



APRIL

WWW.THEPARADISECENTER.ORG

941.383.6493

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MON	TUES	WED	THURS	FRI
<p>FREE PROGRAMMING</p> <p>RSVP \$25 RSVP \$35</p> <p>RSVP \$15 RSVP FREE</p>	<p>CLASSES ARE A \$20 DROP IN FEE OR 1 CLASS PASS UNLESS OTHERWISE NOTED</p>	<p>1</p> <p>11-11:45 Just Dance</p> <p>11:15 am WOW</p> <p>2-4 BINGO</p>	<p>2</p> <p>9-9:50 Pilates</p> <p>10-11 Chair Yoga</p> <p>11:15-12:15 Yoga</p> <p>1:30-3 Power of Food (RSVP)</p>	<p>3</p> <p>CLOSED</p> <p>*No Classes*</p>
<p>6</p> <p>10-11 Stretch & Strengthen</p> <p>11:15-11:45 * Meditation</p> <p>Noon-1 Tai Chi</p>	<p>7</p> <p>9-9:50 Pilates</p> <p>10-11 Body Rolling (RSVP)</p> <p>10-11 * Common Ground Men's Group</p> <p>10-11 Qigong</p> <p>11:15-12:15 Yoga</p> <p>1-3 Mah Jongg (RSVP)</p>	<p>8</p> <p>11-11:45 Just Dance</p> <p>2-4 BINGO</p>	<p>9</p> <p>9-9:50 Pilates</p> <p>10-12 * Tech Time</p> <p>10-11 Chair Yoga</p> <p>11:15-12:15 Yoga</p>	<p>10</p> <p>9-10 * Walking Club</p> <p>10-11 Tai Chi</p> <p>10:30-12 Italian Cooking (RSVP)</p> <p>11:15-12:45 Iyengar Yoga</p> <p>1-2 * NeuroChallenge</p> <p>Parkinsons Support</p> <p>4-5 * BYOB Social Hour</p>
<p>13</p> <p>9-10 Nordic Walking w1</p> <p>10-11 Stretch & Strengthen</p> <p>11:15-11:45 * Meditation</p> <p>12-1 Tai Chi</p>	<p>14</p> <p>9-9:50 Pilates</p> <p>10-11 Qigong</p> <p>11:15-12:15 Yoga</p> <p>1-3 Mah Jongg (RSVP)</p>	<p>15</p> <p>11-11:45 Just Dance</p> <p>2-4 BINGO</p>	<p>16</p> <p>9-9:50 Pilates</p> <p>10-11 Chair Yoga (Upstairs)</p> <p>11:15-12:15 Yoga</p> <p>2-3 * Timeless Trivia w/ FST</p>	<p>17</p> <p>9 * Walking Club</p> <p>10-11 Tai Chi</p> <p>11:15-12:45 Iyengar Yoga</p> <p>4-5 * BYOB Social Hour</p>
<p>20</p> <p>9-10 Nordic Walking w2</p> <p>10-11 Stretch & Strengthen</p> <p>11:15-11:45 * Meditation</p> <p>12-1 Tai Chi</p> <p>12-1pm * Lunch & Learn</p> <p>Dementia Caregiver Support</p>	<p>21</p> <p>9-9:50 Pilates</p> <p>10-11 Qigong</p> <p>10-11 * Common Ground Men's Group</p> <p>11:15-12:15 Yoga</p> <p>1-3 Mah Jongg (RSVP)</p>	<p>22</p> <p>11-11:45 Just Dance</p> <p>2-4 BINGO</p>	<p>23</p> <p>9-9:50 Pilates</p> <p>10-2 * Memory Screenings (RSVP)</p> <p>10-11 Chair Yoga</p> <p>11:15-12:15 Yoga</p> <p>2-3 * Sound Bath (RSVP)</p>	<p>24</p> <p>9 * Walking Club</p> <p>10-11 Tai Chi</p> <p>11:15-12:45 Iyengar Yoga</p> <p>4-5 * BYOB Social Hour</p>
<p>27</p> <p>9-10 Nordic Walking w3</p> <p>10-11 Stretch & Strengthen</p> <p>11:15-11:45 * Meditation</p> <p>12-1 Tai Chi</p>	<p>28</p> <p>9-9:50 Pilates</p> <p>10-11 Qigong</p> <p>11:15-12:15 Yoga</p> <p>1-3 Mah Jongg (RSVP)</p>	<p>29</p> <p>11-11:45 Just Dance</p> <p>2-4 BINGO</p>	<p>30</p> <p>9-9:50 Pilates</p> <p>10-11 Chair Yoga</p> <p>11:15-12:15 Yoga</p>	<p>NEW!</p> <p>TIMELESS TRIVIA</p> <p>Thursday</p> <p>4/16 2pm</p>

KEY: 2ND FLOOR VIA STAIRS SHOOK FELLOWSHIP HALL SANCTUARY FRIENDSHIP GARDEN / OUTSIDE FREE MEMORY SCREENINGS!

The **POWER** of **FOOD** with Chef Kimberly Knox



Thursday, 4/2 1:30-3pm \$25 pp

Lunch & Learn 4/20 12-1pm:

Dementia Caregiver Support



Thursday, 4/23

10am-2pm

PLEASE NOTE OUR NEW ADDRESS: 6200 GULF OF MEXICO DRIVE (INSIDE LONGBOAT ISLAND CHAPEL)