

SUNNY SIDE UP

Active adults living their best life!

SUNSHINE SENIOR CENTER | OCTOBER 2026



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Stay connected with us online:
stpeteparksrec.org/sunshinecenter



ST. PETE
PARKS & REC



SUNSHINE SENIOR CENTER STAFF

Marci Neal, Supervisor II

893-7190 | marci.neal@stpete.org

Carole Ware, Supervisor I, Office on Aging

893-7102 | carole.ware@stpete.org

**Carrie Penney, Recreation Leader
Programs/Rentals**

893-7074 | carrie.penney@stpete.org

**Melissa Scoggin, Recreation Leader
Programs/Volunteer Coordinator**

893-7092 | melissa.scoggin@stpete.org

**Alicia Daniels, Recreation Leader
Café/Programs**

893-7622 | alicia.daniels@stpete.org

Robert "Skip" Jenkins, Recreation Aide

893-7133 | robert.jenkins@stpete.org

Bryan Odom, Maintenance Worker II

893-7133

FRIENDS OF THE SUNSHINE CENTER, INC.

The Friends are a nonprofit based at the Sunshine Senior Center, serving as the fundraising arm to support the center's programs and services.

To learn more, visit: sunshinecenterfriends.org

Accredited by 
National Institute of
Senior Centers

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

TABLE OF CONTENTS

Page 3

OPEN HOUSE

Page 4

SENIOR HALL OF FAME INDUCTEES

FALL SOCIAL

Page 5

DON'T MISS

- Craft Corner
 - Artful Ages Crafting
 - Color Me Happy
- Movie Day

Page 6

DRACULA

Page 7

EVENTS

- Share the Sunshine
- Monthly Birthday Celebration
- Acupuncture
- Live Music
- Day Trips

Page 8-9

CALENDAR

Page 10

FEE CLASSES

Page 11

RESOURCES

- Resources & Support Groups
- Groceries on the Go
- Commission on Aging Advisory Meeting
- Veteran's Support Group
- Cut, Paste, & Create Collage Class
- Poem
- Wellness for Life
- Lend a Hand, Brighten a Day
- Knit & Crochet Social
- Cookouts
- Coming In November
- Second Saturday at Sunshine

Page 14

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.



SUNSHINE SENIOR CENTER OPEN HOUSE

It's more than just a center—it's about community, connection, and fun!

Explore all that the center has to offer! Whether you're a returning member or brand new, this Open House is a perfect time to connect with staff, tour the facility, try out programs, and meet new friends.

WED., OCT 7 | 10 AM - 1 PM

-  Guided tours of the facility
-  Live program demos
-  Meet and greet with staff and instructors
-  Community resources and partner booths
-  Learn about our membership
-  Discover volunteer opportunities

Registration required. Scan QR code to register online.

 **330 Fifth St. N.**
 **727-893-7133**
 **stpeteparksrec.org**



**FREE
EVENT**



SENIOR HALL OF FAME

GET TO KNOW THE 2026 INDUCTEES!

Lizzie Latimer exemplifies a lifelong commitment to service, faith, and compassion, continuing to volunteer actively at 90 years old. For more than 60 years, she has served her church as a Sunday School teacher, modeling kindness and perseverance. For over 20 years, she has also visited hospitals and supported individuals through prison ministry, offering comfort, prayer, and hope. She relies on public transportation to carry out her volunteer work, showing steady commitment without seeking recognition. Her service extends globally through mission support in Jamaica, Haiti, and Africa. Mother Latimer is a powerful example of a life centered on serving others.

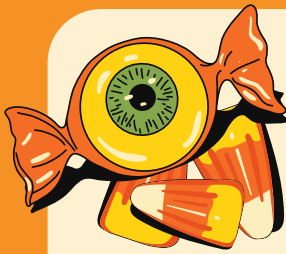


Lizzie Latimer



Roma Raghoo

Roma Raghoo is a community servant who has spent over 15 years ensuring families have access to nutritious food. Through her tireless work in the community pantry, she helps sort, organize, and distribute quality food with care and attention to detail. Roma believes healthy food is essential to dignity, opportunity, and long-term well-being. She works to ensure families receive not just enough food, but nourishing options. She has supported at least 700 families, helping children, parents, and seniors maintain healthier, more stable lives. Known for her humility and strong work ethic, she leads by example and inspires fellow volunteers through her steady commitment.



FALL SOCIAL

Thursday, October 29
1 - 3 p.m.
Sunshine Senior Center, 330 Fifth St. N.



COSTUME CONTEST
MUSIC, FOOD
MOCKTAILS,
GIVEAWAYS & MORE



REGISTRATION REQUIRED
SCAN THE QR CODE
TO REGISTER ONLINE





DON'T MISS



CRAFT CORNER

Artful Ages Crafting

Tuesday, October 6, at 12 p.m.

Join Sunshine Senior Center staff for a monthly make and take craft project. Registration is required.

Color Me Happy!

Every Tuesday from 1 - 2 p.m.

Join Recreation Leader Alicia Daniels for weekly art sessions and rediscover your passion for coloring unique designs, pictures, and fun themes.



MOVIE DAY: BEETLEJUICE

Thursday, October 15, at 1 p.m.

🎬 *Beetlejuice* is a quirky, spooky comedy about a recently deceased couple who become ghosts in their own home. When a new family moves in, they enlist the mischievous and unpredictable ghost Beetlejuice to help scare them away—but things quickly spiral out of control.

MOORE

INSURANCE OPTIONS

More Medicare options and guidance

Moore Insurance Options, located in the Sunshine Senior Center. (2nd Floor) We help you understand & navigate Medicare Insurance Options. Call today to set up a review. We are authorized with multiple carriers and authorized to offer Medicare Supplements and Medicare Advantage Plans.

Lisa & Tom Moore

(727) 677-8040

Lisa@MooreInsuranceOptions.com
www.MooreInsuranceOptions.com

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



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Contact Trey Hill

thill@4LPi.com

(800) 950-9952 x2613



Sunshine Senior Center Players Present



DRACULA

FANGS FOR THE MEMORIES!

October 29-31, & November 1
Sunshine Senior Center, 330 Fifth Street N.
Tickets \$10-Limited Seating

- Thursday matinee begins at 3:30 p.m.
- Friday evening at 7 p.m.
- Saturday & Sunday matinees begin at 2 p.m.

EVENTS



SHARE THE SUNSHINE

Tuesday, October 6, at 10:30 a.m.

Join Marci Neal, Supervisor II of the Sunshine Senior Center, on the first Tuesday of each month after the Ageless Grace class. Enjoy free coffee from the Sunset Café while exploring opportunities and sharing ideas.



MONTHLY BIRTHDAY PARTY

Wednesday, October 7, at 1 p.m.

Join us for our monthly birthday program as we celebrate everyone with a birthday in October.

There will be cake and ice cream, gifts for the birthday honorees, special prize drawings, and other surprises as well. Don't miss it!



LIVE MUSIC

Booker Creek

Every Thursday at 11 a.m.

Join Booker Creek for a dynamic, live, musical performance full of energy and variety. From classic hits to modern tunes across multiple genres. They have music for everyone!



DAY TRIPS

Red Barn Flea Market and Yoder's

Friday, October 9

Departure Time: 8:30 a.m.

Cost: \$5

Wear comfortable shoes. Bring money for lunch and shopping.

Heritage Village

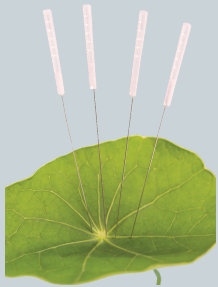
Thursday, November 5

Cost: \$2

Wear comfortable shoes. Bring money for lunch.

ACUPUNCTURE SESSIONS

First and Third Fridays
10:30 a.m. - noon
Sunshine Senior Center
October 2 & 16



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

DAY TRIPS NOTICE

- Registration is required for ALL trips.
- If you're unable to attend a trip you registered for, please call us at 727-893-7133 as soon as possible. This gives someone else the opportunity to attend.

CALENDAR

SPECIAL EVENTS

NEW EVENTS

MONDAY

TUESDAY

WEDNESDAY



Join our **FREE**
Fitness Center

Fitness Center Hours:
Mon. - Fri. | 9 a.m. - 3 p.m.

5

9:30 Arthritis Exercise
10:30 Ping-Pong
10:30 Creative Writing
11:00 Mindful Movement
1:00 Chair Volleyball

6

9:30 Ageless Grace
10:00 Knit and Crochet Social
10:30 Share The Sunshine
11:00 Yoga
12:00 Artful Ages Crafting
12:30 Canasta
1:00 Color Me Happy

7

9:30 Arthritis Exercise
10:00 **Open House**
10:30 Storytelling Circle
10:30 Ping-Pong
1:00 Mahjong
1:00 Birthday Party
3:00 Tai Chi

12

9:30 Arthritis Exercise
10:30 Ping-Pong
10:30 Creative Writing
11:00 Mindful Movement
1:00 Chair Volleyball

13

9:30 Ageless Grace
10:00 Knit and Crochet Social
11:00 Yoga
12:30 Canasta
1:00 Color Me Happy

14

9:30 Arthritis Exercise
10:30 Storytelling Circle
10:30 Ping-Pong
1:00 Care Space Support
1:00 Mahjong
1:00 Cut, Paste & Create
3:00 Tai Chi

19

9:30 Arthritis Exercise
10:30 Ping-Pong
10:30 Creative Writing
11:00 Mindful Movement
1:00 Chair Volleyball

20

9:30 Ageless Grace
10:00 Knit and Crochet Social
11:00 Yoga
12:30 Canasta
1:00 Color Me Happy

21

9:30 Arthritis Exercise
10:30 Storytelling Circle
10:30 Ping-Pong
1:00 Mahjong
1:00 Wellness for Life
3:00 Tai Chi

26

9:30 Arthritis Exercise
10:30 Ping-Pong
10:30 Creative Writing
11:00 Mindful Movement
1:00 Chair Volleyball

27

9:30 Ageless Grace
10:00 Knit and Crochet Social
11:00 Yoga
12:30 Canasta
1:00 Color Me Happy

28

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

CALENDAR

SPECIAL EVENTS

NEW EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
1 8:30 Veteran's Support Group 9:30 Cardio & Core 10:45 Spanish 11:00 Chair Yoga 11:00 Booker Creek 12:30 Hand & Foot Cards 2:30 Chess	2 9:30 Arthritis Exercise 10:30 Acupuncture 11:00 Sunshine Drumming 1:00 Bingo for Fun & Prizes Skip's Cookout	3/4
8 9:30 Cardio & Core 10:45 Spanish 11:00 Chair Yoga 11:00 Booker Creek 12:30 Hand & Foot Cards 2:30 Chess	9 9:30 Arthritis Exercise 11:00 Sunshine Drumming 1:00 Bingo for Fun & Prizes 1:00 LGBTQ+ support group	10/11 Second Saturday at Sunshine Center 8:00 Yard Sale - Under the Banyan Tree 8:00 Kei Car Show 3:00 Sunshine Storytellers
15 9:30 Cardio & Core 10:45 Spanish 11:00 Chair Yoga 11:00 Booker Creek 12:30 Hand & Foot Cards 1:00 Movie Day 2:30 Chess	16 9:30 Arthritis Exercise 10:30 Acupuncture 11:00 Sunshine Drumming 1:00 Bingo for Fun & Prizes Skip's Cookout	17/18
22 9:30 Cardio & Core 10:45 Spanish 11:00 Chair Yoga 11:00 Booker Creek 12:30 Hand & Foot Cards 2:30 Chess	23 9:30 Arthritis Exercise 11:00 Sunshine Drumming 1:00 Bingo for Fun & Prizes	24/25
29 9:30 Cardio & Core 10:45 Spanish 11:00 Chair Yoga 11:00 Booker Creek 12:30 Hand & Foot Cards 1:00 Fall Social 2:30 Chess	30 9:30 Arthritis Exercise 11:00 Sunshine Drumming 1:00 Bingo for Fun & Prizes	31 

Never miss our publication!

Get each new issue delivered straight to your inbox.



Scan to subscribe on
[MyCommunityOnline.com](https://www.MyCommunityOnline.com)



FEE CLASSES

Monthly class fees are due at the first session of the month. Payments accepted in person or online.

CLASS	DAY/TIME	COST
Spanish Language: Intermediate	Thursday at 10:45 a.m.	\$16/month
Tai Chi	Wednesday at 3 p.m.	\$24/month or \$7/class
Yoga	Tuesday at 11 a.m.	\$28/month or \$8/class

Our FREE classes can be found in the calendar section of this newsletter.
They include Chair Volleyball, Ageless Grace, Arthritis Exercise, and Chair Yoga.

How to Become a Fee Instructor

Got an awesome idea for a class? Want to share your skills as a fee-based instructor with the City? Swing by and chat with our team! We're excited to meet you and get you everything you need to jump in and get started.

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952



RESOURCES



RESOURCES & SUPPORT GROUPS AT THE SUNSHINE SENIOR CENTER

Estate Planning, Elder Law, or Tax Questions

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

Community Law Program

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*

Care Space: A Support Group for Caregivers

Second Wednesday of the month at 11:30
a.m. Join a relaxed, welcoming space and
unwind through creativity and connection.
Bring crocheting, knitting, coloring, beading,
journaling, or any lap project you enjoy.

LGBTQ+ Seniors Coffee & Connection

Second Friday of the month at 1 p.m.
A welcoming place to share stories, laughter,
and meaningful conversation.

Hosted by Stephanie Smith

Gulfcoast Legal Services

Fourth Wednesday of the month from 1 - 4
p.m. Come and get your questions answered
by having one-on-one time with an attorney.

GROCERIES ON THE GO

A SOLUTION OF FEEDING TAMPA BAY

First & Third Thursdays
10:30 - 11:30 A.M.
October 1 & 15

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



COMMISSION ON AGING ADVISORY MEETING

Wednesday, October 14 | 3:30 p.m.

The St. Petersburg Advisory Commission on
Aging meets at the Sunshine Senior Center on
the second Wednesday of each month.

This is a public meeting. Any St. Petersburg
resident is welcome to attend.



Veteran's Support Group

Held on the first Thursday of each
month, at 8:30 a.m., this Veteran's
Support Group offers a safe, welcoming space to
connect with others who understand military
service. In a confidential and respectful
environment, participants can share experiences,
build camaraderie, discuss mental and physical
well-being, strengthen relationships, and learn
about available benefits and community
resources. Whether recently separated from the
military or a longtime veteran, all are welcome.

Hosted by Empath Health

Cut, Paste, & Create Collage Class

Wednesday, October 14, from 1 - 2:30 PM

Sunshine Senior Center, 330 Fifth St. N.

Join us on a journey of art and play as we create using collage.
Let your thoughts, feelings, and creative juices flow!
No previous experience is necessary. All supplies will be provided.



Marian Tagliarino, a St. Petersburg artist and photographer, has spent over 30 years creating heartfelt collages that weave together memory, emotion, and connection. Passionate about sharing her craft, she inspires others through hands-on workshops, community projects, and exhibitions around the world.

COST: \$2

REGISTRATION IS REQUIRED

Scan the QR code to register



Questions? Contact the Sunshine Senior Center at 727-893-7133.

In Brief

By Anthony Zautra

I

the waves coming ashore
cancel each other out

II

across the room sits sadness
like a tear in her net stockings

III

the short dance
of the falling leaf
end here

IV

a clown beats hopelessly
at the circle of light
around him

V

mother to son
"you must start again"

VI

gulls crowd around my blanket,
like the homeless

Wellness for Life

Aging Safely in Your Home



Join Empath Health to find information on aging at home. Learn about programs that will support your desire to stay in your house as you age.

**Join us for engaging talks on the
third Wednesday of each month!**

**October 21 | 1 p.m.
Sunshine Senior Center
330 Fifth St. N.**

**FREE ADMISSION
Registration
is required**



Scan the
QR code to
register



LEND A HAND, BRIGHTEN A DAY

The Sunshine Senior Center is seeking volunteers. Just a little bit of your time can make a big difference. Stop by the front desk or contact Volunteer Coordinator Melissa Scoggin at 727-893-7092 to learn more.



COOKOUTS

Friday, October 2, and 16

Food orders begin at 10:30 a.m.

Skip's Cookouts are the first and third Fridays of each month. Swing by the Café for some tasty BBQ. Meals are \$6 each and are limited to two (2) meals per person.



Knit & Crochet Social Tuesdays at 10 a.m.

Join in the fun and work on projects with other members.

COMING IN NOVEMBER

- Veterans Day
- Thanksgiving Luncheon
- Fraud Prevention Presentation

More information coming soon on these and other events.

SECOND SATURDAY AT SUNSHINE WHERE CREATIVITY SHINES

SATURDAY, OCTOBER 10 | 8 AM - 12 PM | 3 - 6 PM
SUNSHINE SENIOR CENTER, 330 FIFTH ST. N.

Join us for a fun and inspiring day celebrating seniors



YARD SALE & KEI CAR SHOW UNDER THE BANYAN TREE 8 a.m. - 12 p.m.

Come for the deals, stay for the fun!!



SUNSHINE STORYTELLERS 3 - 6 p.m.

Everyone has a story and every story deserves to be heard.

- Enjoy engaging storytelling
- Connect with fellow community members
- Experience the work of talented local artists.

ON-SITE AGENCIES

CLASS	DAY/TIME	CONTACT
Commission on Aging Meeting	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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 **800.809.3570** * md-medalert.com

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.
727-893-7133
stpetersburgparksrec.org/sunshinecenter

HOURS OF OPERATION

SUNSHINE SENIOR CENTER

330 Fifth Street North
St. Petersburg, FL 33701



OCTOBER 2026
NEWSLETTER