

# Sunshine Center

## May 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> 	179802	18 yrs & older	Fri	05 May 2017 to 26 May	12:30 pm to 2:30 pm	4	\$28.00

### Day Trips

Activity/Course Title	Barcode	Ages	Days	Dates	Times	Classes	Fee
<b>Sunshine Day Trippers</b> <i>Rays Game</i>	179749	18 yrs & older	Thu	11 May 2017 to 11 May	12:00 pm to 5:00 pm	1	\$19.00
<b>Sunshine Day Trippers</b> <i>Big Apple Buffet</i>	179732	18 yrs & older	Sun	14 May 2017 to 14 May	11:00 am to 5:30 pm	1	\$3.00

### Education

Activity/Course Title	Barcode	Ages	Days	Dates	Times	Classes	Fee
<b>Technology Class</b> <i>Computer Basics</i>	180210	18 yrs & older	Mon,Wed	08 May 2017 to 17 May	1:00 pm to 3:00 pm	4	\$40.00
Need help learning the computer? Don't understand Windows 10? This basic class starts with how to use the mouse and advances to getting on the internet. Pre registration is required.							
<b>Technology Lessons</b>	179874	18 yrs & older	M,Tu,W,Th,F	01 May 2017 to 31 May			\$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>Fitness Center</b>	179879	55 yrs & older	M,Tu,W,Th,F	01 May 2017 to 31 May	9:00 am to 3:00 pm	23 Daily	\$1.00 \$14.00
<b>Low Impact Aerobics</b> <i>Zooming to the Oldies</i>	179893	55 yrs & older	Tue,Thu	02 May 2017 to 30 May	11:00 am to 12:00 pm	9 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>Stretch &amp; Tone</b> <i>Exercise in Motion</i>	179897	18 yrs & older	Tue,Thu	02 May 2017 to 30 May	9:30 am to 10:30 am	9 Daily	\$5.00 \$35.00
Creative movement using ballet and other easy dance techniques to help with balance, core strength and toning.							
<b>Yoga</b>	179911	55 yrs & older	Tue	02 May 2017 to 30 May	11:00 am to 12:00 pm	5 Daily	\$6.00 \$20.00
Instructor Dominick will teach Integral Hatha yoga postures and breathing practices designed to help maintain strength, flexibility, and relaxation.							
<b>Yoga</b>	179913	18 yrs & older	Thu	04 May 2017 to 25 May	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.

### Therapeutic Recreation

Activity/Course Title	Barcode	Ages	Days	Dates	Times	Classes	Fee
Theater - TR 	180006		Mon	01 May 2017 to 15 May	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

<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>Bingo</b>	4th Monday	10:30 am - 12:00 pm	\$2.00
<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
<b>Wii Bowling &amp; Games</b>	Mon-Wed	10:30 am	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.

