

Sunshine Center

November Registration Session

330 5th Street North, St. Petersburg, Florida 33701

(727) 893-7101

Hours: Mon - Fri 8:30 am - 4:00 pm



Get Connected - Stay Connected
Parks & Rec Connect

Online Registration & Facility Availability
www.stpeteparksrec.org/ParksRecConnect

Registration Process

The following information or a current ADVANTAGE membership is required for registration in most classes and camps.

- **Valid Driver License or State ID** - For minor participants, the Driver License or State ID of a parent or legal guardian.
- **Completed Hold Harmless Agreement** - Form may be obtained in advance by visiting www.stpeteparksrec.org.
- **Participant Photo** - Photo will be taken by Parks and Recreation personnel if a membership card is requested.



Arts & Crafts

Activity/Course Title	Barcode	Ages	Days	Dates	Times	Classes	Fee
Oil & Acrylic Painting 	192369	18 yrs & older	Fri	02 Nov 2018 to 30 Nov	12:30 pm to 2:30 pm	4	\$28.00

Day Trips

Activity/Course Title	Barcode	Ages	Days	Dates	Times	Classes	Fee
Sunshine Day Trippers Tervis Outlet & Irish 21	192351	18 yrs & older	Thu	08 Nov 2018 to 08 Nov	9:00 am to 3:45 pm	1	\$10.00
Sunshine Day Trippers Ellenton Mall	192350	18 yrs & older	Thu	29 Nov 2018 to 29 Nov	9:30 am to 3:45 pm	1	\$10.00

Exercise

Activity/Course Title	Barcode	Ages	Days	Dates	Times	Classes	Fee
Arthritis Strength and Balance Class	192750	21 yrs & older	M,Tu,W,Th,F	01 Nov 2018 to 30 Nov	9:30 am to 10:30 am	22	\$0.00
Caribbean Aerobics	192440	10 yrs & older	Tue,Thu	01 Nov 2018 to 29 Nov	9:30 am to 10:30 am	8	Daily \$4.00 \$22.00

Sweat and smile to the island beat! Carmen Ruiz will put you through the paces of exercise fun.

Fitness Center	192444	55 yrs & older	M,Tu,W,Th,F	01 Nov 2018 to 30 Nov	9:00 am to 3:00 pm	20	\$0.00
Low Impact Aerobics <i>Zooming to the Oldies</i>	192450	55 yrs & older	Tue,Thu	01 Nov 2018 to 29 Nov	11:00 am to 12:00 pm	8	Daily \$5.00 \$35.00

Low Impact Aerobics moving to the music we grew up with. You will gain balance, core strength and pain relief.


Tai Chi - Beginner	192459	18 yrs & older	Wed	07 Nov 2018 to 28 Nov	3:00 pm to 4:00 pm	4	Daily \$7.00 \$24.00
Yoga	192471	18 yrs & older	Thu	01 Nov 2018 to 29 Nov	1:00 pm to 2:00 pm	4	Daily \$6.00 \$20.00

Integral Hatha chair yoga postures and breathing practices designed to help maintain strength, flexibility, and relaxation.

Yoga	192470	55 yrs & older	Tue	06 Nov 2018 to 27 Nov	11:00 am to 12:00 pm	4	Daily \$6.00 \$20.00
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Instructor Dominick will teach Integral Hatha yoga postures and breathing practices designed to help maintain strength, flexibility, and relaxation.

Therapeutic Recreation

Activity/Course Title	Barcode	Ages	Days	Dates	Times	Classes	Fee
Theater - TR 	192571	13 yrs & older	Mon	05 Nov 2018 to 26 Nov	7:00 pm to 8:30 pm	3	\$20.00

Additional Information

Computer Lab (Based on Availability) Mon-Fri 8:30 am - 3:30 pm Free

Fee Waiver Program - Take advantage of this program! The Office on Aging offers a fee waiver program for low income seniors to receive free classes, activities, and day trips (meals excluded). Please contact (727) 893-7102 to see if you qualify.

Resale Shop Mon-Fri 9:30 am - 1:30 pm

Agencies and Services

AARP Senior Employment	Varies	By Appt. Only	(727) 552-1835
Information and Referral Services	Mon-Fri	9:00 am - 4:00 pm	(727) 893-7102
Kids and Kubs ¼ Century Softball	Mon, Wed, Fri	9:00 am - 12:00 pm	(727) 893-7108
Lions Club Eye Clinic Referrals	Mon, Wed, Thu, Fri	8:30 am - 11:00 am	(727) 892-5512
Neighborly Meals on Wheels & Congregate Dining	Mon-Fri	9:00 am - 12:00 pm	(727) 893-7136
Seniors vs. Crime (Attorney General)	Mon	9:00 am - 1:00 pm	(727) 552-1807
Serving Health Insurance Needs of Elders (SHINE)	Varies	By Appt. Only	(727) 893-7101
Shuffleboard (Individual \$30.00/year; Family \$50.00/year)	email board@stpeteshuffle.com		
St. Pete International Folk Fair Society (SPIFFS)	Mon-Fri	9:00 am - 4:00 pm	(727) 552-1896
Voices of Hope for Aphasia	Mon-Fri	10:00 am - 2:00 pm	

Arts & Crafts

Creative Writing Thursday 10:00 am - 11:30 am Free

Health and Wellness

Ballroom Dance	Tuesday	1:00 pm - 3:00 pm	\$3.00
Health Education Series	Wednesday	Varies	Free

Games and Social Activities

Canasta	Tuesday	12:30 pm - 3:00 pm	\$1.00
Drama Group	Monday	10:00 am - 12:00 pm	Free
Hand and Foot Card Games	Thursday	12:30 pm - 3:00 pm	\$1.00
Knitting/Crocheting/Sewing	Mon & Wed	10:00 am - 12:00 pm	Free
Memory Joggers	Mon & Wed	11:00 am - 11:45 am	Free
St. Pete. Shuffle (Family Friendly)	Friday	7:00 pm - 11:00 pm	Free
Sunshine Singers Chorus Group	Tuesday	10:00 am - 12:00 pm	Free
Table Games	Mon-Fri	8:30 am - 3:00 pm	Free
Table Tennis	Mon	11:00 am - 3:00 pm	Free

Music and Theater

Live: Cookie & Dave	4th Thursday	1:00 pm	Free
Karaoke	Varies	1:00 pm	Free
Profiles in Jazz (Live Band)	2nd Monday	1:00 pm	Free

Support Groups

Aphasia Memory Support Group	Mon & Wed	10:00 am - 2:00 pm	Free
Chronic Illness Support Group	Tue	1:00 pm - 2:30 pm	Free
Lesbian, Gay, Bi-Sexual, Transgender Support Group	Friday	11:00 am - 12:00 pm	Free

Give the Gift of Fun! Parks and Recreation Gift Cards in any amount available in the office.

Our Mission: To preserve, protect, maintain and enhance the city's parklands and recreational facilities and engage people in leisure activities that contribute to their quality of life.

The Americans with Disabilities Act (A.D.A.) guarantees equal opportunity for people with disabilities. **Special accommodation requests** such as sign language interpreters, taped or Braille materials, assistive listening devices, etc., should be made at least one week prior to the activity or program. Individuals using TTD devices, please contact us using the Florida Relay Service at (800) 955-8771.

www.stpeteparksrec.org



St. Petersburg Parks and Recreation



@stpeteparksrec