

# SUNNY SIDE UP

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



*Our beautiful courtyard did lose a couple of trees, but the Gerald Buchert pergola held up nicely!*

## POST-HURRICANE NOTES

Wow! We successfully navigated back-to-back hurricanes. Can you believe the resilience of our community? I'm truly amazed by the swift response of utility workers and grounds crews. Their efforts have been crucial in restoring power and services. Thank you to so many for their unwavering work before, during, and after these storms.

Moving forward, I want to remind everyone to use caution with the storm debris scattered along our streets. Please do not pick up any discarded items you find, as they may have been contaminated by wastewater. Let's prioritize safety and keep hazardous materials out of our homes.

Additionally, it's well-known that seniors often do not drink enough water. Maintaining proper hydration is vital for overall health and well-being. Please be sure to drink water regularly—your body will thank you!

Let's continue to support one another as we recover from these storms. Stay safe, stay hydrated, and let's look out for each other!

NOVEMBER 2024



## STAR CHIX: THE MUSICAL

We hope you enjoyed our October production of "Star Chix"! It was a hilarious show, and the hard work and dedication of our cast and crew was evident. Even though rehearsals were rudely interrupted by Hurricanes Helene and Milton, they pulled it off brilliantly! The show must go on!

A big shoutout to David Middleton, our talented writer, director, and producer. His easygoing nature makes him a joy to work with, and his graciousness in giving feedback, along with his fantastic sense of humor, keeps everyone motivated. We are all incredibly grateful to him—I'm sure the cast would agree!

We're excited to continue hosting these productions, so we encourage you to come watch, audition, or lend a hand backstage in any way you can. I can't help but wonder what we'll bring you next!

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





## SUNSHINE CENTER STAFF

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## FRIENDS OF THE SUNSHINE CENTER, INC.

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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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*The City of St. Petersburg Parks and Recreation Department  
provides this information as a resource for the  
consideration of those we serve.*

*We do not endorse or assume responsibility for third party,  
City nonaffiliated advertisements.*





# Thanksgiving *Celebration*

NOVEMBER 27, 11:30A.M.

Sunshine Senior Center, 330 5th St. N.

**\$5**

**TICKETS ON SALE NOVEMBER 1**

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11-11:15 A.M.

SEATING

11:30 A.M.

DINNER SERVED

PLEASE ARRIVE ON TIME - NO ADMITTANCE AFTER 11:30 A.M.

NO TAKEOUT - SPACE IS LIMITED

# SPOTLIGHT

## VOLUNTEER OF THE QUARTER: KERRY ULRICH

We are so grateful to have Kerry Ulrich as one of our fantastic volunteers, and that's why we are honoring him with the volunteer of the quarter. If you know Kerry or have had any conversations with him, you know he is a die-hard fan of all things Tampa Bay. He loves the Bucs, the Rays, and, of course, the Lightning.

Kerry has been volunteering at the Sunshine Senior Center since 2018. He is a staple in the fitness center, always willing to show other participants how to use the workout equipment. The greatest benefit of having Kerry as a volunteer is his consistent reliability. He is very dedicated to his shift and is always willing to help out. He is an amazing volunteer.

Thank you, Kerry, for all you do!



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

Every first & third Monday, 10:30 AM - noon  
Tuesdays 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.*



## Recognizing & Avoiding Scams

Thursday, November 21  
1 PM

Sunshine Senior Center

Representatives from the Pinellas County Office of Consumer Protection will speak to us about the latest scams. Learn steps we can all take to stay diligent and make sure we stay safe.





# DON'T MISS



## STAND TALL AND DON'T FALL

Wednesday, November 13 | 1 p.m.  
Sunshine Senior Center, 330 Fifth Street N.

Dr. Samantha Erb from Optum-Tyrone will be joining us to lead an informative session focused on fall prevention strategies. Participants will gain valuable insights and learn best practices to reduce their risk of a fall.



## SKIP'S COOKOUTS

Friday, November 15 | 1 p.m.  
Sunshine Senior Center, 330 Fifth Street N.

Skip will continue to do cookouts on specified Fridays. Please be sure to check the calendar for dates that will be advertised in the newsletter. Food is sold on a first-come, first-served basis. There will only be one cookout in November due to Thanksgiving.



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**(800) 477-4574 x3675**



# EVENTS



## BIRTHDAY EXTRAVAGANZA WITH MARC BLACKWOOD

Thursday, November 14, at 1 p.m.

Make plans to join us for our fun birthday program with performer Marc Blackwood. Help us celebrate all the November birthdays.

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

## Acupuncture Sessions

Friday, November 1

10:30 AM - noon

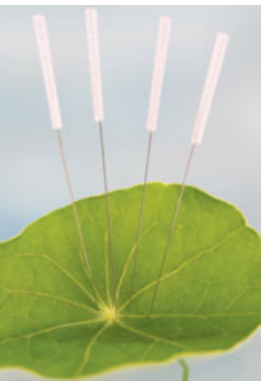
Sunshine Senior Center

Next session: Friday, November 15

**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.



## MOVIE DAY

Thursday, November 21, at 1 p.m.

Featuring: *Autumn Hearts*

Come enjoy our comfortable seating, savor complimentary popcorn, and immerse yourself in the magic of the movies. Free admission.

## CREATIVE WRITING GROUP

### When You Are Old

William Butler Yeats

*When you are old and grey and full of sleep,  
And nodding by the fire, take down this book,  
And slowly read, and dream of the soft look  
Your eyes had once, and of their shadows deep;*

*How many loved your moments of glad grace,  
And loved your beauty with love false or true,  
But one man loved the pilgrim soul in you,  
And loved the sorrows of your changing face;*

*And bending down beside the glowing bars,  
Murmur, a little sadly, how Love fled  
And paced upon the mountains overhead  
And hid his face amid a crowd of stars.*

Please note: Our Creative Writers may have been pre-occupied with the storms, so I pulled this one out for you.

★ ★ ★

# VALOR & VICTORY CELEBRATION

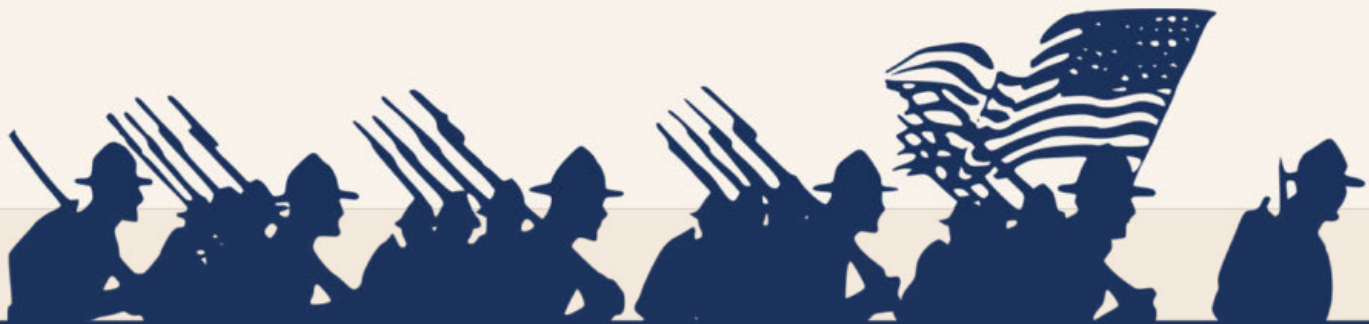


THURSDAY, NOVEMBER 7  
8:30 A.M.

SUNSHINE SENIOR CENTER, 330 FIFTH STREET N.

<b>8:30 A.M.</b>	<b>VALOR BREAKFAST</b>
<b>9:30 – 11 A.M.</b>	<b>RESOURCE EXPO VALOR</b>
<b>10 A.M.</b>	<b>PINNING CEREMONY</b>

SCAN THE CODE TO  
REGISTER  
OR CALL  
727-893-7133



## HONORING ALL WHO SERVED



# CALENDAR

SPECIAL EVENTS

NEW EVENTS

MONDAY

TUESDAY

WEDNESDAY

**4**  
 9:30 Arthritis Exercise  
 11:00 Strength Training  
 1:00 Chair Volleyball  
 3:00 Tai Chi

**5**  
 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

**6**  
 9:30 Arthritis Exercise  
 10:30 Storytelling Circle  
 1:00 Mahjong  
 3:00 Tai Chi

**11**  
 Closed in  
 observance of  
 Veterans Day

**12**  
 9:30 Ageless Grace  
 9:30 Caribbean Aerobics  
 10:00 Knit and Crochet Social  
 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 Embrace Aging  
 1:00 Mahjong  
 3:00 Tai Chi

**18**  
 9:30 Arthritis Exercise  
 11:00 Strength Training  
 1:00 Chair Volleyball  
 3:00 Tai Chi

**19**  
 9:30 Ageless Grace  
 9:30 Caribbean Aerobics  
 10:00 Knit and Crochet Social  
 11:00 Yoga  
 12:30 Canasta

**20**  
 9:30 Arthritis Exercise  
 10:30 Storytelling Circle  
 1:00 Mahjong  
 3:00 Tai Chi

**25**  
 9:30 Arthritis Exercise  
 11:00 Strength Training  
 1:00 Chair Volleyball  
 3:00 Tai Chi

**26**  
 9:30 Ageless Grace  
 9:30 Caribbean Aerobics  
 10:00 Knit and Crochet Social  
 11:00 Yoga  
 12:30 Canasta

**27**  
 9:30 Arthritis Exercise  
 10:30 Storytelling Circle  
 11:30 Thanksgiving Celebration  
 1:00 Mahjong  
 3:00 Tai Chi



# CALENDAR


SPECIAL EVENTS

NEW EVENTS

## THURSDAY

## FRIDAY

## SATURDAY/SUNDAY

	<p><b>1</b></p> <p>9:30 Arthritis Exercise          10:30 Acupuncture          10:45 Sunshine Drumming          11:45 Let's Dig In          1:00 Bingo for Fun &amp; Prizes          2:00 Booker Creek</p>	<p><b>2/3</b></p> <p>Join our Fitness Center.          It's <u>FREE!</u>          Fitness Center Hours:          Monday - Friday, 9 a.m. - 3 p.m.</p>
<p><b>7</b> 8:30 <b>Valor &amp; Victory Celeb.</b>          9:30 Caribbean Aerobics          10:30 Groceries on the Go          10:30 Creative Writing          10:45 Spanish          11:00 Chair Yoga          12:30 Hand &amp; Foot Cards          2:00 Tango          2:30 Chess Hour</p>	<p><b>8</b></p> <p>9:30 Arthritis Exercise          10:45 Sunshine Drumming          1:00 Bingo for Fun &amp; Prizes</p>	<p><b>9/10</b></p>
<p><b>14</b></p> <p>9:30 Caribbean Aerobics          10:30 Creative Writing          10:45 Spanish          11:00 Chair Yoga          12:30 Hand &amp; Foot Cards          1:00 Birthday Extravaganza          2:00 Tango          2:30 Chess Hour</p>	<p><b>15</b></p> <p>9:30 Arthritis Exercise          10:30 Acupuncture          10:45 Sunshine Drumming          1:00 <b>Skip's Cookout</b>          1:00 Bingo for Fun &amp; Prizes          2:00 Booker Creek</p>	<p><b>16/17</b></p> <p>All Are          Welcome Here</p> 
<p><b>21</b></p> <p>9:30 Caribbean Aerobics          10:30 Creative Writing          10:45 Spanish          11:00 Chair Yoga          12:30 Hand &amp; Foot Cards          1:00 Movie Day          2:00 Tango          2:30 Chess Hour</p>	<p><b>22</b></p> <p>9:30 Arthritis Exercise          10:45 Sunshine Drumming          1:00 Bingo for Fun &amp; Prizes</p>	<p><b>23/24</b></p>
<p><b>28</b></p> <p style="text-align: center;">Closed for the          Thanksgiving Holiday</p>	<p><b>29</b></p>	<p><b>30</b></p>

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16-0330

# FEE CLASSES

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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that Support our  
Community!





# RESOURCES



**MOBILE FOOD PANTRY**

**WEDNESDAY  
NOVEMBER 13  
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](http://stpeteparksrec.org/sunshinecenter)



**GROCERIES ON THE GO.**

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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, November 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 & 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! Join us in a warm and welcoming environment where you can connect with fellow fiber enthusiasts.

Whether you're a seasoned pro or just starting out, this group offers a perfect space to learn new techniques, share tips, and inspire each other's creativity. Let's craft together as we swap patterns and stories.



## COFFEE CHAT

**Wednesday, November 13, 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.



## 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.



## 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.





## IN-HOUSE YARD SALE

Saturday, November 16 from 9 a.m.-12 p.m.

Get ready to uncover amazing deals at our upcoming indoor, air-conditioned In-House Yard Sale! Whether you're hunting for unique home decor, vintage finds, or everyday essentials, this is the perfect opportunity to score some of the best bargains in town. With a wide variety of items from clothing to collectibles, there's something for everyone.

Do you have treasures of your own that you're ready to part with? We invite you to join us as a vendor!

Rent a table for just \$10 and share your items with fellow bargain hunters. It's a fantastic chance to declutter and make some extra cash. The deadline to reserve your table is Tuesday, November 8, so don't wait!

PLEASE NOTE: To keep the sale running smoothly, we kindly ask all shoppers to bring small bills and change. DO NOT bring large bills to make transactions easier for everyone.

HEALTHY ST. PETE PRESENTS

## HEALTHY WALKS

BOOST YOUR HEALTH



**FREE**



Thursdays  
November 7 & 14  
9-10 a.m.  
Sunshine Senior Center  
330 5th St. N.  
*Meet in the center lobby.*

Ready to boost your mood and health? Lace up your sneakers, enjoy stunning views, and connect with fellow walkers. Every step counts toward a healthier you. Come walk, chat, and rejuvenate. Don't miss out on this chance for fun, fitness, and fresh air!



## WEEKLY CHESS HOUR

Thursdays, at 2:30 p.m.

We are excited to announce a weekly hour dedicated to the timeless game of chess. These sessions will cater to players of all skill levels, starting with an introduction to the basics, where participants can learn essential rules and strategies. The center will provide all necessary tables and equipment. For participants with more experience, we'll offer open play for everyone to engage in friendly matches to hone their skills.

We encourage participants to bring their enthusiasm and a willingness to learn. This program promises to enhance your chess abilities and foster connections and camaraderie among fellow chess enthusiasts.

**LEARN MORE & ENROLL ONLINE HERE**





# 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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**SUPPORT OUR ADVERTISERS!**



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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