

February

NEW!
Friday Social Hour
4-5pm...details on back.

941.383.6493

www.theparadisecenter.org



Please **NOTE!** We are now located at 6200 Gulf of Mexico Drive (inside the Longboat Island Chapel)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10-11 Stretch & Strengthen 11:15-11:45 FREE Meditation Noon-1 Tai Chi	3 9-9:50 Pilates 10-11 Qigong 10-11 Yoga 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP-\$15)	4 11-11:45 Zumba! 11am WOW* 2-4 BINGO	5 9-9:50 Pilates 10-11 Chair Yoga 11:15-12:15 Yoga 1-3 Int. Watercolor 1:30-3 Power of Food	6 9-10 Walking Club 4-5 Social Hour!
9 9-10 Nordic Walking wk 1 10-11 Stretch & Strengthen 11:15-11:45 FREE Meditation Noon-1 Tai Chi	10 9-9:50 Pilates 10-11 Qigong 10-11 Yoga 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP-\$15)	11 11-11:45 Zumba! 2-4 BINGO	12 9-9:50 Pilates 10-Noon Tech Time 10-11 Chair Yoga 11:15-12:15 Yoga 1-3 Int. Watercolor	13 9-10 Walking Club 10-11 Tai Chi 1-2 Parkinson's Support Group 2-3 Sound Bath 4-5 Social Hour!
16 9-10 Nordic Walking wk 2 10-11 Stretch & Strengthen 11:15-11:45 FREE Meditation Noon-1 Tai Chi Noon-2 Nature Drawing	17 9-9:50 Pilates 10-11 Qigong 10-11 Yoga 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP-\$15) 5-7 Chapel Gather & Give	18 11-11:45 Zumba! 2-4 BINGO	19 9-9:50 Pilates 10-11 Chair Yoga <i>Upstairs today</i> 11:15-12:15 Yoga 1-3 Int. Watercolor 2-3 Brain Games!	20 9-10 Walking Club 10-11 Tai Chi 12 Lunch & Learn: Caring for the Caregiver  4-5 Social Hour!
23 9-10 Nordic Walking wk 3 10-11 Stretch & Strengthen 11:15-11:45 FREE Meditation Noon-1 Tai Chi Noon-2 Nature Drawing	24 9-9:50 Pilates 10-11 Qigong 10-11 Yoga 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP-\$15)	25 11-11:45 Zumba! 2-4 BINGO	26 Memory Screenings 9-9:50 Pilates 10-11 Chair Yoga 11:15-12:15 Yoga 1-3 Int. Watercolor	27 9-10 Walking Club 10-11 Tai Chi 10:30 Italian Cooking 4-5 Social Hour!

Class Location Color Key: 2nd Floor via stairs Shook Fellowship Hall Friendship Garden (weather permitting)

The Power of Food
Thurs. 2/5, 1:30-3pm



Interactive, informative and delicious Bioenergetic Cooking Class
RSVP - \$25

*WOW = Women on Wednesdays
Meet once a month to come together, share, support & lift one another up. Join us 2/4!

Walking Club!
Fridays @9am

Meet for a 1 hour local walk led by Nordic Walking Instructor Sam D.

La Norma Presents...
Sat. 2/7 Wine Tasting
Fri. 2/27 Italian Cooking Class
Details on back or call us!

Art classes in Paradise!
RSVP only
Intermediate Watercolor & Nature Drawing.
 **Details on back or call us!**

Private Memory Screening

Courtesy of: 
Thursday the 26th
Reserve your spot!

 **TIDEWELL FOUNDATION**
Presents Caring for the Caregiver Feb. 20 Noon-1:30
Lunch included. RSVP!
Learn tools to balance your life & role as caregiver.