

SUNNY SIDE UP

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

How To Stay Hydrated: A Guide for Older Adults from the National Council on Aging

Drinking enough water aids many vital body functions, from regulating body temperature to lubricating joints to aiding in digestion and nutrient absorption. Proper hydration can also benefit physical performance, cognitive function, and mood while helping to reduce the risk of headaches and fatigue.

Staying hydrated is even more important for older adults who can be more prone to become dehydrated for a number of reasons, including a diminished sense of thirst.

Finding simple ways to increase your water intake and recognize the signs of dehydration can help you avoid the pitfalls and stay healthy.

Early Signs of Dehydration

- Dark-colored urine, urinating less frequently
- Fatigue or feeling weak
- Irritability
- Dizziness
- Headaches
- Muscle cramps in arms or legs
- Dry mouth
- Confusion, decreased cognitive function

Source: www.ncoa.org/article/how-to-stay-hydrated-for-better-health

Stay connected with us online:
stpetparksrec.org/sunshinecenter



AUGUST 2024



Ways to Stay Hydrated

- Choose foods with high water content, like watermelon or cucumbers.
- Keep water with you always. Carry a refillable water bottle.
- Avoid or reduce alcohol intake.
- Change it up - plain water can get boring so add fruit or veggies to your water to enhance flavor and benefits.



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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sunshinecenterfriends.org

TABLE OF CONTENTS

Page 3 Seniors' Month 2024 Event Series lineup

Page 4-5 Spotlight

- Volunteer of the Quarter
- Need a Personal Assistant?
- Visit the Resale Shop

Don't Miss

- Embrace Aging
- Shoes for Seniors

Page 6-7 Events

- Birthday Extravaganza with Marc Blackwood
- Acupuncture
- Creative Writing
- Scam Alert Workshop
- Haiku Workshop

Page 8-9 Calendar

Page 10 Fee Classes

Page 11 Resources

- Support Groups at the Center
- SOS Food Pantry
- Groceries on the Go

Page 12 Connect

- Knit and Crochet Social
- Volunteers Needed
- Coffee Chat
- Storytelling Circle

Page 13 Hurricane Expo for Seniors

Page 14 On-site Agencies

The City of St. Petersburg Parks & 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.

EVENTS

JAZZ & GUMBO

★★★★★

Thursday, August 8

5:30 - 8 PM

Enoch Davis Center

FREE

HEALTHY HOBBIES

★★★★★

Friday, August 16

10 AM - noon

Azalea Recreation Center

FREE

MARDI GRAS SENIOR PROM

★★★★★

Friday, August 23

5 - 9 PM

Sunken Gardens

FREE

MUNCH & MINGLE

★★★★★

Wednesday, August 28

5:30 - 9 PM

Sunshine Senior Center

FREE

Scan the QR code for
more information
and to register.



stpeteparksrec.org/seniorsmonth

The Sunshine Senior Center will be providing transportation for each event. Please sign up at the front desk, or call 727.893.7133 if you need transportation or assistance registering.



SENIORS MONTH
2024
EVENT
SERIES



SPOTLIGHT

VOLUNTEER OF THE QUARTER: MARGARET GRISWOLD



Margaret grew up in Hartford, Connecticut and became a military wife when she married a military man. She finds immense joy in her six children--five daughters and one son--and maintains strong bonds with them to this day through regular visits.

With licenses as a Certified Nursing Assistant in five states, Margaret's caregiving skills come naturally to her. She led a fulfilling and lengthy career working in various healthcare settings, including hospitals, nursing homes, private care, and hospice. Even now, although she claims to be "retired," Margaret continues to care for others by always lending a helping hand.

After retiring, Margaret moved to Florida. She discovered the Sunshine Senior Center (SSC) nine years ago. She loved it so much that she relocated to an apartment across the street, considering the SSC to be one of her life's greatest joys. Margaret was chosen Volunteer of the Quarter by the SSC staff for her willingness to assist neighbors, friends, and fellow members of the SSC. She readily offers help wherever needed, particularly enjoying her time in the Fitness Center.

Her life advice revolves around living, loving, and laughing, emphasizing the importance of loving God and saying plenty of prayers.

Need a Personal Assistant? *Support and Resource Help*

Every first & third Monday, 10:30 AM - noon
Wednesdays and Fridays, noon - 3 PM

Sunshine Senior Center
330 Fifth Street N.

By appointments only, call 727-893-7133

Trusted volunteers are available
to provide assistance:

● **TECH HELP** with phones,
computers, tablets, etc.

● **HELP** with paperwork,
applying for programs, etc.

*It is 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



Embrace Aging: Blue Zones

Wednesday, August 21 | 1 p.m.
Sunshine Senior Center, 330 Fifth Street N.

Join the Sunshine Senior Center Staff to learn about Blue Zones. Find out what steps you can take to live a long healthy life. You will be surprised what can make a difference. Healthy food samples will be served during this seminar. Please register at the Sunshine Senior Center front desk or call 727-893-7133.



SHOES FOR SENIORS

Wednesday, September 11 | 11 a.m. - 2 p.m.
Salvation Army, 1603 N. Florida Ave. Tampa, FL

Do you need new shoes? Samaritan's Feet Tampa is hosting an event to provide free shoes and other goodies for seniors. **Preregistration is required by August 21, 2024**, for this event. To register visit: <https://samaritansfeet.org/tampa911/>

The Sunshine Senior Center will provide transportation for seniors who need a ride. Space is limited. Questions? Call 727-893-7133.

MOORE
MEDICARE OPTIONS

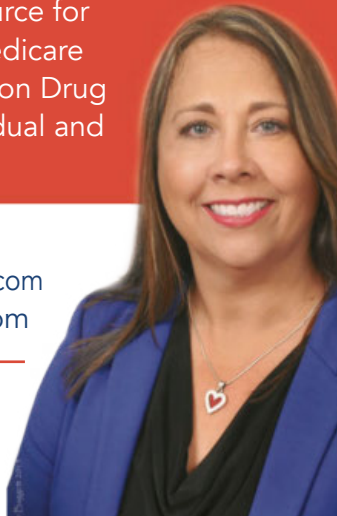
More options and guidance for Medicare.

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Lisa Moore

Lisa@MooreMedicareOptions.com
MooreMedicareOptions.com

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EVENTS



BIRTHDAY EXTRAVAGANZA WITH MARC BLACKWOOD

Thursday, August 8, at 1 p.m.

We started a fun birthday program with performer Marc Blackwood, so be sure to come and celebrate August 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.

Acupuncture Sessions

Friday, August 2

10:30 a.m. - noon

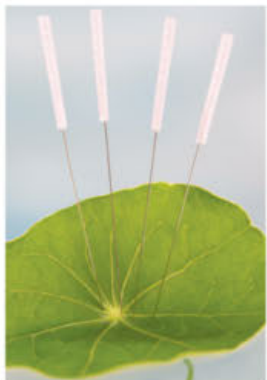
Sunshine Senior Center

Next session: Friday, August 16

FREE

Donations accepted to cover the cost of supplies and Dr. Mann's time.

Dr. Matthew Mann, DAOM, AP, will offer acupuncture sessions at the Sunshine Senior Center on the first and third Friday of the month.



If you'd like to learn more about this ancient alternative therapy, join our chat with Dr. Mann.

Dr. Mann is an expert in the field of acupuncture and owner of St. Petersburg Acupuncture and Integrative Medicine.

CREATIVE WRITING GROUP



Leaves

By: Wil Fisher

Yawning, while blowing
leaves into the neighbor's
yard, looking up, I marvel

how stuff drops out of trees
sometimes squirrels or nuts
but mostly leaves fall down.

I remember how I used to rake
and burn to make autumn smoke
fill the air with wistful dreams.

That was bad, they said so
then I would have to rake
and bag them to the dump.

Today it's so easy with the
hum of a blower sending
leaves to my neighbor's lawn.

Such a miracle now as
leaves seem to disappear
as easily as if by a puff of wind.

The St. Petersburg
Library System presents:

SCAM ALERT: How to avoid technology scams

In our digital age, it's important to stay informed and protected online.



**Wednesday, August 7 from 1 - 2 p.m.
The Sunshine Center, 330 5th Street N.**

This workshop is free of charge and open to all who are interested in staying safe online.

Join us for this practical workshop. We will cover:

- *Essential tips and strategies to avoid falling victim to Internet scams.*
- *Learn how to identify common scams, protect your personal information, and safely navigate the web.*
- *Empower yourself with the knowledge to enjoy the Internet securely.*

Don't miss this opportunity to connect with others and enhance your digital literacy skills!



Haiku Workshop **Thursday, August 15** **2-3 p.m.** **Sunshine Senior Center**

Join us for a fascinating discussion with published haiku poet, Tim Huff. He will discuss the history of haiku, tell us about how he got started, and read selections from his two books.

Attendees will also have an opportunity to learn how to write a haiku.



Haiku is a form of Japanese poetry made of short, unrhymed lines that cover one topic. The first and third lines have five syllables, and the second line has seven syllables.

CALENDAR

SPECIAL EVENTS

NEW EVENTS

MONDAY

TUESDAY

WEDNESDAY

5

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

6

9:30 Ageless Grace
9:30 Caribbean Aerobics
10:00 Knit and Crochet Social
11:00 Yoga
12:30 Canasta
1:00 Carrie's Crafts

7

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

12

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

13

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

14

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

19

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

20

9:30 Ageless Grace
9:30 Caribbean Aerobics
10:00 Knit and Crochet Social
11:00 Yoga **CANCELED**
12:30 Canasta

21

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

26

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

27

9:30 Ageless Grace
9:30 Caribbean Aerobics
10:00 Knit and Crochet Social
11:00 Yoga **CANCELED**
12:30 Canasta

28

9:30 Arthritis Exercise
10:30 Storytelling Circle
1:00 Mahjong
3:00 Tai Chi
5:30 **Munch & Mingle**

CALENDAR

SPECIAL EVENTS

NEW EVENTS

THURSDAY

FRIDAY

SATURDAY/SUNDAY

1 9:30 Caribbean Aerobics
10:30 Creative Writing
10:30 Groceries on the Go
10:45 Spanish
11:00 Chair Yoga
12:30 Hand & Foot Cards
1:00 **Hurricane Expo**
2:00 Tango

2 9:30 Arthritis Exercise
10:30 Acupuncture
10:45 Sunshine Drumming
1:00 Bingo for Fun & Prizes

3/4

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

8 9:30 Caribbean Aerobics
10:30 Creative Writing
10:45 Spanish
11:00 Chair Yoga
12:30 Hand & Foot Cards
1:00 Marc Blackwood & Birthday Extravaganza
2:00 Tango

9 9:30 Arthritis Exercise
10:45 Sunshine Drumming
1:00 Bingo for Fun & Prizes

10/11

15 9:30 Caribbean Aerobics
10:30 Creative Writing
10:45 Spanish
11:00 Chair Yoga
12:30 Hand & Foot Cards
2:00 Tango
2:00 **Haiku Workshop**

16 9:30 Arthritis Exercise
10:30 Acupuncture
10:45 Sunshine Drumming
1:00 Bingo for Fun & Prizes

17/18

All Are
Welcome Here


22 9:30 Caribbean Aerobics
10:30 Creative Writing
10:45 Spanish
11:00 Chair Yoga
12:30 Hand & Foot Cards
2:00 Tango

23 9:30 Arthritis Exercise
10:45 Sunshine Drumming
1:00 Bingo for Fun & Prizes

24/25

29 9:30 Caribbean Aerobics
10:30 Creative Writing
10:45 Spanish
11:00 Chair Yoga
12:30 Hand & Foot Cards
2:00 Tango

30 9:30 Arthritis Exercise
10:45 Sunshine Drumming
1:00 Bingo for Fun & Prizes

31

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FEE CLASSES

CLASS | **DAY/TIME** | **COST**

CLASS	DAY/TIME	COST
Caribbean Aerobics	Tuesday/Thursday at 9:30 a.m.	\$22 month/\$4 class
Spanish Language: Intermediate	Thursday at 10:45 a.m.	\$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 Volleyball, Ageless Grace, Arthritis Exercise, and Bingo.



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16-0330

RESOURCES



SOS
SAVING OUR SENIORS

MOBILE FOOD PANTRY

**WEDNESDAY
AUGUST 14
9-9:45 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.

For 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 are available. Purchase your groceries today to have a healthier tomorrow.

**Thursday, August 1
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, August 14, 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 are the facilitators.



Sunshine Center to Host Hurricane Expo for Seniors

Taking care of St. Pete's seniors is one of our top priorities. Join the City of St. Petersburg for a special expo geared toward seniors to ensure they know how to get and stay prepared for the upcoming hurricane season.

The Sunshine Center | 330 5th St. N. | Thursday, August 1, from 1 - 2:30 p.m.

The **first 30 households to register** for the event will receive a hurricane kit upon arrival.



Oh...and there will be ice cream!



SCAN FOR MORE



CITY OF ST. PETERSBURG | STPETE.ORG/HURRICANE | @STPETEFL

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

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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



AUGUST 2024 NEWSLETTER