON SENIOR VOLUNTEERS



Please be our guest as we celebrate the

**40th Anniversary**

**Senior Hall of Fame**

# ANNUAL AWARDS CEREMONY

WEDNESDAY | APRIL 17, 2024

**6:00 PM**

**Mahaffey Theater | 400 First Street S.  
St. Petersburg, FL**

The doors will open at 5:30 PM  
A reception will follow.

Scan the QR code, or visit,  
[www.stpeteparksrec.org/seniorawards/](http://www.stpeteparksrec.org/seniorawards/)  
to reserve your seats online by April 5.



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# DON'T MISS



## CARRIE'S CRAFT CORNER

Tuesday, April 2, 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, April 5, at 11:45 a.m.

**APRIL TOPIC:** What does our blood pressure tell us? Join us in the Sunshine Garden for a discussion series with Olivia from WellMed.

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

**MOORE**  
MEDICARE OPTIONS

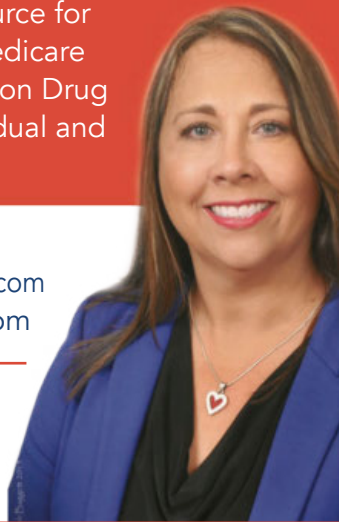
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**Lisa Moore**

Lisa@MooreMedicareOptions.com  
MooreMedicareOptions.com

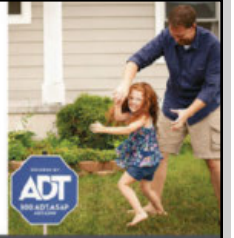
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face-to-face appointment!  
727-677-8040**



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16-0330

# EVENTS



## BIRTHDAY EXTRAVAGANZA WITH MARC BLACKWOOD

Thursday, April 11, at 1 p.m.

We started a fun new birthday program with performer Marc Blackwood, so be sure to come and celebrate April birthdays with us.

We will have cake and ice cream, gifts for the birthday honorees, special prize drawings, and a few other surprises as well. Join us to check out the new format. You never know who you might run into.



## MOVIE DAY WITH THE MOORES!

Thursday, April 18, at 1p.m.

Featuring: *Sister Act*

Join us for Popcorn and Movies, sponsored by Moore Medicare Options. Free admission.



## NATIONAL HEALTHCARE DECISIONS DAY

Tuesday, April 16, at 10:30 a.m.

Now that tax day has come and gone, make sure you have all your papers in order. Stop by and speak to representatives from Gulf Coast Legal at the Sunshine Senior Center to learn about all the necessary documents you should have in order as you age.

## CREATIVE WRITING GROUP

Our family of Creative Writers remembers and honors Rachel Kahle who recently passed. This is the last paragraph in one of her many stories, and we thought it fitting.

***I do not regret my life. It has been rich and full of fond memories. I do not regret the path I took with all of its ups and downs that have become the mosaic of my life.***

Let's hope we can all say with confidence that we have accepted, changed, and done the very best we can.

RIP Rachel Kahle



**YOU**  
*are invited*

**Friday, April 12 at 11:15 a.m.**

Students from Shorecrest Preparatory School will present their interpretations of "Tell Your Story."

This is an intergenerational project the students have been working on this week with some of our participants.

Be sure to mark your calendars and join us!



### FREE CARDIO DRUMMING CLASS

Consider joining us on Fridays at 10:45 a.m. for our free Cardio Drumming class. It's fun and provides a unique way to stay active and join with others while doing so.

Be sure to take a look at ALL the fun classes and offerings we have outlined on our monthly calendar spread on pages 8-9 of this newsletter. There is always something going on. We look forward to having you take part in the action.

### The Check. Change. Control.® Program from the American Heart Association

**April 23 | May 15**  
**at 1 p.m. each month**  
**Sunshine Senior Center**  
**330 Fifth St. N.**

The Check. Change. Control.® program is a four-monthlong, evidence-based health series from the American Heart Association. This series empowers participants with tools and resources to help them live longer, healthier lives by reducing their risk for heart disease and stroke.

Participants will:

- set goals and track blood pressure
- learn how to easily improve healthy habits.
- each receive a free blood pressure monitor and other program materials.



### EMBRACE AGING: BE IN THE KNOW

#### Understanding Arthritis: Beyond The Aches and Pains

**Tuesday, April 30 | 1 p.m.**  
**Sunshine Senior Center, 330 Fifth Street N.**

*Did you know? Among adults aged 65 years or older, almost half (47.3%), reported doctor-diagnosed arthritis.*

Hear about arthritis from the experts and what you can do to make sure you keep moving. Learn about your options and the latest research.



# CALENDAR

SPECIAL EVENTS

NEW EVENTS

## MONDAY

## TUESDAY

## WEDNESDAY

**1**

9:30 Arthritis Exercise  
11:00 Strength Training  
1:00 Chair Volleyball  
1:30 Matter of Balance  
3:00 Tai Chi

**2**

9:30 Ageless Grace  
9:30 Caribbean Aerobics  
10:00 Knit and Crochet Social  
10:45 Spanish-Beginner  
11:00 Yoga  
12:30 Canasta  
1:00 Carrie's Craft Corner

**3**

9:30 Arthritis Exercise  
10:30 Storytelling Circle  
10:30 Ask a nurse  
1:00 Mahjong  
3:00 Tai Chi

**8**

9:30 Arthritis Exercise  
11:00 Strength Training  
1:00 Chair Volleyball  
1:30 Matter of Balance  
3:00 Tai Chi

**9**

9:30 Ageless Grace  
9:30 Caribbean Aerobics  
10:00 Knit and Crochet Social  
10:45 Spanish-Beginner  
11:00 Yoga  
12:30 Canasta

**10**

9:00 SOS Mobile Food Pantry  
9:30 Arthritis Exercise  
10:30 Storytelling Circle  
11:00 Coffee Chat w/Sally  
1:00 Karaoke & Hula  
1:00 Mahjong  
3:00 Tai Chi

**15**

9:30 Arthritis Exercise  
11:00 Strength Training  
1:00 Chair Volleyball  
3:00 Tai Chi

**16**

9:30 Ageless Grace  
9:30 Caribbean Aerobics  
10:00 Knit and Crochet Social  
10:45 Spanish-Beginner  
11:00 Yoga  
12:30 Canasta

**17**

9:30 Arthritis Exercise  
10:30 Storytelling Circle  
1:00 Mahjong  
3:00 Tai Chi  
6:00 **Senior Hall of Fame Awards Ceremony**

**22**

9:30 Arthritis Exercise VIDEO  
11:00 ~~Strength Training~~  
1:00 Chair Volleyball  
1:30 Matter of Balance  
3:00 Tai Chi

**23**

9:30 Ageless Grace  
9:30 Caribbean Aerobics  
10:00 Knit and Crochet Social  
10:45 Spanish-Beginner  
11:00 Yoga  
12:30 Canasta  
1:00 The Check. Change. Control.

**24**

9:00 SOS Mobile Food Pantry  
9:30 Arthritis Exercise VIDEO  
10:30 Storytelling Circle  
1:00 Mahjong  
1:00 Embrace Aging  
3:00 Tai Chi

**29**

9:30 Arthritis Exercise  
11:00 Strength Training  
1:00 Chair Volleyball  
1:30 Matter of Balance  
3:00 Tai Chi

**30**

9:30 Ageless Grace  
9:30 Play rehearsal  
9:30 Caribbean Aerobics  
10:00 Knit and Crochet Social  
10:45 Spanish-Beginner  
11:00 Yoga  
12:30 Canasta



# CALENDAR

SPECIAL EVENTS

NEW EVENTS

## THURSDAY

## FRIDAY

## SATURDAY/SUNDAY

**4**  
 9:30 Caribbean Aerobics  
 10:30 Groceries on the Go  
 10:30 Creative Writing  
 10:45 Spanish Intermediate  
 11:00 Chair Yoga  
 12:30 Hand & Foot Cards  
 1:30 Matter of Balance  
 2:00 Tango

**5**  
 9:30 Arthritis Exercise  
 10:45 Sunshine Drumming  
 11:45 Let's Dig In  
 1:00 Bingo for Fun & Prizes  
 2:30 Line Dancing

**6/7**  
 Join our Fitness Center.  
 It's FREE!  
 Fitness Center Hours:  
 Monday - Friday, 9 a.m. - 3 p.m.

**11**  
 9:30 Caribbean Aerobics  
 10:30 Creative Writing  
 10:45 Spanish Intermediate  
 11:00 Chair Yoga  
 12:30 Hand & Foot Cards  
 1:00 Marc Blackwood &  
 Birthday Extravaganza  
 1:30 Matter of Balance  
 2:00 Tango

**12**  
 9:30 Arthritis Exercise  
 10:45 Sunshine Drumming  
 1:00 Bingo for Fun & Prizes  
 2:30 Line Dancing

**13/14**

**18**  
 9:30 Caribbean Aerobics  
 10:30 Creative Writing  
 10:45 Spanish Intermediate  
 11:00 Chair Yoga  
 12:30 Hand & Foot Cards  
 1:00 Movie Day  
 2:00 Tango

**19**  
 9:30 Arthritis Exercise  
 10:45 Sunshine Drumming  
 1:00 Bingo for Fun & Prizes  
 2:30 Line Dancing

**20/21**

**25**  
 9:30 Caribbean Aerobics  
 10:30 Creative Writing  
 10:45 Spanish Intermediate  
 11:00 ~~Chair Yoga~~  
 12:30 Hand & Foot Cards  
 2:00 Tango

**26**  
 9:30 Arthritis Exercise VIDEO  
 10:45 Sunshine Drumming  
 1:00 Bingo for Fun & Prizes  
 2:30 Line Dancing

**27/28**

**11:00 Volunteer Picnic**

*Note: Strength Training  
 and Chair Yoga are  
 canceled on 4/22 and  
 4/25. Arthritis Exercise  
 will be set to Video the  
 same week.*

All Are  
 Welcome Here

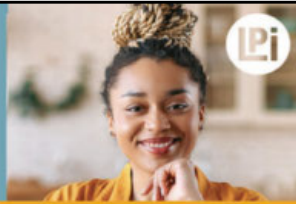


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SOUTH CITRUS COAST PRESENTS

FRED ASTAIRE

**The Great Movie RIDE**

MAY 25TH 2024

JOIN US AT THE PALLADIUM THEATRE FOR  
**A JOURNEY THROUGH THE DECADES**

A MATHEUR & PROFESSIONAL PERFORMANCES  
FEATURING CHOREOGRAPHY BY  
BRUNO COLLINS, KATIE GUILLEN & NIKHIL KARCHY

PALLADIUM THEATER - 253 5TH AVE N. ST. PETERSBURG, FL 33701

Come join us for a night of nostalgia as we journey through time dancing to your favorite movie soundtracks. Dancers of all ages will be performing to theme music you know and love by heart. This show is choreographed by some of the best in the ballroom dance industry. If you like "Dancing with the Stars", you will simply love The Great Movie Ride. You don't want to miss this wonderful evening of entertainment.  
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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  |
| Line Dancing   | Friday at 2:30 p.m.                             | \$24/month or \$7/class  |
| Spanish Language:<br>Beginner/Casual<br>Intermediate | Tuesday at 10:45 a.m.<br>Thursday at 10:45 a.m. | \$16 month<br>\$16 month |
| Tai Chi  | Monday/Wednesday at 3 p.m.                      | \$24/month or \$7/class  |
| Tango for Parkinsons                                 | 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 Yoga and Volleyball, Ageless Grace, Arthritis Exercise, and Bingo.



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that Support our  
Community!



# RESOURCES



**SOS**  
SAVING OUR SENIORS

**MOBILE FOOD PANTRY**

**WEDNESDAY, APRIL 10**  
9 - 9:45 A.M.  
**WEDNESDAY, APRIL 24**  
11 - 11:45 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](http://stpeteparksrec.org/sunshinecenter)



**GROCERIES ON THE GO**

A SOLUTION OF FEEDING TAMPA BAY

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.

**Thursday, April 4**  
**10:30 - 11:30 A.M.**

*Now accepting EBT, cash and credit!*



## 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 & Touns 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*

# CONNECT



## KNIT AND CROCHET SOCIAL

Tuesdays at 10 a.m.

Cast on your skeins and get ready to purl away with your straight, circular, or double pointed knitting needles. Find other like minded people to learn, share, and inspire your knitting and crocheting journey.



## VOLUNTEERS NEEDED

Do you want to give back to the community? Are you looking for activities to keep you active and engaged? The Sunshine Senior Center is looking for volunteers just like you to help us with all the fun activities we have planned to keep our participants connected. We are flexible and happy to work around your schedule and abilities.

Interested? Contact Carrie Penney at 727-893-7092 to schedule a tour and receive volunteer information.



## COFFEE CHAT

Wednesday, April 10 at 11 a.m.

Join Sally Marvin, supervisor of the Sunshine Senior Center, for Coffee Chat following the Arthritis Exercise class. Grab your free coffee from the Sunset Café, 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.



## STORYTELLING CIRCLE

Wednesdays from 10:30 - 11:45 a.m.

Operation Par & Suncoast Storytellers are joining forces to share stories and make friends. We'll tell and talk about our experiences and the adventures of our lives.

Ross Tarr and Wanda Stuart, facilitators.

# Shorecrest Students Community Service



Shorecrest Preparatory School is an independent, non-sectarian, coed college preparatory school located in St. Petersburg. Each year all Shorecrest students are required to complete 25 hours of community service. Annually, Shorecrest high schoolers in grades 9, 10, and 12 participate in their annual Service Week during their spring break. The Sunshine Senior Center invites a group of high school students from Shorecrest to take part in an intergenerational experience with our seniors. This year, we welcome Shorecrest students during the week of April 9. Check out our schedule of events, and make plans to join us for a lot of fun.

## Schedule of Events

### Tuesday, April 9

- 9:30 Ageless Grace – Exercise to great music.
- 10:30 Introduction and overview of The Sunshine Senior Center
- 10:30 Tell Their Story Workshop
- 12-12:30 Lunch Break
- 12:30-2 Senior/Shorecrest Match Up

### Wednesday, April 10

- 9:30 Take A Walk In My Shoes
- 10:30 Storytelling Circle
- 12-12:30 Lunch Break
- 12:30-1:30 Karaoke and Hula

### Thursday, April 11

- 9:30 Celebrate Earth Day with Garden Bob
- 10:30 Work on Tell Their Story Project
- 11:00 Chair Yoga
- 12-12:30 Lunch Break
- 12:30-2 Beach Ball Volleyball – Compete against the seniors.

### Friday, April 12



- 9:30 TASC0 Jeopardy Game
- 10:45 Sunshine Drumming
- 11:15 Story Presentation by Shorecrest
- 12-12:30 Lunch Break
- 12:30 Brief discussion: What we learned this week
- 1-2 BINGO! With prizes!

**ATTENTION!**  
**Sunshine Center Seniors!**  
We need your help to ensure  
the success of this wonderful  
intergenerational experience.  
Please sign up  
at the front desk!

# 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<br>3/4 Century Softball Club               | Monday, Wednesday & Friday<br>9 a.m. - 12 p.m. | 727-893-7108  |
| Moore Medicare Options                                 | Monday - Friday by appointment                 | 727-677-8040  |
| Neighborly Care Network<br>Senior Cafe                 | Monday - Friday   8:30 a.m. - 2 p.m.           | 727-893-7136  |
| Meals on Wheels  | Monday - Friday<br>11:45 a.m. - 12:15 p.m.     | 727-573-9444  |
| Seniors in Service<br>Retired Senior Volunteer Program | Monday - Friday by appointment                 | Sarah Rosenbaum   727-890-4808<br>813-582-2162 ext. 842 |
| St. Petersburg Lions Club<br>Eye Center                | Monday, Wednesday & Friday<br>9 a.m. - 2 p.m.  | 727-893-7152  |

|   |  |  |
|---|--|--|
|  <p><b>Kaitlin Moore</b>, Benefit Consultant<br/>Phone: 813-422-1708   Email: kmoore@freedomh.com</p> <p><a href="http://www.freedomhealth.com">www.freedomhealth.com</a><br/>Member Services: 1-800-401-2740</p> |  |  |
| <p>Local Office: 5403 Church Ave. N.<br/>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  
stpeterparksrec.org/sunshinecenter

## HOURS OF OPERATION

## SUNSHINE SENIOR CENTER

330 Fifth Street North  
St. Petersburg, FL 33701



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