

MON	TUES	WED	THURS	FRI
	1 9-9:50 Pllates Sculpt 10-11 Qigong 10-11 Common Ground 11:15-12:15 Feel Good Yoga 1-3 Mahjong (RSVP $15)	2 2-4 BINGO	3 9-9:50 Pllates Sculpt 10-10:45 Feel Good Chair Yoga 11:15-12:15 Feel Good Yoga NO MAH JONGG TODAY	4 9-9:45 Just Dance 10-11 Tai Chi
7 10-11 Stretch & Strengthen 11:15-12:30 Active Aging: Strength & Balance Noon-1 Tai Chi	8 10-2 Memory Screenings 9-9:50 Pllates Sculpt 10-11 Qigong 11:15-12:15 Feel Good Yoga 1-3 Mahjong (RSVP $15)	9 2-4 BINGO	10 10-12 FREE Ttech Time 9-9:50 Pllates Sculpt 10-10:45 Feel Good Chair Yoga 11:15-12:15 Feel Good Yoga NO MAH JONGG TODAY	11 9-9:45 Just Dance 10-11 Tai Chi 1-2 Neuro-Challenge Parkinson's Support Group 5-8 Merry Mahjong
14 10-11 Stretch & Strengthen 11:15-12:30 Active Aging: Strength & Balance Noon-1 Tai Chi	15 9-9:50 Pllates Sculpt 10-11 Qigong 10-11 Common Ground 11:15-12:15 Feel Good Yoga 1-3 Mahjong (RSVP $15)	16 2-4 BINGO	17 9-9:50 Pllates Sculpt 10-10:45 Feel Good Chair Yoga upstairs today 11:15-12:15 Feel Good Yoga 2-4 Mahjong (RSVP $15)	18 9-9:45 Just Dance 10-11 Tai Chi 2-3 Sound Bath
21 10-11 Stretch & Strengthen 11:15-12:30 Active Aging: Strength & Balance Noon-1 Tai Chi	22 9-9:50 Pllates Sculpt 10-11 Qigong 11:15-12:15 Feel Good Yoga 1-3 Mahjong (RSVP $15)	23 2-4 BINGO	24 *CLOSED* *No classes or activities today*	25 CHRISTMAS *CLOSED*
28 10-11 Stretch & Strengthen 11:15-12:30 Active Aging: Strength & Balance Noon-1 Tai Chi	29 9-9:50 Pllates Sculpt 10-11 Qigong 11:15-12:15 Feel Good Yoga 1-3 Mahjong (RSVP $15)	30 2-4 BINGO	31 *CLOSED* *No classes or activities today*	New Year's Day *CLOSED*



Merry Mahjong
Friday, 12/11 5-8pm

Join NOW for 2027
December '26 included!
RSVP@theparadisecenter.org
941.383.6493

Meditative Sound Bath
Friday, 12/18
2-3pm

KEY: 2ND FLOOR VIA STAIRS SHOOK FELLOWSHIP HALL SANCTUARY FRIENDSHIP GARDEN / OUTSIDE

WWW.THEPARADISECENTER.ORG 6200 GULF OF MEXICO DRIVE 941.383.6493