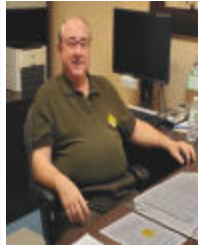


SUNNY SIDE UP

THE SUNSHINE CENTER NEWSLETTER
A COMMUNITY CENTER FOR **ACTIVE** ADULTS



June 2021



Gary Munger
Volunteer of the
Quarter

In 2019, Gary Munger walked through our doors, knowing he wanted to become involved with the Sunshine Center once he retired. I was very impressed that he knew exactly what he wanted to do. He had been helping provide information to folks on Medicare or other health insurance. After filling out the volunteer application, as soon as he cleared the background check, I scheduled him to work the second floor reception desk. Gary said he chose to volunteer for us because of the worthiness of our work and how we genuinely serve the community. He continues to volunteer as a receptionist working on clerical tasks, folding newsletters, and pretty much doing whatever he can for us. In January 2020, he joined the "Friends of the Sunshine Center Advisory Board." On his time off, he loves to visit various archaeological sites and enjoys the history of the many Indian mounds around the U.S. For all he does for us and others at the center, Gary Munger is our Volunteer of the Quarter. Thank you, Gary. We are tremendously happy to have you as part of the Sunshine Center family.

Volunteer Birthdays

Nathaniel Starks 6/20

No More Masks?

On May 4, Governor DeSantis rescinded all local mandates for mask wearing. Local, private businesses may choose to have customers wear masks in their stores, but public service buildings cannot.

I, personally, am not ready to go maskless, and yes, I've been vaccinated. On the other hand, my brain says, "YES, finally no more masks!" Then, comes a little voice of caution that says, "But not yet." I choose to go with science. The CDC has stated masks do work; they cut down on the amount of particles spread and inhaled. With flu numbers down significantly this year, I think we've proven that piece of science is true.

If you are vaccinated, please don't mistake that for a superpower! You can still get COVID-19, but your symptoms will probably be lessened by having the vaccine. And if you can still get it, you can still spread it! Only now, you may not have the symptoms to make you aware of it. There are many others who refuse to get the vaccine. This, of course, affects the rest of us who are trying to be so helpful in canceling out this horrible virus. I've heard some people say, "Well, it won't be that bad if I do get sick now." However, there are long-term effects of this virus including lung, heart and brain issues. Are you feeling lucky enough to gamble your health in this way? I'm not.

We will continue to strongly encourage mask wearing while around others. We will continue to disinfect through sprays, wipes, handwashing and fogging. We will continue to remain vigilant in case our participants do come down with COVID.

Make smart choices, do the right thing by your community, and we WILL get through this. I can't wait to see your beautiful smiles again *Where the Sun Always Shines!*

Sally Marwin

All programs will adhere to local ordinances and CDC guidelines.

Sunshine Staff

SALLY MARVIN
893-7190 . . . Supervisor II

RONNIE VILLANO
893-7622 . . . Volunteers/Fitness Coordinator

BRAD LEAMER
892-7092. . . Events/Café

CARRIE LAIRD
893-7074 . . . Editor/Computers/Rentals/News

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

BRYAN ODOM
893-7101. . . Maintenance Worker II

Office on Aging

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

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Vice President

Ibolya (Violet) Prepost

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Eileen Ozga

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Milka Bamond Craig Allen

Charlene Allen Gary Munger

Joe Patterson Sandra Patterson

Administrator

Carol Ann Payne

sunshinecenterfriends.org



Internet Connections

Sunshine Senior Center

www.stpeteparksrec.org/sunshinecenter/

Or visit our sister site, the Enoch Davis Center

www.stpeteparksrec.org/enochdaviscenter/

City of St. Petersburg Parks and Recreation

www.stpeteparksrec.org/

Space Trivia -True or False

1. Saturn and Jupiter are the only planets with rings.
2. The closest planet to the sun is Mars.
3. The hottest planet in our solar system is Venus.
4. Earth orbits the moon.
5. The planet in our solar system with the most moons is Neptune.
6. The first person to walk on the moon was Neil Armstrong.
7. Pluto is the ninth planet in our solar system.
8. Earth is sometimes called the green planet.
9. A black hole allows you to travel through space.
10. It takes 28 days for Earth to travel around the sun.
11. Meteorites crash into the moon, causing lots of craters.

IN THE KNOW

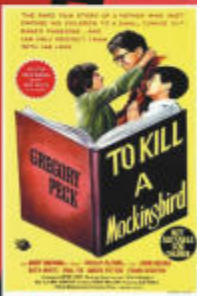
THROWBACK THURSDAY

CATCH A CLASSIC FILM EVERY FIRST AND THIRD THURSDAY OF THE MONTH

*PRESHOW STARTS 12:30PM
FEATURE STARTS AT 1:00PM


CONCESSIONS ARE AVAILABLE FOR PURCHASE IN THE LOBBY

June 3



Scout Finch (Mary Badham), 6, and her older brother, Jem (Phillip Alford), live in sleepy Maycomb, Alabama, spending much of their time with their friend Dill (John Megna) and spying on their reclusive and mysterious neighbor, Boo Radley (Robert Duvall). When Atticus (Gregory Peck), their widowed father and a respected lawyer, defends a black man named Tom Robinson (Brock Peters) against fabricated rape charges, the trial and tangent events expose the children to the evils of racism and stereotyping.

June 17



Daniel (Ralph Macchio) moves to Southern California with his mother, Lucille (Ranee Heller), but quickly finds himself the target of a group of bullies who study karate at the Cobra Kai dojo. Fortunately, Daniel befriends Mr. Miyagi (Noriyuki "Pat" Morita), an unassuming repairman who just happens to be a martial arts master himself. Miyagi takes Daniel under his wing, training him in a more compassionate form of karate and preparing him to compete against the brutal Cobra Kai.

*TIMES ARE SUBJECT TO CHANGE ON A SHOW BY SHOW BASIS

You just got served!

Beach ball volleyball is back!

**Mondays at
1:00 p.m.**



You don't want to miss out on the fun so come and join us for good exercise and a great time

B . I . N . G . O .

Hosted by Ronnie

12	41	63
4	free	61
7	35	75

Join us every Friday at 1 p.m.

Juneteenth Celebration

Join us to celebrate the oldest national commemoration of the ending of slavery in the United States. Learn about the history of the holiday and interesting facts. Gwen Brown, civic leader, never disappoints with her unique style of presentation. The program will be educational, thought-provoking, and relevant in today's world.

Friday, June 18 at 11:00 a.m.



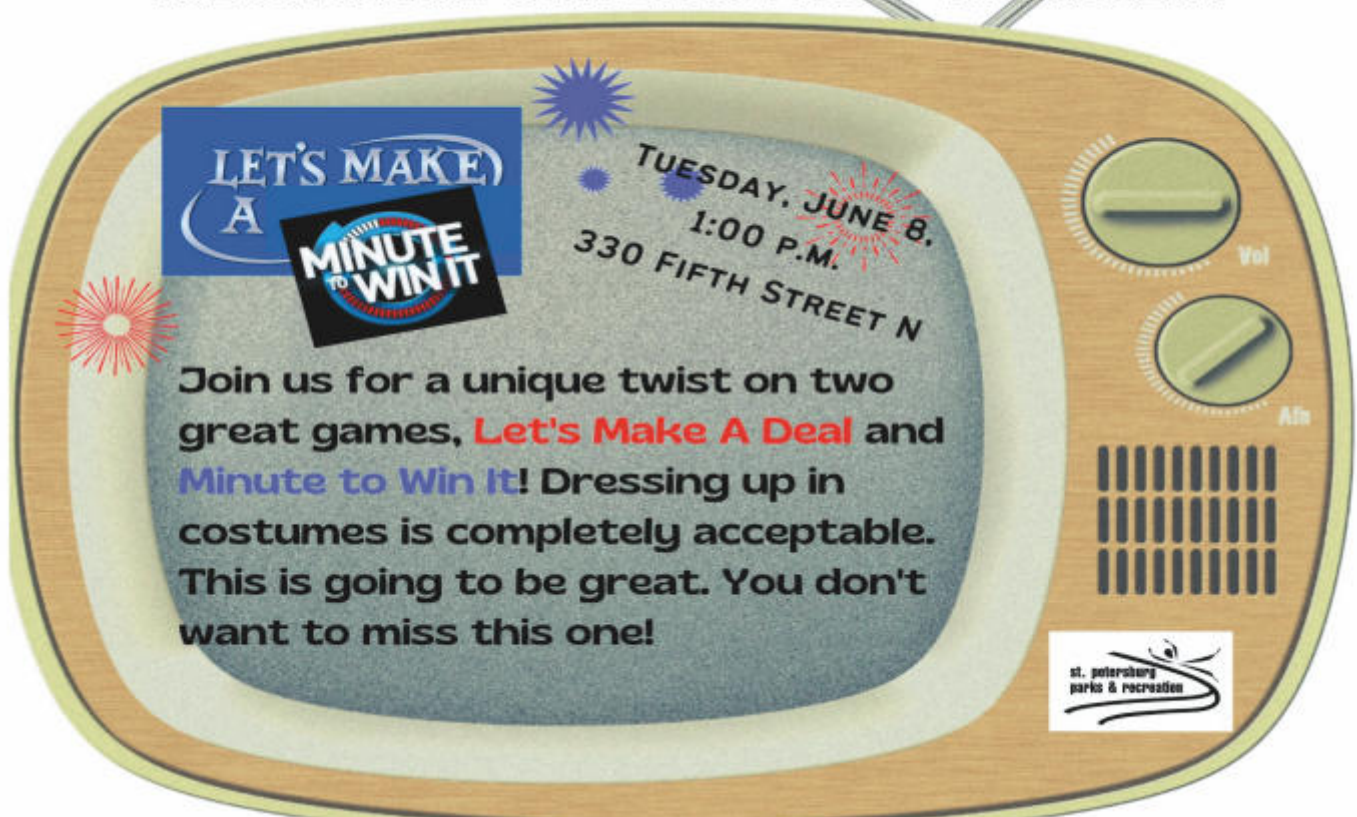
**Sunshine Center
330 5th Street N.**



Gwen Brown

Please call 893-7133 to register

THE SUNSHINE CENTER IS PROUD TO PRESENT



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.

Sunset Ave Café

Daily Specials \$4.75

- Mystery Monday
- Taco Tuesday
- Chicken & Waffle Wednesday
- Thirsty Thursday
- Fish Fryday



Full menu available
Mon-Fri 8 a.m.—1 p.m.



Open your camera on your cell phone
and hover over QR code and the menu
will pop up to view

Attorney

Bishop L. Toups

& Attorney

Ben Sorrell



Have Estate Planning, Elder Law, or Tax Questions?

Please call the Sunshine Center
to set up your free 30 minute
appointment **(727) 893-7133.**

Monday, June 14

**10:00 a.m. to 2:00
p.m.**



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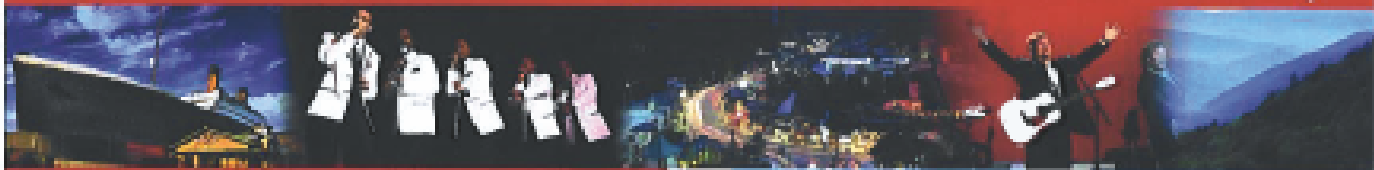
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
June 2021		
<p>* SENIOR GAMES include Table Tennis, Bag Toss and Washer Toss</p>	<p>1</p> <p>9:00 KNIT & CROCHET 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 12:30 CANASTA 5:30 IMPROV CLASS</p>	<p>2</p> <p>9:30 ARTHRITIS EXERCISE CLASS 3:00 TAI CHI</p>
<p>7</p> <p>9:30 ARTHRITIS EXERCISE CLASS 10:00 DRAMA 11:00 SENIOR GAMES PRACTICE* 1:00 BEACH BALL VOLLEYBALL</p>	<p>8</p> <p>9:00 KNIT & CROCHET 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 12:30 CANASTA 1:00 LET'S MAKE A MIN. TO WIN IT 5:30 IMPROV CLASS</p>	<p>9</p> <p>9:30 ARTHRITIS EXERCISE CLASS 3:00 TAI CHI</p>
<p>14</p> <p>9:30 ARTHRITIS EXERCISE CLASS 10:00 DRAMA 11:00 SENIOR GAMES PRACTICE* 1:00 BEACH BALL VOLLEYBALL</p>	<p>15</p> <p>9:00 KNIT & CROCHET 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 12:30 CANASTA 5:30 IMPROV CLASS</p>	<p>16</p> <p>9:30 ARTHRITIS EXERCISE CLASS 3:00 TAI CHI</p>
<p>21</p> <p>9:30 ARTHRITIS EXERCISE CLASS 10:00 DRAMA 11:00 SENIOR GAMES PRACTICE* 1:00 BEACH BALL VOLLEYBALL</p>	<p>22</p> <p>9:00 KNIT & CROCHET 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 12:30 CANASTA 5:30 IMPROV CLASS</p>	<p>23</p> <p>9:30 ARTHRITIS EXERCISE CLASS 1:00 FRAUDS, SCAMS, & SHAMS 3:00 TAI CHI</p>
<p>28</p> <p>9:30 ARTHRITIS EXERCISE CLASS 10:00 DRAMA 11:00 SENIOR GAMES PRACTICE* 1:00 BEACH BALL VOLLEYBALL</p>	<p>29</p> <p>9:00 KNIT & CROCHET 9:30 AGELESS GRACE 9:30 CARIBBEAN AEROBICS 12:30 CANASTA 5:30 IMPROV CLASS</p>	<p>30</p> <p>9:30 ARTHRITIS EXERCISE CLASS 3:00 TAI CHI</p>

<i>Thursday</i>	<i>Friday</i>	<i>Saturday / Sunday</i>
<p>3</p> <p>9:30 CARIBBEAN AEROBICS 11:00 WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME 12:30 SUNSHINE CINEMA PRESHOW 1:00 FEATURE PRESENTATION 1:00 CHAIR YOGA</p>	<p>4</p> <p>9:30 ARTHRITIS EXERCISE CLASS 1:00 BINGO FOR FUN & PRIZES 1:00 UKULELE CLASS</p>	<p>5/6</p>
<p>10</p> <p>9:30 CARIBBEAN AEROBICS 11:00 WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME 12:30 READER'S THEATER 1:00 CHAIR YOGA</p>	<p>11</p> <p>9:30 ARTHRITIS EXERCISE CLASS 1:00 BINGO FOR FUN & PRIZES 1:00 UKULELE CLASS</p>	<p>12/13</p>
<p>17</p> <p>9:30 CARIBBEAN AEROBICS 11:00 WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME 12:30 SUNSHINE CINEMA PRESHOW 1:00 FEATURE PRESENTATION 1:00 CHAIR YOGA</p>	<p>18</p> <p>9:30 ARTHRITIS EXERCISE CLASS 11:00 JUNETEENTH CELEBRATION 1:00 BINGO FOR FUN & PRIZES 1:00 UKULELE CLASS</p>	<p>19/20</p>
<p>24</p> <p>9:30 CARIBBEAN AEROBICS 11:00 WISDOM CIRCLE 12:30 HAND AND FOOT CARD GAME 12:30 READER'S THEATER 1:00 CHAIR YOGA 2:00 LIVE PERFORMANCE "CHANGE"</p>	<p>25</p> <p>9:30 ARTHRITIS EXERCISE CLASS 1:00 BINGO FOR FUN & PRIZES 1:00 UKULELE CLASS</p>	<p>26/27</p>

FRIENDS OF THE SUNSHINE CENTER, INC. PRESENTS



Pigeon Forge and Smoky Mountains Show Trip



INCREDIBLE PRICE INCLUDES:

- Motorcoach transportation
- 5 nights lodging including 3 consecutive nights in the Smokies
- 8 meals: 5 breakfasts and 3 dinners
- Admission to TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION
- One Morning Show: The SMITH MORNING VARIETY SHOW
- Four Evening Shows: PATTY WASZAK SHOW, SOUL OF MOTOWN, AMERICA'S HIT PARADE & COUNTRY TONITE
- Free time in HISTORIC DOWNTOWN GATLINBURG
- GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK

For more pictures, video and information visit www.GroupTrips.com/FriendsOfTheSunshineCenter

\$650 *

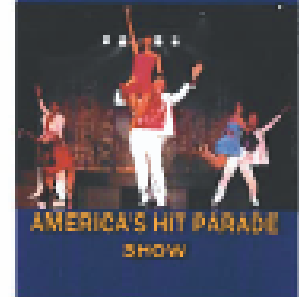
6 DAYS 5 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Sat)

September

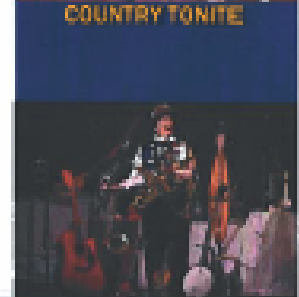
20 - 25, 2021



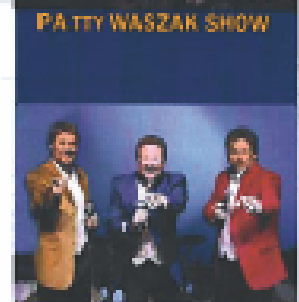
AMERICA'S HIT PARADE SHOW



COUNTRY TONITE



PATTY WASZAK SHOW



SMITH MORNING VARIETY SHOW

Departure: Sunshine Senior Center, 330 5th Street N, Saint Petersburg, FL @ 8 am

Day 1: Depart your group's location in a spacious, restroom and video equipped motorcoach and set off for the breathtaking Smoky Mountains! This evening, you'll check into your en route hotel for a good night's rest.

Day 2: Today, after enjoying a Continental Breakfast, you'll continue towards your destination - the Smoky Mountains. Later, you'll check into your hotel for a three night stay. Tonight, after enjoying Dinner, take in the high-energy SOUL OF MOTOWN SHOW. Relive the great music of Motown Legends like the Drifters, the Platters, Sam Cooke, Smokey Robinson, the Jackson Five, Aretha Franklin, Gladys Knight, Diana Ross, and more!

Day 3: Start your day with a Continental Breakfast, before heading off on a GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK. Afterward, enjoy free time and lunch on your own in HISTORIC DOWNTOWN GATLINBURG. Then, you will experience the PATTY WASZAK SHOW, as this talented entertainer wows you by playing an array of multiple instruments and fun-filled tunes. This evening, after Dinner, enjoy COUNTRY TONITE, a fast-paced production with a variety of dynamic singing and dancing, side-splitting comedy, powerful gospel, and American patriotism.

Day 4: Today, you'll start your day by enjoying a Continental Breakfast before departing for the SMITH MORNING VARIETY SHOW! You can look forward to an outstanding blend of classic country music, heartfelt gospel music, oldies rock-n-roll music, clean family comedy, and impersonations of famous stars you have to see to believe! This evening, you will enjoy Dinner and see the AMERICA'S HIT PARADE SHOW. Spanning the Fifties to the Eighties and beyond, this high-energy show features singing, dancing, colorful costumes, and a special one-of-a-kind Military Tribute to the men and women of the Armed Forces.

Day 5: Enjoy a Continental Breakfast before starting your morning at the impressive TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION. You can experience the hallways, parlors, cabins, and Grand Staircase of this replica of the world's most famous luxury liner, view actual artifacts, and more. You can also hear passenger stories and pay tribute to their memory. This evening, relax at your en route hotel.

Day 6: Today, after enjoying a Continental Breakfast, you depart for home... a perfect time to chat with your friends about all the fun things you've done, the great shows you've seen and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive Travel Confidence Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$189 for single occupancy.

Final Payment Due: 7/13/2021

FOR INFORMATION & RESERVATIONS CONTACT:

Carol Ann Payne @ (727) 821-2323



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Brittany Jackson-Fletcher

727-338-3568, 8 a.m. to 6 p.m., Monday - Friday

Brittany.Jackson-Fletcher@Cigna.com



5 out of 5 stars for 2021

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16-0330

SUNSHINE CENTER READER'S THEATER



A style of theater in which the actors present dramatic readings of narrative material without costumes, props, scenery, or special lighting. What better way to spur your interest in literature and theater. A new theme every quarter with a performance to showcase your creativity.

Thursday, June 10, 12:30 p.m.

Thursday, June 24, 12:30 p.m.

330 Fifth Street N.

For more information call 727-893-7133

Live Performance

Change:

You will never look at it the same again.

Join the first live performance.
Experience theater in a whole new way.

Thursday, June 24,
2:00 p.m.



Good Life Games Practice Mondays 11:00 a.m.



Come enjoy a little healthy competition. Find out how to get involved in the Good Life Games and Florida Senior Games.

No fee

330 Fifth Street N.



Covid-19 protocols will be followed, including masks.

Frauds, scams, and shams... Oh my!

IN RECOGNITION OF WORLD ELDER ABUSE DAY

Hear first hand how a gentleman was a victim of a scam and how the local Area Agency On Aging Victim Advocate program was able to offer him assistance and support him. Learn the basics of scams and fraud that you need to know to keep safe.

Wednesday, June 23,
1:00 P.M.

Sunshine Center
330 Fifth Street N.



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.

Wisdom Circle

Thursdays at 11:00 a.m.

Join your peers to give and receive wisdom about current events, life happenings, and the impact of aging on everyday life.

For more information call 727.893.7133



WELCOME R.S.V.P.

Retired Senior Volunteer Program

Meet our newest addition to the Sunshine Multiservice Center. They are located on the second floor. Stop by and welcome Sarah Rosenbaum, senior coordinator.



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We are surveying some Sunshine Center members, visitors to the center, and staff to ask them to answer the following questions. We will be using your answers for a game of Family Feud in July. Please answer all the questions below and return them to Carrie P. no later than July 1. There are no right or wrong answers, just have fun and get ready to play the Feud!

- 1-Name something that you haven't done since high school? _____
- 2-Name something that you can buy that costs less than a dollar?_____
- 3-Name something you never leave home without._____
- 4-Name a reason you may be late for work?_____
- 5-Name something many people do just once a week?_____
- 6-Name a country that starts with the letter A._____
- 7-Name a common candy bar._____
- 8-Name something you may need to bring to a friend's party._____
- 9-Name a job that requires a lot of education._____
- 10-Name something that comes in a glass bottle._____
- 11-Name something you eat with a hamburger._____
- 12-Name something that breaks down._____
- 13-Name something you always have to keep plugged in._____
- 14-Name a fruit you might eat in the morning._____
- 15-What is the first thing most people do in the morning?_____
- 16-Name a beverage some people only drink at breakfast._____
- 17-Name a country with a lot of ice._____
- 18-Name something in your wallet._____
- 19-How many days can you keep a banana before it goes bad?_____
- 20-Name something people get in the mail._____

Please answer and return the survey to Carrie P. or drop off at the Sunshine Center

Carrie.Penney@stpete.org

Thank you for taking the time to complete this survey. We look forward to seeing your responses.

RECREATIONAL ACTIVITIES

Ageless Grace	Tuesday, 9:30 a.m. Banyan Room	No Fee
Arthritis Exercise	Monday, Wednesday & Friday 9:30 a.m. Banyan Room	No Fee
Canasta Card Game	Tuesday, 12:30 p.m. Palm Room	\$2 drop-in
Caribbean Aerobics	Tuesday & Thursday, 9:30 a.m. Exercise Room	\$22/month or \$4/class
Chair Yoga in the Afternoon	Thursday, 1:00 p.m. Exercise Room	\$20/month or \$6 per class
Drama Group	Monday, 10:00 a.m. Auditorium	No Fee
Fitness Center	Monday through Friday 9:00 a.m. – 3:00 p.m.	No Fee
Hand & Foot Card Game Social	Thursday, 12:30 p.m. Palm Room	\$2 drop-in
Improv Class with Performances	Tuesday, 5:30 p.m. Auditorium	\$25/month
Knit & Crochet Social Group	Tuesday, 9:00 a.m. - 1:00 p.m. Osprey Room	No Fee
Senior Games Social Table Tennis, Bag & Washer Toss	Monday, 11:00 a.m. – 2:00 p.m. Banyan Room	No Fee
Tai Chi	Wednesday, 3:00 p.m. Banyan Room	\$24/month or \$7/class
Ukulele	Friday, 1:00 p.m. Osprey Room	\$40/month
Wisdom Circle	Thursday, 11:00 a.m. Banyan Room	No Fee

*Must have a Parks & Recreation ADVANTAGE Membership to participate in all classes. Low income residents may qualify for the Fee Waiver Program. For more information on the fee waiver program, contact Sally Marvin at 893-7190.

ON-SITE AGENCIES		
AARP Smart Driver Course	Second Friday of each month Must register online or call to register. Limited class size.	873-0660
Commission on Aging	Second Wednesday of each month	Call Carole Ware for more info 893-7102
Community Law Program	First Friday of each month at 9:30 a.m. Must call for an appointment to be seen.	Call 582-7480 for an appointment
Community Resource & Health Promotion Office	Monday to Friday, 8:30 a.m. – 3:30 p.m.	Carole Ware 893-7102
Guardian Group Services	By appointment	Susan Brehm 490-8609
Friends of the Sunshine Center, Inc.	Monday to Friday, 9 a.m. – noon	821-2323
Kids & Kubs ¾ Century Softball Club	Monday, Wednesday, & Friday 9 a.m. - noon	893-7108
Moore Medicare Options	Monday to Friday By appointment	677-8040
Neighborly Care Network Group Dining, Meals on Wheels	Monday to Friday, 8:30 a.m. – 2 p.m. Monday to Friday, 11:45 a.m. – 12:15 p.m.	893-7136 756-1001 ext. 1108
R.S.V.P. Retired Senior Volunteer Program	Monday to Friday By appointment	Sarah Rosenbaum 890-4808 813-582-2162 X 842
St. Petersburg Lions Club Eye Center	Monday, Wednesday, & Friday 9:00 a.m. – 2:00 p.m. closed Tuesday & Thursday	893-7152

Would you like to receive this newsletter for **free**? Provide your email and send this to Carrie Laird at carrie.laird@stpete.org, and we will send you the newsletter every month. If you'd rather get it in your post office box, fill out the form below, include \$10, and you will have the newsletter delivered to your door for one year.

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 330 FIFTH STREET N., ST. PETERSBURG, FL 33701
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FREE GIFT
 for First Time Visitors

Heated Swimming Pool | Expansive Clubhouse | Shuffleboard | Petanque
 Inviting Outdoor Spaces | Planned Activities, Clubs & More!

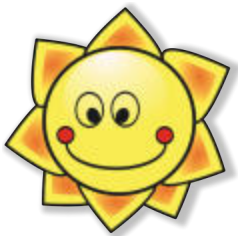


The City of St. Petersburg's Sunshine Senior Center mission is to serve as a community focal point to enhance the quality of life of our citizens aged 50 and over.

MISSION STATEMENT

HOURS of OPERATION
Monday through Friday
8:00 a.m. until 4:00 p.m.
727-893-7101
SunshineCenterFriends.org
www.stpeteparksrec.org

Sunshine Center
330 Fifth Street North
St. Petersburg, FL 33701



June 2021