



WWW.THEPARADISECENTER.ORG

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



YOUTHFUL AGING HOME CARE
Thursday, 4/23
10am-2pm



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