



RSVP to Amy at 941-383-6493 or Amy@TheParadiseCenter.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 10-11 SFH Stretch/Strengthen 11:15-11:45 SFH Meditation 12-1 FG Tai Chi 1:30-2:30 FREE SFH Thinking Out Loud	30 10-11 2F Pilates Sculpt SFH Qigong 11:15-12:15 SFH Yoga 1-3 SFH Mah Jongg \$15 RSVP only	1 9-12 Stop by The Lord's Warehouse! 1-3 Coming Soon SFH BINGO!	2 10-11 2F Pilates Sculpt SFH Just Dance 11:15-12:15 SFH Yoga 1-1:45 SFH Chair Yoga	3 10-11 Tai Chi on Hiatus
6 10-11 SFH Stretch/Strengthen 11:15-11:45 SFH Meditation 12-1 Tai Chi on Hiatus 1:30-2:30 FREE SFH Thinking Out Loud	7 10-11 2F Pilates Sculpt SFH Qigong 11:15-12:15 SFH Yoga 1-3 SFH Mah Jongg \$15 RSVP only	8 9-12 Stop by The Lord's Warehouse! 1-3 Coming Soon SFH BINGO!	9 10-12 Tech Time 10-11 2F Pilates Sculpt SFH Just Dance 11:15-12:15 SFH Yoga 1-1:45 SFH Chair Yoga	10 10-11 Tai Chi on Hiatus 1-2pm FREE! 2F Neuro-Challenge Parkinsons Support
13 10-11 SFH Stretch/Strengthen 11:15-11:45 SFH Meditation 12-1 Tai Chi on Hiatus 1:30-2:30 FREE SFH Thinking Out Loud	14 10-11 2F Pilates Sculpt SFH Qigong 11:15-12:15 SFH Yoga 1-3 SFH Mah Jongg \$15 RSVP only	15 9-12 Stop by The Lord's Warehouse! 1-3 Coming Soon SFH BINGO!	16 10-11 2F Pilates Sculpt No Just Dance 1-1:45 SFH Chair Yoga 2-3 FREE SFH Brain Games	17 10-11 Tai Chi on Hiatus 2-3 FREE 2F Meditative Sound Bath
20 10-11 SFH Stretch/Strengthen 11:15-11:45 SFH Meditation 12-1 FG Tai Chi 1:30-2:30 FREE SFH Thinking Out Loud	21 10-11 2F Pilates Sculpt SFH Qigong 11:15-12:15 SFH Yoga 1-3 SFH Mah Jongg \$15 RSVP only 5-7 Gather & Give	22 9-12 Stop by The Lord's Warehouse! 1-3 Coming Soon SFH BINGO!	23 10-11 2F Pilates Sculpt SFH Just Dance 11:15-12:15 SFH Yoga 1-1:45 SFH Chair Yoga	24 10-11 FG Tai Chi
27 10-11 SFH Stretch/Strengthen 11:15-11:45 SFH Meditation 12-1 FG Tai Chi 1:30-2:30 FREE SFH Thinking Out Loud	28 10-11 2F Pilates Sculpt SFH Qigong 11:15-12:15 SFH Yoga 1-3 SFH Mah Jongg \$15 RSVP only	29 9-12 Stop by The Lord's Warehouse! 1-3 Coming Soon SFH BINGO!	30 10-11 2F Pilates Sculpt SFH Just Dance 11:15-12:15 SFH Yoga 1-1:45 SFH Chair Yoga	31 10-11 FG Tai Chi  Happy Halloween!