



ONGOING PROGRAMS

Questions / RSVP: **941.383.6493** or email amy@theparadisecenter.org

NO MEMBERSHIP required! All are welcome!

STRETCH & STRENGTHEN (seated)

Monday 10-11am Shook Fellowship Hall

Designed for ALL fitness levels to increase strength, flexibility and balance. Seated in a chair or standing with chair support. Feel free to bring light hand weights (we have some 2-5 lbs) **\$20 drop-in or 1 class pass**

MAH JONGG Shook Fellowship Hall **Tuesday 1-3 pm**

Join our exclusive weekly Mah Jongg game, where you'll enjoy prearranged seating, complete set-ups, and light refreshments. We foster a relaxed, non-competitive atmosphere, to connect with fellow players. **\$15 / RSVP**

IYENGAR YOGA 2nd floor (accessible via stairs only)

Mondays July 13, 20, & 27 11:15-12:45

An accessible practice for all ages and all body types taught by certified instructor Deborah DiCarlo, with a focus on alignment, precision, timing, and sequencing.

\$20 drop-in or 1 class pass

TAI CHI Shook Fellowship Hall & 2nd Floor

Monday Noon-1pm / Wednesday 10-11am

With Certified Instructor Reuben Fernandez, this class is recommended for those interested in improving their overall health and well-being with easy-to-follow exercises and breathing techniques. Excellent for brain health and balance. **\$20 drop-in or 1 class pass**

QIGONG Shook Fellowship Hall

Tuesday 10-11am (outside if weather permits)

Taught by experienced instructor Sandi Love, Qigong is an ancient healing art designed to improve your mental and physical well-being. Its gentle moves can benefit those who play sports and / or who suffer with hip, back or other chronic pain. **\$20 drop-in or 1 class pass**

YOGA 2nd floor (accessible via stairs only)

Tuesday & Thursday 11:15-12:15pm

CHAIR YOGA Shook Fellowship Hall

Thursday 10-11 am

Feel Good Yoga & Massage owner Debby Debile leads a gentle yoga practice for all levels that blends stretches, slow movements, and mindful breathing. This class releases tension, improves flexibility, and helps you feel good from the inside out! **\$20 drop-in or 1 class pass**

Thinking Out Loud Wednesday 12-1:30 pm

Starting 7/8/26 Shook Fellowship Hall

With new moderator Renee Fannin - available via Zoom! Join this weekly discussion group for engaging, thought-provoking discussions on domestic and international current events. Email rsvp@theparadisecenter.org or call for details.



BINGO! Shook Fellowship Hall

Wednesday 2-4 pm. \$1 per card



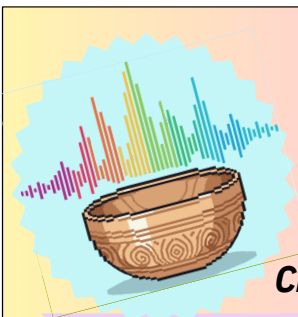
A fun and lively community favorite with local caller Renee Fannin, yummy snacks, and cash prizes! BYOB is welcome!

23rd Annual 4th of July Freedom Fest

**Saturday, July 4
9-11 a.m.**

**Bicentennial Park
500 Bay Isles Road**

A lively parade featuring a "Hot Diggity Dog" contest, games, music, food and refreshments, butterfly release, and more!



**SOUND BATH
with
Crystal & Tibetan
bowls, chimes,
gong and more!**

Check calendar for details

**RSVP 941.383.6493
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Juvent Health (FREE!) Available Monday-Thursday 10am-2:30pm 2nd floor (accessible via stairs only)

Stand on one of our Juvent platforms to increase your range of motion and improve your balance, stability, and bone density. Reservations are NOT required. Suggested donation \$5 per use. Learn more at www.Juvent.com