

# Sunshine Center

## September 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](http://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](http://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
<b>Oil &amp; Acrylic Painting</b> 	183573	18 yrs & older	Fri	01 Sep 2017 to 29 Sep	12:30 pm to 2:30 pm	5	\$28.00

### Education

Activity/Course Title	Barcode	Ages	Days	Dates	Times	Classes	Fee
<b>Technology Class</b> <i>Technology Skills 101</i>	184110	21 yrs & older	Thu	21 Sep 2017 to 21 Sep	10:00 am to 11:30 am	1	\$20.00
<b>Technology Lessons</b>	184111	18 yrs & older	Tue,Fri	01 Sep 2017 to 29 Sep			\$20.00

Private 1 hour technology lessons. Please call (727) 893-7074 to schedule.

### Exercise

Activity/Course Title	Barcode	Ages	Days	Dates	Times	Classes	Fee
<b>Arthritis Strength and Balance Class</b>	183632	21 yrs & older	M,Tu,W,Th,F	01 Sep 2017 to 29 Sep	9:30 am to 10:30 am	21	\$0.00
<b>Caribbean Aerobics</b>	184099	18 yrs & older	Tue,Thu	05 Sep 2017 to 28 Sep	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.

<b>Fitness Center</b>	183636	55 yrs & older	M,Tu,W,Th,F	01 Sep 2017 to 29 Sep	9:00 am to 3:00 pm	21 Daily	\$1.00 \$14.00
<b>Low Impact Aerobics</b> <i>Zooming to the Oldies</i>	183646	55 yrs & older	Tue,Thu	05 Sep 2017 to 28 Sep	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.

<b>Yoga</b>	183667	55 yrs & older	Tue	05 Sep 2017 to 26 Sep	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.

<b>Yoga</b>	183669	18 yrs & older	Thu	07 Sep 2017 to 28 Sep	1:00 pm to 2:00 pm	4 Daily	\$6.00 \$20.00
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Integral Hatha chair 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
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 Theater - TR	183781	Mon	04 Sep 2017 to 25 Sep	7:00 pm to 8:30 pm	4	\$20.00
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### 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

<b>AARP Senior Employment</b>	Varies	By Appt. Only	(727) 552-1835
<b>Information and Referral Services</b>	Mon-Fri	9:00 am - 4:00 pm	(727) 893-7102
<b>Kids and Kubs ¾ Century Softball</b>	Mon, Wed, Fri	9:00 am - 12:00 pm	(727) 893-7108
<b>Lions Club Eye Clinic Referrals</b>	Mon, Wed, Thu, Fri	8:30 am - 11:00 am	(727) 892-5512
<b>Neighborly Meals on Wheels &amp; Congregate Dining</b>	Mon-Fri	9:00 am - 12:00 pm	(727) 893-7136
<b>Seniors in Service</b>	Mon-Fri	9:00 am - 3:00 pm	(727) 551-3312
<b>Seniors vs. Crime (Attorney General)</b>	Mon, Thu	9:00 am - 1:00 pm	(727) 552-1807
<b>Shuffleboard</b> (Individual \$30.00/year; Family \$50.00/year)	email board@stpeteshuffle.com		
<b>St. Pete International Folk Fair Society (SPIFFS)</b>	Mon-Fri	9:00 am - 4:00 pm	(727) 552-1896
<b>Voices of Hope for Aphasia</b>	Mon-Fri	10:00 am - 2:00 pm	

### Arts & Crafts

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

### Health and Wellness

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

### Games

<b>Canasta</b>	Tuesday	12:30 pm - 3:00 pm	\$1.00
<b>Dominoes</b>	Friday	12:30 pm - 2:00 pm	Free
<b>Hand and Foot Card Games</b>	Thursday	12:30 pm - 3:00 pm	\$1.00
<b>St. Pete. Shuffle (Family Friendly)</b>	Friday	7:00 pm - 11:00 pm	Free
<b>Table Games</b>	Mon-Fri	8:30 am - 3:00 pm	Free

### Music and Theater

<b>Country Classics (Interactive Live Music)</b>	1st Friday	1:00 pm	Free
<b>Karaoke</b>	Varies	1:00 pm	Free
<b>Profiles in Jazz (Live Band)</b>	2nd Monday	1:00 pm	Free

### Support Groups

<b>Aphasia Memory Support Group</b>	Mon & Wed	10:00 am - 2:00 pm	Free
<b>Lesbian, Gay, Bi-Sexual, Transgender Support Group</b>	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.

