

SUNNY SIDE UP

THE SUNSHINE SENIOR CENTER NEWSLETTER

ACTIVE ADULTS LIVING THEIR BEST LIVES

September 2022



The Blue Orchid Murder

The Blue Orchid Murder Mystery Dinner Theater on September 10 is SOLD OUT! We wish to thank the following sponsors: *Dedicated Senior Medical, Farm Fetch, American House, Amerilife, Friends of the Sunshine Center, and the 3/4 Century Kids & Kubs Softball Club.*

We are so grateful to David Middleton and Rick Kastel, co-directors of the play. Mr. Middleton wrote the hilarious play, and we had a grand time performing it!

The National Senior Center Month

National Senior Center Month will be officially proclaimed at a City Council meeting on Thursday, September 8 at 2:00 PM. We would love to have a representation of our seniors at the meeting, so please join us if you can.

Celebrating Seniors Week

This event was celebrated August 21-25. We wish to thank the following sponsors for this event:

Platinum Sponsors



Silver Sponsor



Bronze Sponsors



Sunshine Staff

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893-7190 . . . Supervisor II

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CARRIE LAIRD
893-7074 . . . Computers/Rentals

CARRIE PENNEY
893-7133 . . . Reception/Café/Programs

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

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sunshinecenterfriends.org
Accounting by TABS, INC.

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



Online Connections



Sunshine Senior Center
www.stpeteparksrec.org/sunshinecenter/

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

MARK YOUR CALENDARS!



More Cool Events Are Coming to the Sunshine Center

Save the Dates:

September 8	Senior Center Month Proclamation
September 10	Murder Mystery Dinner Theater
September 19-23	Fall Prevention Week
October 10	Open House
November 3	Sunshine On My Mind Auction

The Golden Cord Exercise & Fall Prevention Education

OCTOBER 4 - NOVEMBER 10, 2022
EVERY TUESDAY & THURSDAY
1:00PM - 2:30PM

The Golden Cord method is an exercise program based on T'ai Chi principles. The Golden Cord method focuses on balance training and fall prevention. Throughout the program, education and balance training will be used to improve the participants' confidence in avoiding falls. We ask participants to commit to the entire program due to pre- and post-assessments that will take place.

Instructors:
Brea Walkley, OTS
Doctor of Occupational Therapy
Program

Emily B. Smith is a 40-year
practitioner of T'ai Chi and the
Golden Chord Method co-creator.



(727) 893-7133* ☎
<https://www.stpeteparksrec.org/sunshinecenter/> 🌐
Email: Bwalkley@ufl.edu ✉
330 5th St. N., St. Petersburg, FL 33701 📍

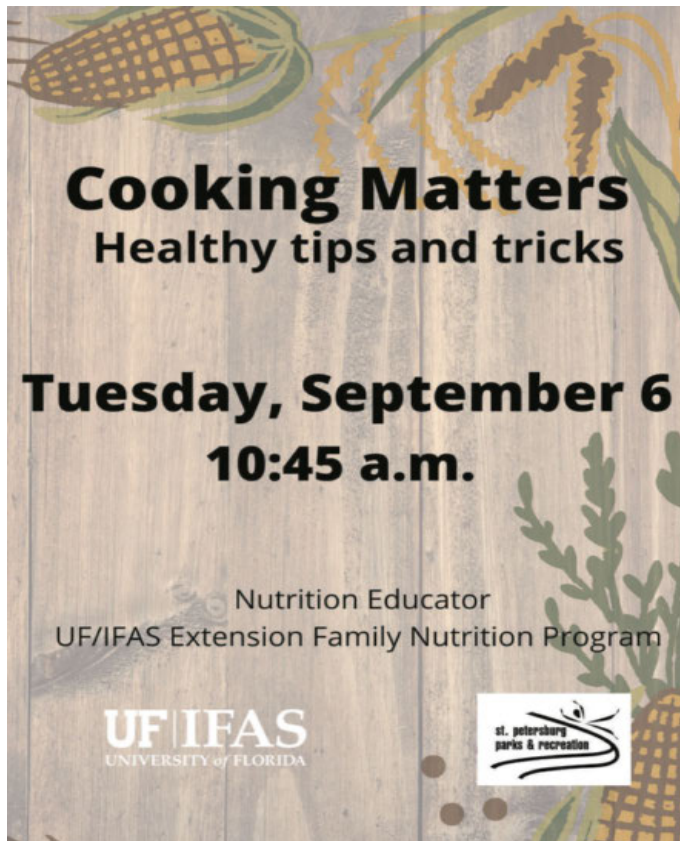
Coffee Chat

Please join Supervisor Sally Marvin for a Coffee Chat on Wednesday, September 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 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.




Cooking Matters

Healthy tips and tricks

Tuesday, September 6
10:45 a.m.

Nutrition Educator
UF/IFAS Extension Family Nutrition Program

UF|IFAS
UNIVERSITY OF FLORIDA



@STACIESTEINKEVOCAL

OPEN UP & SING/SPEAK

WORKSHOP TO PROMOTE VOCAL HEALTH

LEARN TO USE YOUR VOICE AND GAIN CONFIDENCE



Stacie Steinke

Thursday, September 8
1:00 p.m.

Sunshine 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.

Monday, September 12 and 19
10:30 – 11:30 a.m.

330 5th Street North St. Petersburg, FL 33701
Kickoff date: **March 7, 2022**
Every 1st & 3rd Monday of the month from 10:30-11:30 a.m.
Now accepting EBT, Cash, and Credit!

FEEDING Tampa Bay





Mobile Food Pantry

Wednesday, September 14
9:00 am -10:00 am



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.



SEPTEMBER 28 1:00



Dave & Cookie

SUNSHINE AUDITORIUM

THE ST. PETERSBURG SUNSHINE SENIOR CENTER PRESENTS

DEATH CAN RUIN A GOOD PARTY!



BLUE ORCHID MURDER

by David Middleton & Rick Kastel

MYSTERY THEATER

Saturday, September 10, 2022

Big Louie's birthday with a bar full of gangsters who hang around the Blue Orchid Lounge!

\$10 - 7pm • Tickets on Sale August 10, 2022

We'll be celebrating the Roaring 20s with gangsters, flappers and coppers plus a spaghetti dinner with all the trimmings. Costumes encouraged but not necessary.

SUNSHINE SENIOR CENTER 330 Fifth St. N., St. Petersburg, FL 33701

MOORE

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Lisa Moore

Lisa@MooreMedicareOptions.com
MooreMedicareOptions.com

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



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

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16-0330



You're Invited!

We are starting something new.
We want to celebrate you!

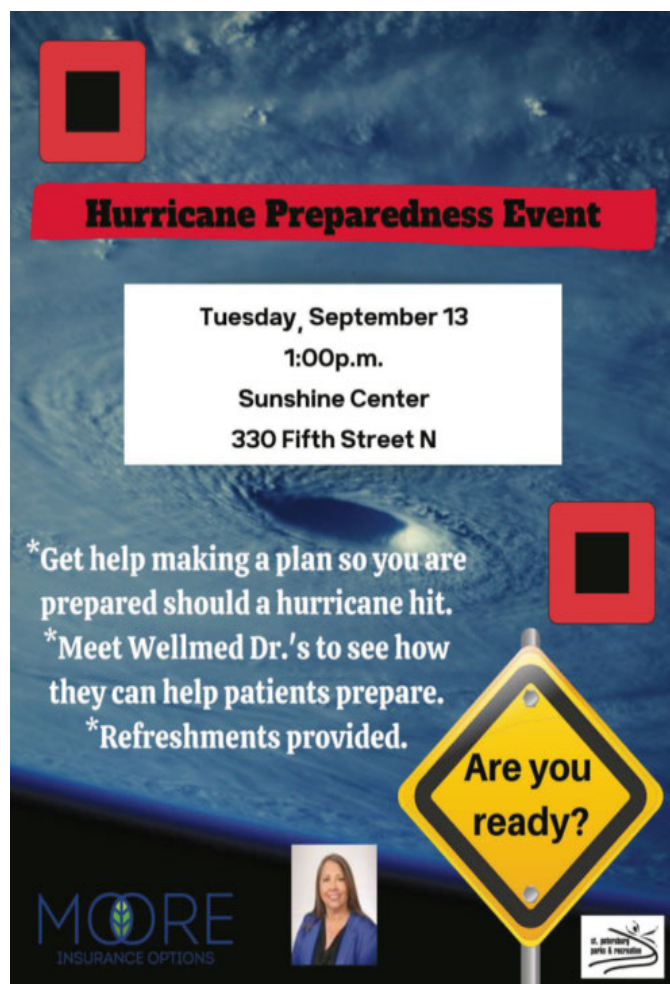
Calling all September Birthdays...
Monday, September 12
11:00 a.m.

Join us to celebrate everybody who has a birthday in September. Have some cake, sing Happy Birthday, and bring a friend! We look forward to honoring you! Come even if you are not a September baby, and be on the lookout for your birthday month so that we can honor you!

Sunshine Center
330 Fifth Street N.

Humana.

st. petersburg parks & recreation



Hurricane Preparedness Event

Tuesday, September 13
1:00p.m.
Sunshine Center
330 Fifth Street N

- *Get help making a plan so you are prepared should a hurricane hit.
- *Meet Wellmed Dr.'s to see how they can help patients prepare.
- *Refreshments provided.

Are you ready?

MOORE
INSURANCE OPTIONS

st. petersburg parks & recreation



Spotlight Showcase

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

Get your creative juices flowing, learn new techniques, and share your stories!

September

Creative Writing

Thursdays, 10:30 a.m. Pelican Room
Instructor Diane Sawyer

Sunshine Center
330 Fifth Street N.

st. petersburg parks & recreation



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.

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 Café at the Sunshine Senior Center. Please be considerate of others. Thank you.

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**



**GUARDIAN
GROUP
SERVICES**

Grief Café - 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**



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

Need legal advice? Community Law Program
1st Friday of the month at 9:30 am. 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 Center
330 Fifth St. N
St. Petersburg, FL.
33701

Support Groups at The Sunshine Center

Monday	Tuesday	Wednesday
September 2022		
		
5 CLOSED FOR THE HOLIDAY 	6 9:00 GARDEN CLUB 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 10:45 COOKING MATTERS 11:00 YOGA 12:30 CANASTA	7 9:30 ARTHRITIS EXERCISE CLASS 1:00 MAHJONG 3:00 TAI CHI
12 9:30 ARTHRITIS EXERCISE CLASS 10:00 LEGAL-BISHOP TOUPES 10:30 GROCERIES ON THE GO 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 —CANCELED 11:00 YOGA 12:30 CANASTA 1:00 HURRICANE PREP EVENT	14 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
19 9:30 ARTHRITIS EXERCISE CLASS 10:30 GROCERIES ON THE GO 11:00 TABLE TENNIS 1:00 BEACH BALL VOLLEYBALL 1:00 PAINTING CLASS FALL PREVENTION AWARENESS WEEK 9/19-9/23	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 3:00 TAI CHI
26 9:30 ARTHRITIS EXERCISE CLASS 11:00 TABLE TENNIS 1:00 BEACH BALL VOLLEYBALL 1:00 PAINTING CLASS	27 9:00 GARDEN CLUB 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 11:00 YOGA 12:30 CANASTA 1:30 COOKING AROUND THE WORLD	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 <div> 8:30 VETERANS' 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 </div> <div>Day Trippers: Clearwater Library/O'Keefes</div>	2 <div> 9:30 ARTHRITIS EXERCISE CLASS 9:30 COMMUNITY LAW 1:00 BINGO FOR FUN & PRIZES </div>	3/4	
8 <div> 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 2:00 NATIONAL SENIOR CENTER PROCLAMATION </div>	9 <div> 9:30 ARTHRITIS EXERCISE CLASS 1:00 BINGO FOR FUN & PRIZES </div>	10/11 <div>6:00 MURDER MYSTERY DINNER THEATER</div>	
15 <div> 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 </div> <div>Day Trippers: Ybor City/Acropolis</div>	16 <div> 9:30 ARTHRITIS EXERCISE CLASS 11:00 SUNSHINE CENTER TOUR! 1:00 BINGO FOR FUN & PRIZES </div>	17/18	
22 <div> 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 </div>	23 <div> 9:30 ARTHRITIS EXERCISE CLASS 1:00 BINGO FOR FUN & PRIZES </div>	24/25 <div> <div>Special Events</div> <div>New Events</div> </div>	
29 <div> 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 </div>	30 <div> 9:30 ARTHRITIS EXERCISE CLASS 1:00 BINGO FOR FUN & PRIZES </div>	Oct 1/2	

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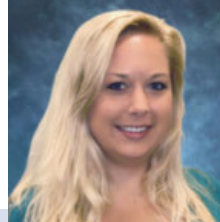
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16-0330



ITALY



Cooking Around The World Time to Travel Again



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



Tuesday, September 27
1:30 p.m.

Sunshine Center 330 Fifth Street N.

Book Now

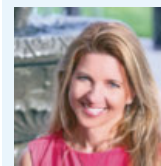
Register at St. Pete Parks and Rec Connect or with the front desk starting September 1. Spots are limited.

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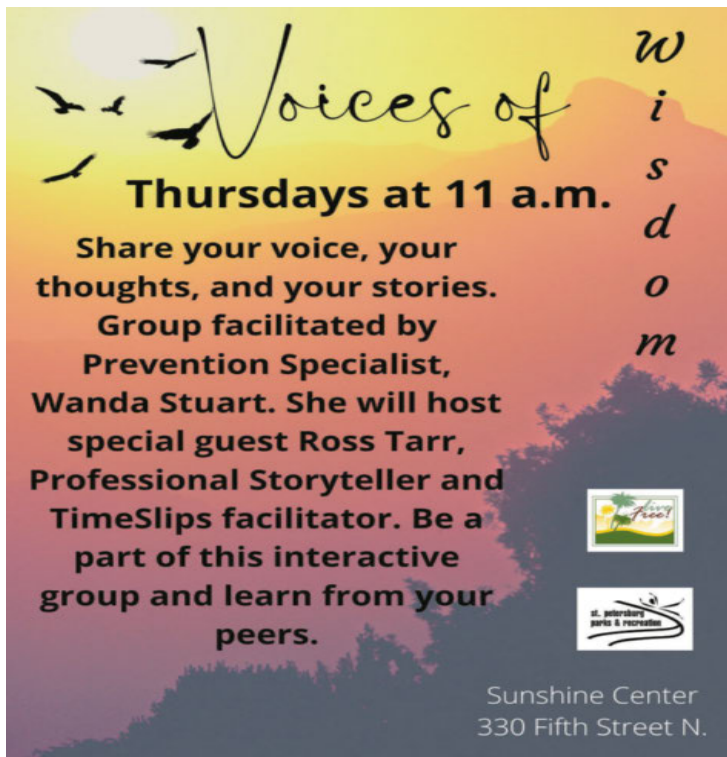
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16-0330



Voices of Wisdom
Thursdays at 11 a.m.

Share your voice, your thoughts, and your stories.
 Group facilitated by Prevention Specialist, Wanda Stuart. She will host special guest Ross Tarr, Professional Storyteller and TimeSlips facilitator. Be a part of this interactive group and learn from your peers.

Sunshine Center
 330 Fifth Street N.

Thursday, September 29, 1 pm

Interested in learning more about the Drama and Reader's Theater at the Sunshine Center? Join us as we look at restructuring and taking the two programs to new heights. We are looking for performers and support roles.

You are cordially invited....

To attend a **free tour** of the
 Sunshine Senior Center
 Friday, September 16
 11:00 a.m.

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

Creative Writing Corner

*The free Creative Writing class is at 10:30 a.m.,
 Thursdays. Please join us.*

I See The Day Coming

Sharon Schrader

I am beginning to believe my family thinks of me, if they think of me at all, as a fixture. I have always felt loved and esteemed, despite my saying things at times I think are witty and/or hilarious, and upon reflection realize they may not be perceived as either. Lately now, I sense a shift in the wind, subtle vibes, if you will, when we are all together and I am no longer looked to for advice as I have been formerly. In fact, to my consternation, my adult children are much more likely to seek out each other's counsel at family gatherings, while I find myself relegated more and more to the sidelines. And not only that, but the grandchildren, and now the great grandchildren, are following suit, barely acknowledging me as they tear past to find out what there is to eat and engage in animated conversations in another room. In a future not so distant, I foresee when I'll be helped to my elderly recliner in the den, and once settled in, left there on my own, the "spectator at the feast," unable to get up without assistance and consigned to oblivion, as everyone chatters around me. Then I think to myself, "No, surely they wouldn't leave me there...would they?" They will remember to help me out of this danged recliner before they leave. "I know they will. I'm certain they won't forget." I'm whispering aloud now. I can just see my husband laughing when he reads this. "Anybody? Help? PLEASE! ANYBODY?!!!"

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
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 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.

ST. PETERSBURG FALLS PREVENTION WEEK

September 19-23, 2022 * Sunshine Senior Center

Fall prevention is a team effort and everyone has a role to play to reduce fall risks.

Join us for a week dedicated to helping prevent falls through education and exercise! Become a fall prevention advocate and make a difference in yourself and your community.

SCHEDULE OF EVENTS

Monday, September 19, at 9:30 a.m.

Arthritis Exercise

The class is seated in chairs and uses bands, weights, and body movements to strengthen and condition.

Tuesday, September 20, at 10:30 a.m.

Ageless Grace

The class is seated in chairs and uses music and movement to enhance body and brain health. The focus of this class will be balance and core strengthening.

Wednesday, September 21, at 10:30 a.m.

NCOA Wellness Workshop

Cris Gibson, PharmD, MBA, a trained pharmacist and medical science expert will share how to turn knowledge into action with simple strategies to improve your bone health. You will leave this presentation with action steps to use in your everyday life.

Wednesday, September 21, at 12 p.m.

Wellness Wednesday: Fall Prevention

Vendors will be providing a variety of screenings, such as fall risk assessment, blood pressure, vision and many more. You can even get your flu and pneumonia vaccines. You will have an opportunity to speak with a variety of health professionals about the importance of not falling and action steps you can take.

Thursday, September 22 at 1 p.m.

The Stories of Falls

SAGES will be performing an act from the world-famous play *Denying Gravity*. We will also hear from people who have had a fall and their perspective of how to prevent them.

Friday, September 23, at 11 a.m.

Golden Chord Fall Prevention Introduction

Join Brea Walkley, OT Doctoral Student Intern and Emily Smith to learn about the exciting Fall Prevention Program that you can get involved in. Walk away with a few tips to help you with balance and preventing falls.



330 Fifth St. N., St. Pete, 33701
stpeteparksrec.org | 727-893-7101



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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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

www.stpeteparkrec.org

SunshineCenterFriends.org

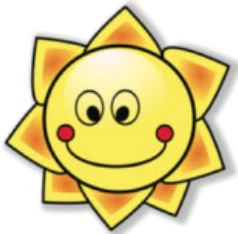
727-893-7101

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



September 2022