

# Sunshine Center

## March 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>Art Class</b> <i>Artscape</i> Break free exploring the avenues of your imagination. Find inspiration in the ordinary things of life by letting your imagination take over. Anyone can do it!	186633	18 yrs & older	Fri	02 Mar 2018 to 30 Mar	10:00 am to 11:30 am	5	\$28.00
<b>Oil &amp; Acrylic Painting</b> 	186644	18 yrs & older	Fri	02 Mar 2018 to 30 Mar	12:30 pm to 2:30 pm	5	\$28.00

### Day Trips

Activity/Course Title	Barcode	Ages	Days	Dates	Times	Classes	Fee
<b>Sunshine Day Trippers</b> <i>Strawberry Festival</i>	186593	18 yrs & older	Thu	01 Mar 2018 to 01 Mar	9:00 am to 4:00 pm	1	\$15.00
<b>Sunshine Day Trippers</b> <i>Orange Grove &amp; Leverock's</i>	186632	18 yrs & older	Thu	22 Mar 2018 to 22 Mar	10:30 am to 3:45 pm	1	\$13.00

### Education

Activity/Course Title	Barcode	Ages	Days	Dates	Times	Classes	Fee
<b>Technology Lessons</b>	186709	18 yrs & older	Tue,Fri	02 Mar 2018 to 30 Mar			\$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>	186710	21 yrs & older	M,Tu,W,Th,F	01 Mar 2018 to 30 Mar	9:30 am to 10:30 am	22	\$0.00
<b>Caribbean Aerobics</b>	186713	18 yrs & older	Tue,Thu	01 Mar 2018 to 29 Mar	9:30 am to 10:30 am	9 Daily	\$4.00 \$22.00
<b>Fitness Center</b>	186716	55 yrs & older	M,Tu,W,Th,F	01 Mar 2018 to 30 Mar	9:00 am to 3:00 pm	22 Daily	\$1.00 \$14.00
<b>Low Impact Aerobics</b> <i>Zooming to the Oldies</i>	186726	55 yrs & older	Tue,Thu	01 Mar 2018 to 29 Mar	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>Tai Chi - Beginner</b>	187122	18 yrs & older	Wed	07 Mar 2018 to 28 Mar	3:00 pm to 4:00 pm	4	Daily	\$7.00 \$24.00
<b>Yoga</b>	186741	18 yrs & older	Thu	01 Mar 2018 to 29 Mar	1:00 pm to 2:00 pm	5	Daily	\$6.00 \$20.00

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

<b>Yoga</b>	186740	55 yrs & older	Tue	06 Mar 2018 to 27 Mar	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
<b>Theater - TR</b> 	187127	16 yrs & older	Mon	05 Mar 2018 to 19 Mar	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 ¼ 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 and Social Activities

<b>Canasta</b>	Tuesday	12:30 pm - 3:00 pm	\$1.00
<b>Hand and Foot Card Games</b>	Thursday	12:30 pm - 3:00 pm	\$1.00
<b>Spanish Speaking Discussion Group</b>	Friday	2:00 pm - 3:00 pm	Free
<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>Live: Cookie &amp; Dave</b>	4th Thursday	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.

[www.stpeteparksrec.org](http://www.stpeteparksrec.org)



St. Petersburg Parks and Recreation



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