



NOVEMBER 2009

Sunshine Senior Center

330 5th St. N.
St. Petersburg, FL 33701
727-893-7101



Center Hours: Monday - Friday 8:30 - 4:00 pm
Evenings as Scheduled - Available for Rentals

ACTIVITY/CLASS TITLE	DAY(S)	TIME	CLASS FEE Resident/Non-Res.
Ballroom Dance (Lessons 1-2pm, Dance 2-3pm. Free refreshments.)	Tuesday	1:00-3:00 pm	\$2.00/\$3.20
*Bingo	Monday	10:00 am	\$2.00/\$3.20
*Bridge Duplicate (Not ACBL)	Thursday	10:00 am	\$1.00/\$1.60
Bridge Lessons	Mon & Wed	Noon	Free
*Cribbage Social	Thursday	10:00 am	\$1.00/\$1.60
*Computer Classes for Beginners	8, 10, 15, 17	1-3:30 pm	\$40.00/\$64.00
Congregate Dining	Mon - Fri	11:30 am	Donations accepted
Dear Abby (Resumes in Dec.)	Thursday	10:30 am	Free
*Digital Photo Class -call to reserve	Tuesday	1:00-3:00 pm	4 weeks \$35/\$56
Exercise Class – Basic	Mon - Fri	9:30 am	Free
Gift & Resale Shop	Mon-Fri	9:30am-1:00pm	Varies on Items
Karaoke	Varies	Call for time/date	Free
*Open Computer Lab	Mon-Fri	8:30-3:30 pm	Free(55 & older) w/Reg. Card
Painting Workshop (no instructor)	Friday	9:30 am	Free
Vitalife – Aerobics	Mon & Wed	3:00 pm	Free
Excel with Exercise – Intermediate	Tue & Thur	2:15 pm	Free
*Yoga	Tuesday	11:00 am	\$5.00/\$8.00 p/class OR \$16.00/\$25.60 p/month

SPECIAL EVENTS THIS MONTH!!

*Mirror Lake Recreation Complex Grand Re-opening and Cook Out! Fri, Nov. 20, 7-11pm
Tour the on-going restorations at this historic complex, play outdoor and indoor games such as shuffleboard, lawn bowl, bocce, badminton, horseshoes, croquet, chess, cards, ping pong and more. Open and Free to the Public. Food/Beer & Wine available for purchase.*

Thanksgiving day Dinner – get your tickets early for a delicious, catered meal at the Center!

*Recreation Registration Card Required.

Continued on next page...

MONTHLY CALENDAR ACTIVITIES & SPECIAL DATES

Check out our monthly newsletter for special events, trips and activities!

Country Classics	Every Friday - 1:00 pm – <i>Interactive live country music</i>
Profiles in Jazz	2 nd Monday - 1:00 pm - <i>20 piece live jazz band</i>
St. Pete Shuffle	Every Friday - 6:00pm - 11:00 pm <i>FREE & Family Friendly!</i>
Courtyard Picnic	1 st , 3 rd & 5 th Wednesdays, Grilled burgers, hotdogs.
Wii Bowling	Every Tuesday (open) & Wednesday (League only) - 10:30 am <i>FREE</i>
Wii Baseball	Every Monday, 10:30 am <i>FREE</i>
Wii Tennis	Every Thursday, 10:30 am <i>FREE</i>
Ping Pong (Table Tennis)	Tues. 12-3 pm, Wed, 9-12 pm <i>FREE</i>

AGENCIES

Chess Club @ Mirror Lake		Call Andrew Scherman: 727-822-1171	
Health Promotion	Mon - Fri	9:00 am - 4:00 pm	727-893-7102
Kids & Kubs - softball	Mon, Wed, Fri	9:00 am - Noon	727-893-7108
Lawn Bowling	Mon, Wed, Fri	9:00 am - Noon	Call June: 727-867-1440
League Of Women Voters		Call For Info:	727 -896-5197
Lions Club Eye Clinic	Mon/ Wed/Thur/Fri	8:30 - 11:30 pm	727-892-5512
Meals on Wheels	Mon - Fri	9:00 am -Noon	727-893-7136
Neighborhood Care Network	Mon - Fri	9:00 am - 2:00 pm	727-893-7136
Neighborhood Care Pharmacy	Mon - Fri	8:30 am - 4:00 pm	727-892-5781
Senior Employment	Mon - Thurs.	9:00 am - 2:00 pm	727-552-1835
Seniors vs Crime	Mon & Thur	9:00am - 1:00 pm	727-552-1807
Shuffleboard		e-mail: board@stpeteshuffle.com	
SPIFFS	Mon - Fri	9:00 am - 4:00 pm	727-552 -1896
Suncoast Mental Health	Mon/Wed/Fri	Call for appointment	727-893-7107

FEE WAIVER PROGRAM

The Office on Aging offers a program for low-income seniors to receive classes, activities and day trips free of charge. Please contact Carol at 893-7102 to see if you qualify.

Sunshine Center Mission Statement

In collaboration with the community, we provide services, programs and activities which enhance the dignity, support the independence and encourage the involvement of older adults.

Check out our Website at www.stpete.org