

# SUNNY SIDE UP

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



With the new year, we are saying goodbye to a couple of legends of the Sunshine Senior Center. Once again, we wish Sally Marvin and Carrie Laird all the best as they begin new chapters. We will be anxious to hear all about their new adventures.

One of my favorite sayings is, "The bad news is... things will change; the good news is... things will change." Change is an inherent part of life. Rather than dreading it, we can choose to view change as an opportunity for growth.

With new staff and new leadership coming to the Sunshine Senior Center, we can expect change. We can use this opportunity to propel the center toward the next great thing. The new year offers us the chance to reassess our goals and perspectives.

The Sunshine Senior Staff asks you to think about your goals and ideas for your center. We ask that you join us for our first Share the Sunshine; check out page 12 for details. Let's all come together to continue to make the Sunshine Senior Center the best place to be!!

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



JANUARY 2025



New year. New changes.  
Best of luck to Sally and  
Carrie as they start the  
New Year in retirement.  
We will miss you both!

*I alone cannot change  
the world, but I can  
cast a stone across  
the waters to create  
many ripples.  
Mother Teresa*

# HEALTHY ST. PETE PRESENTS **HEALTHY WALKS**



**MONDAYS & WEDNESDAYS**  
Beginning January 6  
9 AM



**Sunshine Senior Center**  
330 5th Street N.

Ready to boost your mood and your health? Join us for Healthy Walks at Mirror Lake! Come walk, connect, chat, and rejuvenate! Don't miss out on this opportunity for fun, fitness, and fresh air!

Health Walks participants are preparing and gearing up to take part in the Healthy St. Pete's 8th Annual Fit City 5K + 1 Mile Walk: Glow in the Park! Get your walking shoes and join us in the fresh air! Learn more about Fit City below.

**FREE**



## **Get Ready to Shine!**

Grab your favorite running or walking shoes and join us for Healthy St. Pete's 8th Annual Fit City: 5K + 1 Mile Walk at Vinoy Park, one of the beautiful waterfront parks in downtown St. Petersburg, Florida!

**DATE:** Saturday, February 1

**TIME:** 5 - 8 PM

**LOCATION:** Vinoy Park, 701 Bayshore Dr. NE

Healthy St. Pete is all about keeping the community moving with regular fitness programs and events that are either free or very affordable. The Fit City 5K is a key part of Healthy St. Pete's mission to foster a healthier, more active St. Petersburg. Let's lace up and make some unforgettable memories together!



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

## SUNSHINE CENTER STAFF

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**Robert "Skip" Jenkins, Recreation Aide**  
893-7133 | R1JENKIN@stpete.org

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## FRIENDS OF THE SUNSHINE CENTER, INC.

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Eileen Ozga, Secretary/Finance Chair

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Carol Ann Payne - cpayne037@gmail.com

sunshinecenterfriends.org

## TABLE OF CONTENTS

**Page 2** Healthy Walks

**Page 4** SPOTLIGHT

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

**Page 5** DON'T MISS

- Live Music with Booker Creek
- Creative Arts Adult Coloring

**Page 6** Courageous 12 Event

**Page 7** EVENTS

- Birthday Extravaganza with Marc Blackwood
- Movie Day
- Acupuncture
- Creative Writing

**Page 8-9** CALENDAR

**Page 11** FEE CLASSES

**Page 12** RESOURCES

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

**Page 13** CONNECT

- Share the Sunshine
- Florida State Fair Trip
- Carrie Laird's Retirement Party

**Page 14** Holly Jolly Jubilee photos

**Page 15** ON-SITE AGENCIES

*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.*



# SPOTLIGHT



## VOLUNTEER OF THE QUARTER: FRANCIS DEMARINO

This quarter, we are proud to recognize Francis Demarino as our Volunteer of the Quarter. The Sunshine Senior Center is fortunate to have him as part of our volunteer team.

Since May 2023, Francis has been an invaluable volunteer in our fitness center, building strong friendships with many of the gym's visitors. Those who know Francis know he is a true friend.

Francis consistently goes above and beyond, showing remarkable kindness and care. Beyond his volunteer hours, he visits center members who are hospitalized or recovering in rehabilitation. He also collects food, pantry items, and clothing from the community where he lives to donate to the center. When donations are low, Francis has been known to go out and personally buy items to help out.

Thank you, Francis, for your dedication, reliability, and generosity!

## Need a Personal Assistant? Support and Resource Help

Tuesdays and Fridays, 1 - 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 visited our Resale Shop? We offer jewelry, clothing, household goods, home decor, and more! New items arrive every week.

Have items to donate? Bring them by, but please note, we cannot accept bedding or large furniture.

The Resale Shop is entirely run by volunteers. Interested in helping? We're always grateful for extra hands!

# DON'T MISS



**LIVE MUSIC**  
FIRST & THIRD FRIDAYS AT 2 PM

SUNSHINE SENIOR CENTER  
AUDITORIUM  
330 FIFTH STREET N., ST. PETERSBURG  
FREE ADMISSION

**1/3** | **SPECIAL PERFORMANCE**  
**1/17** | **BOOKER CREEK**  
Acoustic guitar trio featuring folk, bluegrass, and popular hits



**Creative Arts  
Adult Coloring Class  
"Color Me Happy"**

Sunshine Senior Center  
Tuesdays  
12 - 1 p.m.

Join Alicia Daniels, Recreation Leader, for a new, weekly art adventure at the Sunshine Senior Center. Rediscover your passion for coloring unique designs, pictures, and fun themes.

We invite you to explore this exciting new class whether you're a seasoned artist or just starting out. Classes are free. Register at the front desk.

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**(800) 477-4574 x3675**



# THE COURAGEOUS 12: LAST STANDING MEMBER

**Wed., Jan. 15, at 1 p.m.**

**Sunshine Senior Center  
330 5th St. N.**

Scan the QR code to register online  
or call the center at 727-893-7133.

Join Mr. Leon Jackson Jr., the last surviving member of the Courageous 12, as he recounts his experiences and the compelling story of the 12 African American police officers who took a stand against discrimination by filing a lawsuit against their employer, the City of St. Petersburg, and became known as The Courageous 12.



[stpeteparksrec.org](http://stpeteparksrec.org)





# EVENTS



## BIRTHDAY EXTRAVAGANZA WITH MARC BLACKWOOD

Thursday, January 9, at 1 p.m.

We're kicking off the new year with our fun birthday program featuring performer Marc Blackwood! Be sure to join us to celebrate all the January birthdays.

We'll have cake and ice cream, gifts for the birthday honorees, special prize drawings, and a few other surprises in store. Come and enjoy the festivities—you never know who you might run into!

## Acupuncture Sessions

Friday, January 3

10:30 AM - noon

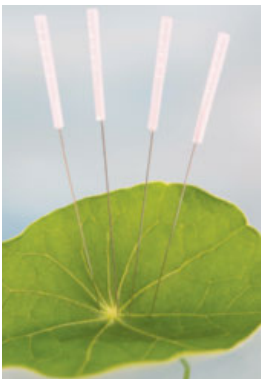
Sunshine Senior Center

Next session: Friday, January 17

**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, January 16, at 1 p.m.

Featuring: Selma

In January we are celebrating Dr. Martin Luther King, Jr. Join us for a flick and free popcorn. Admission is free.

## CREATIVE WRITING GROUP

The Cowboy Way

By Brandiwyne

He rises before sunup and  
readies for the day,  
A country-style breakfast with Joe.  
Then it's saddling up and he's on his way,  
'cause  
The cattle need tending  
from sunup till dark.  
Horses are nervous, anxious and keen,  
Snorting warm puffs of air  
like rivulets of steam.  
As rider and steed now move to the herd  
The branding and cutting of calves brings  
The lowing and bleating of  
mother and child.  
To define them all as something not wild.  
They know their jobs, both rider and horse  
As they move to and froe through the day.  
The pay is not much but  
pride keeps them all in the fray.  
And if you ask them why they persist,  
They will all with one voice insist  
That, that is the cowboy way.

# CALENDAR

SPECIAL EVENTS

NEW EVENTS

MONDAY

TUESDAY

WEDNESDAY

**No catered meals  
this week in the  
Café**

**1 Center Closed**



**6**

9:00 Healthy Walk  
9:30 Arthritis Exercise  
11:00 Strength Training  
1:00 Chair Volleyball

**7**

9:30 Ageless Grace  
9:30 Caribbean Aerobics  
10:00 Knit and Crochet Social  
11:00 Yoga  
12:00 Color Me Happy  
12:30 Canasta  
1:00 Carrie's Craft Class

**8**

9:00 Healthy Walk  
9:30 Arthritis Exercise  
10:30 Storytelling Circle  
11:00 Coffee Chat  
1:00 Karaoke & Hula  
1:00 Mahjong  
3:00 Tai Chi

**13**

9:00 Healthy Walk  
9:30 Arthritis Exercise  
11:00 Strength Training  
1:00 Chair Volleyball

**14**

9:30 Ageless Grace  
9:30 Caribbean Aerobics  
10:00 Knit and Crochet Social  
11:00 Yoga  
12:00 Color Me Happy  
12:30 Cansta

**15**

9:00 Healthy Walk  
9:30 Arthritis Exercise  
10:30 Storytelling Circle  
1:00 **Courageous 12 Talk**  
1:00 Mahjong  
3:00 Tai Chi

**20 Center Closed**



**21**

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

**22**

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

**27**

9:00 Healthy Walk  
9:30 Arthritis Exercise  
11:00 Strength Training  
1:00 Chair Volleyball

**28**

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

**29**

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



# CALENDAR

SPECIAL EVENTS

NEW EVENTS

## THURSDAY

## FRIDAY

## SATURDAY/SUNDAY

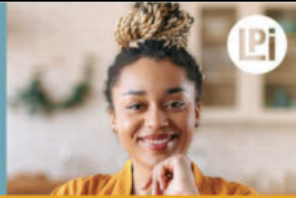
<p><b>2</b></p> <ul style="list-style-type: none"> <li>9:30 Caribbean Aerobics</li> <li>10:30 Groceries on the Go</li> <li>10:30 Creative Writing</li> <li>10:45 Spanish</li> <li>11:00 Chair Yoga</li> <li>12:30 Hand &amp; Foot Cards</li> <li>2:30 Chess</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>9:30 Arthritis Exercise</li> <li>10:30 Acupuncture</li> <li>10:45 Sunshine Drumming</li> <li>1:00 Bingo for Fun &amp; Prizes</li> <li>2:00 Booker Creek Music Trio</li> </ul> <p style="text-align: center;"><b>Skip's cookout!</b></p>	<p><b>4/5</b></p> <p style="text-align: center;">Join our Fitness Center. It's <u>FREE!</u> Fitness Center Hours: Monday - Friday, 9 a.m. - 3 p.m.</p>
<p><b>9</b></p> <ul style="list-style-type: none"> <li>9:30 Caribbean Aerobics</li> <li>10:30 Creative Writing</li> <li>10:45 Spanish</li> <li>11:00 Chair Yoga</li> <li>12:30 Hand &amp; Foot Cards</li> <li>1:00 Birthday Extravaganza</li> <li>2:30 Chess</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>9:30 Arthritis Exercise</li> <li>10:45 Sunshine Drumming</li> <li>1:00 Bingo for Fun &amp; Prizes</li> </ul>	<p><b>11/12</b></p>
<p><b>16</b></p> <ul style="list-style-type: none"> <li>9:30 Caribbean Aerobics</li> <li>10:30 Creative Writing</li> <li>10:45 Spanish</li> <li>11:00 Chair Yoga</li> <li>12:30 Hand &amp; Foot Cards</li> <li>1:00 Movie- Selma</li> <li>2:30 Chess</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>9:30 Arthritis Exercise</li> <li>10:30 Acupuncture</li> <li>10:45 Sunshine Drumming</li> <li>1:00 Bingo for Fun &amp; Prizes</li> <li>2:00 Booker Creek Music Trio</li> </ul> <p style="text-align: center;"><b>Skip's cookout!</b></p>	<p><b>18/19</b></p>
<p><b>23</b></p> <ul style="list-style-type: none"> <li>9:30 Caribbean Aerobics</li> <li>10:30 Creative Writing</li> <li>10:45 Spanish</li> <li>11:00 Chair Yoga</li> <li>12:30 Hand &amp; Foot Cards</li> <li>2:30 Chess</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>9:30 Arthritis Exercise</li> <li>10:45 Sunshine Drumming</li> <li>1:00 Bingo for Fun &amp; Prizes</li> </ul>	<p><b>25/26</b></p>
<p><b>30</b></p>	<p><b>31</b></p>	<p style="text-align: center;"><b>All Are Welcome Here</b></p> 

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\*This is a solicitation for insurance. Not affiliated with the United States Government or Federal Medicare Program.



# 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	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**

**CANCELLED THIS MONTH**

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)



## RESOURCES & SUPPORT GROUPS AT THE SUNSHINE SENIOR CENTER

**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*



**GROCERIES ON THE GO**

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**Thursday, January 2**  
**10:30 - 11:30 A.M.**

**Now accepting EBT, cash and credit!**



# CONNECT



## SHARE THE SUNSHINE

Wednesday, January 8, at 11 a.m.

Join Carole Ware, acting supervisor of the Sunshine Senior Center, for her **FIRST OFFICIAL** meeting with participants immediately following the Arthritis Exercise class. Grab your free coffee from the Sunset Café and join us as we explore and share together.

- Hear about new programs
- Bring your favorite ideas
- Learn about new updates going on at the center.
- Present any questions, comments, or concerns.

Contact 727-893-7133 for more information.

## FLORIDA STATE FAIR DAY TRIP

Wednesday, February 13 at 8:30 a.m.

Enjoy the Florida State Fair without the hassle of driving. Arrive at the center by 8:30 a.m. for an 8:45 a.m. departure. We will return to the Sunshine Senior Center by 4 p.m. Cost for the trip is \$12.

Register early. Spots will be limited. Registration starts on January 15.

CARRIE LAIRD

is

*Retiring*

Thursday, January 9, 2025 at 1 p.m.

Sunshine Senior Center

Join us as we celebrate Carrie Laird's retirement.

Her last day will be Friday, January 10, 2025.

Carrie has been a recreation leader at the Sunshine Senior Center for 10 years. Please come celebrate with us as she embarks on this new journey.





# HOLLY JOLLY JUBILEE

What happens when you combine a merry mash-up of craft stations, festive activities, reindeer games galore, and kids from 15 - 103? You get a Holly Jolly Jubilee! Seniors and cadets from the Mayor's Future Ready Academy packed the Sunshine Senior Center to celebrate the holidays with crafts, friendly competitions, a snowball fight, a visit from Santa and Mrs. Claus and more!





# 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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**SRES**




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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



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