

SUNNY SIDE UP

THE SUNSHINE SENIOR CENTER NEWSLETTER

ACTIVE ADULTS LIVING THEIR BEST LIVES

December 2022

This holiday season, we are bringing some fun events to all of you once again! Please respond early, if there are tickets to purchase or register for, because these events will fill up quickly.

Thursday, December 15, 11:00 a.m.—Volunteer Holiday Party; for volunteers only, free. Please sign up with Ronnie at the front desk or call 727-893-7622.

Friday, December 23, 1:00 p.m.—Holiday Fun with Santa & Mrs. Claus; free.

Reminder: Starting in January, Cooking Around the World will have a charge of \$3 per person. A real bargain considering you get the groceries to take home and make a meal! You can start signing up for this class on Wednesday, January 4.

We look forward to the upcoming special events. Our regular programs continue, and we encourage everyone to come out and have some fun with us at the Sunshine Senior Center where “the sun always shines!”

Price Increase in Sunset Avenue Café

Unfortunately, the times have caught up with us. As groceries have increased tremendously in price, we are forced to raise our prices, too. We are still the lowest priced (and most delicious) lunch in town, but we’ve got to cover our expenses. Check out our new menu soon.



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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Ibolya (Violet) Prepost

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Jay Morgan Ed Killeen

Milka Bamond Craig Allen

Charlene Allen Gary Munger

Joe Patterson

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Carol Ann Payne

sunshinecenterfriends.org
Accounting by TABS, INC.

Online Connections



City of St. Petersburg
Parks and Recreation

www.stpeteparksrec.org/

Sunshine Senior Center
www.stpeteparksrec.org/sunshinecenter/

Volunteer of the Quarter

October—December

While not actually volunteers, we felt the need to recognize our AARP Foundation Senior Employment Program workers. We have three currently: Ken, Bert and Pearl. Ken and Pearl can be found working in the Sunset Avenue Café. Ken is a back-up for Chef Brad, and Pearl keeps everything clean and ready for the next patron. Bert is a custodian whom we dearly appreciate. He works very hard, and is doing a great job! Please say hello and thank you to each of these valuable Sunshine Senior Center partners!

Ken, Bert and Pearl—we appreciate you!





Get KOZY in your
KOOKY Christmas attire

Friday, December 23

1:00 p.m.

Join in on the holiday fun
with Santa and Mrs. Claus.
Be sure to sign up, starting
12/1/22, at the desk and
receive \$1 off at the resale
shop when you purchase
your tacky Christmas
sweater. We will also be
doing a white elephant gift
exchange. Inquire at the
desk for details.



Sunshine Senior Center
330 Fifth Street N.

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.



@STACIESTEINKEVOCAL


OPEN UP & SING/SPEAK

WORKSHOP TO PROMOTE VOCAL HEALTH

LEARN TO USE YOUR VOICE AND GAIN CONFIDENCE



Stacie Steinke

Thursday, December 8
1:00 p.m.

Sunshine Senior Center
330 Fifth Street N

GROCERIES ON THE GO

A SOLUTION OF FEEDING TAMPA BAY

We bring the grocery store right to your neighborhood!

Offering fresh produce and healthy shelf-stable options at lower than retail cost. Purchase your groceries today to have a healthier tomorrow.

Come shop with us at the Sunshine Center
330 5th Street North St. Petersburg, FL 33701

Monday, December 5 and 19
10:30 – 11:30 a.m.

Now accepting EBT, Cash, and Credit!





SOS

SAVING OUR SENIORS

Mobile Food Pantry

Wednesday, December 14

9:00 a.m. - 10:00 a.m.



Saving Our Seniors Mobile Pantry focuses on 55 plus seniors by providing fresh produce and nonperishable items in the comfort of the community you live within.



VOLUNTEER HOLIDAY PARTY

Thursday December 15, 11:00 a.m.

Are you a volunteer here at the Sunshine Senior Center? We want to personally thank you for all your hard work and dedication. Please join us to celebrate you.



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



ACCEPTING PATIENTS AT OUR NEW CENTERS
OPENING IN YOUR NEIGHBORHOOD.
Please contact Rafael for information.



**Dedicated Senior
Medical Center**

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patients*

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**CONTACT ME
Rich Fernbach**

rfernbach@lpicommunities.com

(800) 477-4574 x3675

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



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

16-0330



Coffee Chat

Please join Supervisor Sally Marvin for a Coffee Chat on Wednesday, Dec. 14, 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 Senior Center in general.



Kline Tours and the Friends of the Sunshine Center, Inc.



**Saturday, February 18,
8:00 p.m**

Departure 5:30 p.m. from
Lowes at 2365 25th Street N.

The \$109 per person includes ticket and roundtrip motorcoach to Ruth Eckerd Hall in Clearwater Fl. Reserve by calling Carol Ann Payne at 727-821-2323 for more information.

**All major credit cards are accepted will be payable to Kline Tours
Deadline for reservations January 18.**

Support Groups at The Sunshine Senior Center

For estate planning, elder law, or tax questions - appointments are available on the 2nd Monday of the month, from 10 a.m.-3 p.m.

Call 727-893-7133 for an appointment.

DAILY,
MONTFORT
&
TOUPS



Grief Café - 2nd Tuesday of the month at 10:30 a.m. Open to all who are grieving.



Care Partner Space - 2nd Wednesday of the month
One-on-one coaching is available by appointment.
Call Susan 727-490-8609



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


Need legal advice? Community Law Program
1st Friday of the month at 9:30 a.m. Call
727-582-7480 to schedule an appointment.



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



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

Monday	Tuesday	Wednesday
December 2022		
		
5 9:30 ARTHRITIS EXERCISE CLASS 10:30 GROCERIES ON THE GO 11:30 TABLE TENNIS 1:00 BEACH BALL VOLLEYBALL 1:00 PAINTING CLASS	6 9:00 GARDEN CLUB 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 11:00 YOGA 12:30 CANASTA	7 9:30 ARTHRITIS EXERCISE CLASS 10:40 COFFEE CHAT W/SALLY 1:00 KARAOKE & HULA 1:00 MAHJONG 3:00 TAI CHI
12 9:30 ARTHRITIS EXERCISE CLASS 10:00 LEGAL-BISHOP TOUPES 11:00 BIRTHDAY CELEBRATION 11:30 TABLE TENNIS 1:00 BEACH BALL VOLLEYBALL 1:00 PAINTING CLASS	13 9:00 GARDEN CLUB 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 10:30 GRIEF CAFÉ 11:00 YOGA 12:30 CANASTA	14 9:00 S.O.S. FOOD PANTRY 9:30 ARTHRITIS EXERCISE CLASS 11:00 COFFEE CHAT WITH SALLY 1:00 DRAMA INFORMATIONAL 1:00 MAHJONG 3:00 TAI CHI
19 9:30 ARTHRITIS EXERCISE CLASS 10:30 GROCERIES ON THE GO 11:30 TABLE TENNIS 1:00 BEACH BALL VOLLEYBALL 1:00 PAINTING CLASS	20 9:00 GARDEN CLUB 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 11:00 YOGA 12:30 CANASTA	21 9:30 ARTHRITIS EXERCISE CLASS 1:00 MAHJONG 1:00 KARAOKE & HULA 3:00 TAI CHI
26 Closed for the Holiday	27 9:00 GARDEN CLUB 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 11:00 YOGA 12:30 CANASTA	28 9:30 ARTHRITIS EXERCISE CLASS 1:00 MAHJONG 1:00 DAVE & COOKIE—LIVE 3:00 TAI CHI

<i>Thursday</i>	<i>Friday</i>	<i>Saturday/Sunday</i>
1 8:30 VETERANS COFFEE GROUP 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	2 9:30 ARTHRITIS EXERCISE CLASS 9:30 COMMUNITY LAW PROGRAM 10:45 SUNSHINE DRUMMING 1:00 BINGO FOR FUN & PRIZES	3/4
8 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 1:00 OPEN UP AND SING/SPEAK	9 9:30 ARTHRITIS EXERCISE CLASS 10:00 LGBT COFFEE CONNECTION 10:45 SUNSHINE DRUMMING 1:00 BINGO FOR FUN & PRIZES	10/11
15 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	16 9:30 ARTHRITIS EXERCISE CLASS 10:45 SUNSHINE DRUMMING 1:00 BINGO FOR FUN & PRIZES	17/18
22 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	23 9:30 ARTHRITIS EXERCISE CLASS 10:45 SUNSHINE DRUMMING 1:00 BINGO CANCELED 1:00 KOZY KOOKIE CHRISTMAS FUN WITH SANTA AND MRS.CLAUS	24/25 <div>Special Events</div> <div>New Events</div>
29 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	30 9:30 ARTHRITIS EXERCISE CLASS 10:45 SUNSHINE DRUMMING 1:00 BINGO FOR FUN & PRIZES	31

You Worked Hard For Your Medicare

Is it working for you?

We started **BayCarePlus®** Medicare Advantage (HMO) in 2019 because we believed our Medicare community deserved better. And we're working hard to make that happen.

Ways BayCarePlus makes Medicare better for you:*

- ✓ We pay \$123 per month of your Part B premium with our **BayCarePlus Rewards** (HMO) plan. That's up to \$1,476 per year in savings!
- ✓ It's easy to stay healthy. You pay \$0 copay every time you see your primary care doctor and \$0 copay for preventive care and lab work.
- ✓ Getting your medications is affordable. We offer thousands of prescription medications for \$0 copay and an allowance for over-the-counter (OTC) items on two of our plans.
- ✓ You get free fitness benefits. Join multiple fitness facilities, get a home fitness kit, access thousands of online workouts, get virtual coaching and more with our fitness benefit.
- ✓ If you have an emergency, you're covered. No matter where in the world you are.

The Annual Enrollment Period is October 15–December 7. Don't miss this opportunity!

Let our health care advisors tell you more:



(866) 508-7148 (TTY: 711)
8am to 8pm, seven days a week†



BayCarePlus.org/Medicare

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

†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. 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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 **BayCarePlus®**
Medicare Advantage

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

16-0330

Sunshine Drumming

Movement through rhythm and music


Every Friday
10:45-11:15 a.m..

\$5 per class, \$18 monthly

**Come try
this exciting
new class
with Julie!**





Sunshine Senior Center
330 Fifth St. N.

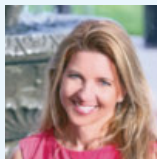


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Our 2022 Medicare Advantage plan scored the highest 5 out of 5 Star Rating from the Centers for Medicare & Medicaid Services.* This means high quality care for our customers and benefits** such as:

- › A plan that provides opportunity for Open Enrollment all year long.
- › A plan that earned top ratings for preventive screenings, vaccinations, drug safety, customer service, customer experience and managing chronic conditions.
- › \$0 monthly premiums, primary doctor copays, specialist copays and many prescription drug copays plus a Dental Allowance toward covered services with a licensed dentist of your choice.
- › A plan that offers quality health care providers in network.

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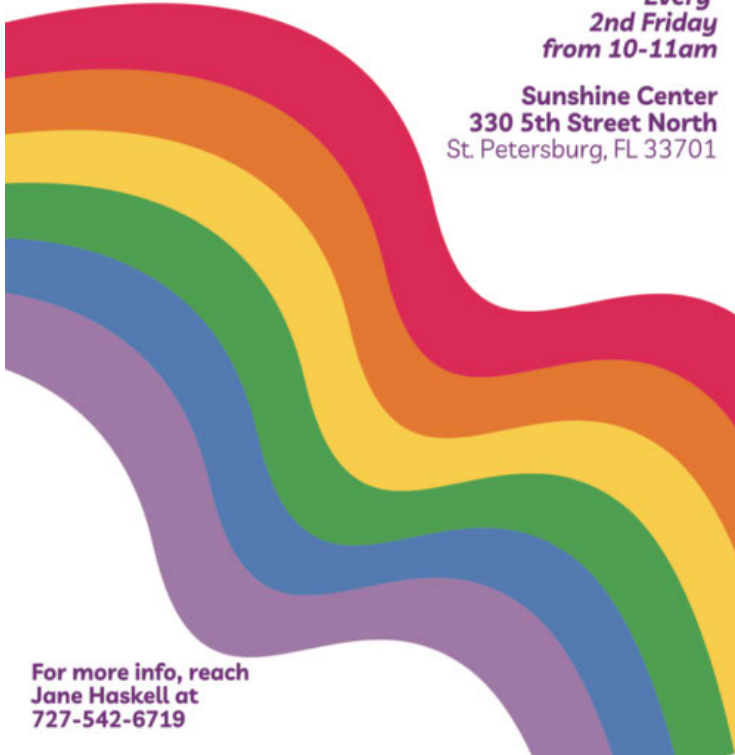
16-0330

EPIC
Generations

**Monthly LGBT+
55+ Coffee
Connection**

**Every
2nd Friday
from 10-11am**

**Sunshine Center
330 5th Street North
St. Petersburg, FL 33701**



**For more info, reach
Jane Haskell at
727-542-6719**



Creative Writing Corner

The free Creative Writing class is on Thursday at 10:30 a.m. Please join us.

What if I Didn't?

Sherry Davis

What if I didn't write this story or poem?
Then where in the heck would I be goin'?
Ideas keep running through my head.
But three days later, I'm not ahead.
Now if I were kidnapped by Martians, or
swallowed by a whale,
Would you excuse the sorry tale?
Or am I just destined to fail?
How about the dog ate my homework,
Or is that too lame?
I have no one except myself to blame.
So dear writers will you excuse this
schmuck,
and kindly let me off this hook?
It'll never be a best-selling book!



FEE CLASSES

Card Games Canasta and Hand & Foot	Tuesday and Thursday, 12:30 p.m. Exercise 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. Exercise 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
Sunshine Drumming	Friday, 10:45 a.m. Banyan Room	\$18/month or \$5 class
Tai Chi	Wednesday, 3:00 p.m. Banyan Room	\$24/month or \$7/class
Yoga	Tuesday, 11:00 a.m. Exercise 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
Guardian Group Services	Monday to Friday By appointment	Susan Brehm 727-490-8609
Friends of the Sunshine Center,	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
Neighborhood 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.
Seniors in Service Retired Senior Volunteer Program	Monday to Friday By appointment	Sarah Rosenbaum 727-890-4808 813-582-2162 ext.
St. Petersburg Lions Club Eye Center	Monday, Wednesday, & Friday 9:00 a.m. – 2:00 p.m.	727-893-7152

The Friends of the Sunshine Center has an exciting new feature on their web-site: 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.

FRIENDS OF THE SUNSHINE CENTER, INC. PRESENTS

Savannah, Jekyll Island & Charleston, SC



INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
- ♦ 4 nights lodging including 2 consecutive nights in the Savannah area & 2 consecutive nights in the Charleston area
- ♦ 8 meals: 4 breakfasts and 4 dinners
- ♦ GUIDED TROLLEY TOUR OF SAVANNAH, followed by Hop-On/Hop-Off Privileges
- ♦ GUIDED TOUR OF ST. SIMONS ISLAND
- ♦ GUIDED TRAM TOUR OF JEKYLL ISLAND
- ♦ Visit to Historic CHARLESTON, SC
- ♦ GUIDED TOUR of CHARLESTON

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

\$800*

5 Days 4 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)
 Mar 6 - 10
 2023

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

Day 1: Board your spacious, video and restroom equipped Motorcoach and head toward beautiful Savannah, Georgia. This evening, enjoy a leisurely Dinner and check into a Savannah area hotel for a two night stay.

Day 2: After a Continental Breakfast you will start your journey with a GUIDED TROLLEY TOUR OF SAVANNAH, the "Belle of Georgia." You'll see extraordinary architectural marvels, beautiful oak-lined streets and lovely "town squares." You will then have Hop-On/Hop-Off Privileges on the TROLLEY for the rest of the day. Enjoy free time on historic River Street, featuring unique 18th century "ballast stone" streets and 19th century cotton warehouses that are now home to fine eateries, unusual shops and antique galleries. Tonight, you'll enjoy Dinner before returning to your hotel for the evening.

Day 3: After enjoying a Continental Breakfast, you will depart for a GUIDED TOUR OF ST. SIMONS ISLAND. Take a stroll among moss-draped oaks or shop at the interesting boutiques and specialty shops in the historic area. Later, you'll take a GUIDED TRAM TOUR OF JEKYLL ISLAND. See how the nation's wealthiest citizens like J.P. Morgan and William Rockefeller lived and played - Including a stop at what was once the exclusive "Millionaires Club." Later, you'll head to Charleston, SC. Upon arrival, you'll enjoy Dinner then check into a Charleston area hotel for two nights.

Day 4: After a Continental Breakfast, you'll enjoy both a GUIDED TOUR OF CHARLESTON and an Intimate TOUR inside a HISTORIC CHARLESTON HOME. Next, you'll head to Downtown Charleston for lunch on your own and free time to explore this historic city. Tonight, enjoy Dinner before returning to your hotel for a good night's rest.

Day 5: Today, after enjoying a Continental Breakfast, you will 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!



Savannah - the "Belle of Georgia"



Charleston, SC - "America's Favorite City"



Jekyll Island - Georgia's elite coastal barrier island



You'll feel like you've traveled back in time!

ADD PEACE OF MIND TO YOUR TRIP...

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 See separate advertisement...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$231 for single occupancy.
 Final Payment Due: 12/30/2022

FOR INFORMATION & RESERVATIONS CONTACT:

Carol Ann Payne @ (727) 821-2323

Diamond Tours inc.
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Form ID: 2300-SA0106

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Tour#: 1933376

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SUNSHINE SENIOR CENTER NEWSLETTER SUBSCRIPTION FORM

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

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

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Address: _____

City: _____ State: _____

Zip: _____ Telephone: _____

EMAIL Subscription (Free) _____

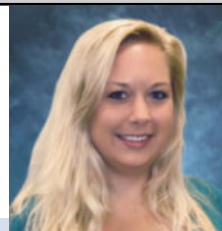


Kaitlin Moore, Benefit Consultant

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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3 sizes available

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Contact: fisher.eunice13@gmail.com



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

16-0330

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

MISSION STATEMENT

www.stpeteparksrec.org

727-893-7101

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

Monday through Friday

HOURS of OPERATION

Sunshine Senior Center

330 Fifth Street North

St. Petersburg, FL 33701



December 2022