

SUNNY SIDE UP

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

Betty's Story

Betty (not her real name) had lost her husband. She found herself staying at home and getting very bored. Finally, she realized talking to the TV was not doing much to help her mental health. She decided to take action.

Betty started her search online which is how she came across information on the Sunshine Senior Center. She couldn't believe the number of activities and programs that were offered. She made plans to check it out with an in-person visit.

When Betty arrived at the center, she was greeted warmly. The staff gave her a tour and she was impressed. Everyone was so friendly and there were plenty of people who seemed to like a lot of the same activities Betty enjoyed.

She began volunteering as a receptionist, next she joined a few of the exercise classes to help her remain strong and independent. She found information about grief support groups, Medicare options, and healthcare information. She joined the day trips and met new friends. Best of all, Betty soon realized she had started to enjoy life again. Do you know someone who might benefit from knowing about our center? Please spread the word and help them discover what we have to offer.

Mother's Day Fashion Show

The Sunshine Senior Center will host another Mother's Day Fashion show featuring clothing from the Resale Shop. If you'd like to be a model, please see staff member, Carrie Laird.



Stay connected with us online:
stpeteparksrec.org/sunshinecenter



MARCH 2024



The Sunshine Garden



Tai Chi Class

NEW CLASS

Strength Training Class

Mondays at 11 a.m.

FREE!

Join Karin Danish for a free, weekly strength training class to improve your core and build muscle. This class uses light weights and has a focus on improving posture.

Accredited by



National Institute of
Senior Centers

The Sunshine Center is a
Four-Time Nationally
Accredited Senior Center
through the National Council
on Aging/National Institute
of Senior Centers.



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FRIENDS OF THE SUNSHINE CENTER, INC.

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sunshinecenterfriends.org
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SPOTLIGHT

VOLUNTEER OF THE QUARTER: MARSHA TURKEN

Marsha grew up and was educated in New York City. She worked for several years as an academic textbook editor at Random House before going to work at the American Jewish Committee where she began escorting groups to Israel. Her increasing connection with Israel and its people led her to move there in the late 1980s. She settled in Tel Aviv, where she lived for the next 30 years, immersing herself in the culture and the language. After 10 years of organizing international conferences in Israel, she made a career pivot and began to teach Business English at Tel Aviv University and at local hi-tech companies.

Upon her retirement in 2017, she moved to St. Petersburg. One of the first things she did was visit the Sunshine Senior Center to try to navigate her way through complicated senior services. When she began looking for additional volunteer opportunities a few years ago, she returned to the center. This led to her current, much-needed, volunteer role. Marsha assists clients with all matters hi-tech, from figuring out how to use their cellphones to filling out online application forms for various government benefit programs. This service is invaluable to our center members. We are thrilled to have Marsha fill this need. If you need any help with something "techie," schedule your appointment with the front desk. Marsha also jumped in to teach us about Israel for the "Cooking Around the World" program.



If you are interested in volunteering, please see page 12 for more information.

Hands Only CPR

2 STEPS TO SAVE A LIFE



Join Andrew Lent, MPH, Community Impact Director of The American Heart Association of Tampa Bay, to learn Hands Only CPR.

**Tuesday, March 5
at 1 p.m.**

**Sunshine Senior Center
330 Fifth Street N.
727-893-7133**



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, and home decor. New items come in every week!

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

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.*



SONGFEST

Monday, March 11 at 1 p.m.

Join John Galiger and friends for Songfest. Come and participate, sing a song or two, or sit back and enjoy the show!

—40TH ANNUAL— SENIOR HALL OF FAME

SHINING A LIGHT ON SENIOR VOLUNTEERS

The annual Senior Hall of Fame honors senior volunteers who dedicate their time and talents to enhancing the St. Petersburg community.

NOMINATIONS OPEN through Monday, March 4

Scan the code to view
nomination guidelines and
complete the nomination
form, or visit:



stpeteparksrec.org/seniorawards

AWARDS CEREMONY

Wednesday, April 17

Mahaffey Theater

400 1st Street S., St. Petersburg, FL

For more information, contact 727-893-7101



DON'T MISS



CARRIE'S CRAFT CORNER

Tuesday, March 5 at 2 p.m. **(time change)**

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, March 1 at 11:45 a.m.

Please join us in the Sunshine Garden for a discussion series with Olivia from WellMed. February topic: Focus on Brain Health

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

MOORE
MEDICARE OPTIONS

More options and guidance for Medicare.

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Lisa Moore

Lisa@MooreMedicareOptions.com
MooreMedicareOptions.com

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16-0330

EVENTS



BIRTHDAY EXTRAVAGANZA WITH MARC BLACKWOOD

Thursday, March 14 at 1 p.m.

We're starting a new birthday program to keep things interesting. This year we will be hosting our Birthday Celebration with our performer Marc Blackwood.

We will still be recognizing birthdays celebrated in the month. We'll still have cake and ice cream, gifts for the birthday people, a special drawing for both the guests and for the birthday people (and a few other surprises as well). Join us to check out the new format. You never know who you might run into.



OPEN AUDITIONS

Tuesday, March 19 at 10 a.m.

Auditions are open for *Lost at Sea*: part three in the series from "Eating at Edie's." This is an open call for actors of all abilities. There are many parts to be filled. Consider joining us!

If you become part of the cast, rehearsals are every Tuesdays and Thursdays at 10 a.m.

Dates for the show are May 17 and 18.



MOVIE DAY WITH THE MOORES!

Thursday, March 21 at 1p.m.

Featuring: *The Waking of Ned Divine*

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

CREATIVE WRITING GROUP

Four Haikus

By Sharon Schrader

Consumed by the sun,
I lie on the molten sand,
Awaiting...nothing.

Eyes meet fleetingly,
Kindred souls encounter Truth.
The moment is gone.

Palm tree bends in torment,
at gale's bidding.
To do its crazy dance.

Somewhere the sun shines,
But not on this graceless soul,
Where peace abides not.

EVENTS

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

March 26 | April 23 | May 15
at 1 p.m. each month

Sunshine Senior Center
330 Fifth St. N.

(You can still join if you missed the class in February.)

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.



American Heart Association.
Check. Change. Control.®



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

A MATTER OF BALANCE is an award-winning program with documented results designed to manage falls and increase activity levels. Class is for adults age 60 and older.

Coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead light exercises to help increase strength and balance.

Workbook provided.

Sunshine Senior Center

330 5th Street N.

March 18-April 11, 2024

Mondays and Thursdays 1:30-3:30 p.m.



Contact Terri Toner for registration
727-570-9696x160

*Minimum 8 registered to have classes



EMBRACE AGING: BE IN THE KNOW

Getting the Most from Your Doctor Visits

Wednesday, March 20 | 1 p.m.

Sunshine Senior Center, 330 Fifth Street N.

Visiting the doctor might not be the most enjoyable experience, but it is a crucial part of maintaining good health as we age. We need to know how to navigate our appointments effectively to become our own health advocates. Attend this session with a doctor to learn valuable insights about how to ask the right questions and leave your appointment feeling heard.

Scan the QR code to register online
for the March event.



ArchWell
HEALTH



LINE DANCE LESSONS

Friday, March 1 from 2:30 p.m.-3:30 p.m.

Want to learn the boot scootin' boogie or the cupid shuffle? Now is your chance! Join our instructor, Megan, for this fun and exciting new class. Learn how to do some of today's most popular line dances.

CALENDAR

SPECIAL EVENTS

NEW EVENTS

MONDAY

TUESDAY

WEDNESDAY

4

9:30 Arthritis Exercise
11:00 Strength Training
12:30 Euchre
1:00 Chair Volleyball
3:00 Tai Chi

5

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 Hands only CPR
2:00 Carrie's Craft Corner

6

9:30 Arthritis Exercise
10:30 Storytelling Circle
10:30 Ask a nurse
12:30 Lunch and Learn
1:00 Mahjong
3:00 Tai Chi

11

9:30 Arthritis Exercise
11:00 Strength Training
12:30 Euchre
1:00 Chair Volleyball
1:00 Songfest
3:00 Tai Chi

12

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

13

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

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9:30 Arthritis Exercise
11:00 Strength Training
12:30 Euchre
1:00 Chair Volleyball
1:30 Matter of Balance
3:00 Tai Chi

19

9:30 Ageless Grace
9:30 Caribbean Aerobics
10:00 Knit and crochet social
10:00 Lost At Sea Auditions
10:45 Spanish-Beginner
11:00 Yoga
12:30 Canasta
1:00 Paint & Sip

20

9:30 Arthritis Exercise
10:30 Storytelling Circle
1:00 Mahjong
1:00 Embrace Aging
3:00 Tai Chi

25

9:30 Arthritis Exercise
11:00 Strength Training
12:30 Euchre
1:00 Chair Volleyball
1:30 Matter of Balance
3:00 Tai Chi

26

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
1:00 Check. Change. Control.

27

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

CALENDAR

SPECIAL EVENTS

NEW EVENTS

THURSDAY

FRIDAY

SATURDAY/SUNDAY

		1 9:30 Arthritis Exercise 10:45 Sunshine Drumming 11:45 Let's Dig In 1:00 Bingo for Fun & Prizes 2:30 Line Dancing	2/3 Join our Fitness Center. It's <u>FREE!</u> Fitness Center Hours: Monday - Friday, 9 a.m. - 3 p.m.
7 9:30 Caribbean Aerobics 10:30 Groceries on the Go 10:30 Creative Writing 10:45 Spanish Class 11:00 Chair Yoga 12:30 Hand & Foot Cards 2:00 Tango	8 9:30 Arthritis Exercise 10:45 Sunshine Drumming 1:00 Bingo for Fun & Prizes 2:30 Line Dancing	9/10	
14 9:30 Caribbean Aerobics 10:30 Creative Writing 10:45 Spanish Class 11:00 Chair Yoga 12:30 Hand & Foot Cards 1:00 Marc Blackwood and Birthday Extravaganza 2:00 Tango	15 9:30 Arthritis Exercise 10:45 Sunshine Drumming 1:00 Bingo for Fun & Prizes 2:30 Line Dancing	16/17 <i>Please note: We now have two Tai Chi Classes! Monday and Wednesday.</i>	
21 9:30 Caribbean Aerobics 10:30 Creative Writing 10:45 Spanish Class 11:00 Chair Yoga 12:30 Hand & Foot Cards 1:30 A Matter of Balance 1:00 Movie Day 2:00 Tango	22 9:30 Arthritis Exercise 10:45 Sunshine Drumming 1:00 Bingo for Fun & Prizes 2:30 Line Dancing 6:00 Photo Contest Ceremony	23/24	
28 9:30 Caribbean Aerobics 9:30 Play rehearsal 10:30 Creative Writing 10:45 Spanish Class 11:00 Chair Yoga 12:30 Hand & Foot Cards 1:30 A Matter of Balance 2:00 Tango	29 9:30 Arthritis Exercise 10:45 Sunshine Drumming 1:00 Bingo for Fun & Prizes 2:30 Line Dancing	30/31 All Are Welcome Here 	



Now accepting new patients. Meet our team.



**Kyle
Borodunovich, DO**
Family medicine



**Sandeep
Chugani, DO**
Family medicine



**Ashleyrae
Donald, DO**
Internal medicine



**Bryan
Fink, DO**
Family medicine



**Daphne
Gardner, APRN**
Family medicine

- Same-day appointments for urgent care
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- On-site lab services
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- Wound care
- Dermatology (skin) care
- Preventative care
- Vaccinations
- Joint injections
- Infusion center

Walk-ins welcome

Optum - Bayway Clinic

2812 54th Ave. S.
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FRED ASTAIRE

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RIDE**

MAY 25TH 2024

JOIN US AT THE PALLADIUM THEATRE FOR
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AMATEUR & PROFESSIONAL PERFORMANCES
FEATURING CHOREOGRAPHY BY
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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.

\$20 General Admission/\$25 VIP Seating | 727-822-3590



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

16-0330

FEE CLASSES

CLASS	DAY/TIME	COST
Table Games: <div> <div>Euchre</div> <div>Canasta</div> <div>Hand & Foot</div> <div>Mahjong</div> </div>	<div>Monday at 12:30 p.m.</div> <div>Tuesday at 12:30 pm</div> <div>Thursday at 12:30 p.m.</div> <div>Wednesday at 1 p.m.</div>	<div>\$2 class</div> <div>\$2 class</div> <div>\$2 class</div> <div>\$2 class</div>
Caribbean Aerobics	Tuesday/Thursday at 9:30 a.m.	\$22 month/\$4 class
Spanish Language: <div> <div>Beginner Casual</div> <div>Intermediate</div> </div>	<div>Tuesday at 10:45 a.m.</div> <div>Thursday at 10:45 a.m.</div>	<div>\$16 month</div> <div>\$16 month</div>
Sunshine Drumming	Friday at 10:45 a.m.	\$2 class
Tai Chi	Monday or Wednesday at 3 p.m.	\$24 month/\$7 class
Tango for Parkinsons	Thursday at 2 p.m.	\$40 month/\$12 class
Yoga	Tuesday at 11 a.m.	\$20 month/\$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, Strength Training, and Bingo.



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that Support our
Community!

RESOURCES



MOBILE FOOD PANTRY

**WEDNESDAY,
MARCH 13
9 - 10 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



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, March 7
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 & Toups 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, March 13 at 11 a.m.

Join Sally Marvin, supervisor of the Sunshine Senior Center, for a 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.



Paint & Sip

Tuesday, March 19 at 1 p.m.

Sunshine Senior Center

330 Fifth Street N.

FREE ADMISSION

Unleash your creative side at our Paint & Sip Event! You'll have the opportunity to create a unique painting you'll be proud to call your own.

*Non-alcoholic beverages will be served.
We can't wait to see you there!*

Don't forget to register for this popular event.
Reserve your spot by calling 727-893-7133.

 DevotedHealth



EMBRACING A MULTIGENERATIONAL WORLD: PHOTO EXHIBITION AND RECEPTION



March 22, 2024 at 6 p.m.

Sunshine Senior Center

330 5th Street N.

You're invited to join us at the photo exhibit and reception when we will announce the winning submissions to the Embracing a Multigenerational World Photo Contest.

The photo submissions will be on display.

Light refreshments will be served.

We look forward to a wonderful evening

**THERE IS STILL
TIME TO SUBMIT
YOUR PHOTOS!**



Deadline: March 8, 2024

Contest sponsored
by Norman Bungard



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

  <p>Kaitlin Moore, Benefit Consultant Phone: 813-422-1708 Email: kmoore@freedomh.com</p> <p>www.freedomhealth.com Member Services: 1-800-401-2740</p>		
<p>Local Office: 5403 Church Ave. N. Tampa, FL 33614</p>		

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16-0330

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



MARCH 2024 NEWSLETTER