



Happy New Year!
We are closed
January 1st and 2nd.



941.383.6493

www.theparadisecenter.org

Please NOTE! We are now located at 6200 Gulf of Mexico Drive, Longboat Key (inside Longboat Island Chapel)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 10-11 Stretch & Strengthen 11:15-11:45 FREE Meditation Noon-1 Tai Chi	6 9-10 Pilates 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP-\$15)	7 11am WOW 1-2 Games! 2-4 BINGO 	8 9-10 Pilates 10-11 Chair Yoga 11:15-12:15 Yoga 1:30-3 Power of Food	9 9 Walking Club 10-11 Tai Chi 1-2 FREE Neuro-Challenge Parkinson's Support
12 10-11 Stretch & Strengthen 11:15-11:45 FREE Meditation Noon-1 Tai Chi	13 9-10 Pilates 10-11 Qigong 10-11 Intro to Yoga 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP-\$15)	14 1-2 Games! 2-4 BINGO 	15 9-10 Pilates 10-Noon Tech Time 10-11 Chair Yoga 11:15-12:15 Yoga	16 9 Walking Club 10-11 Tai Chi
19 10-11 Stretch & Strengthen 11:15-11:45 FREE Meditation Noon-1 Tai Chi	20 9-10 Pilates 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP-\$15) 5-7 Chapel Gather & Give	21 1-2 Games! 2-4 BINGO 	22 Memory Screenings 9-10 Pilates 10-11 Chair Yoga (upstairs today!) 11:15-12:15 Yoga 2-3 Brain Games!	23 9 Walking Club 10-11 Tai Chi 2-3 Sound Bath
26 10-11 Stretch & Strengthen 11:15-11:45 FREE Meditation Noon-1 Tai Chi	27 9-10 Pilates 10-11 Qigong 10-11 Intro to Yoga 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP-\$15)	28 1-2 Games! 2-4 BINGO 	29 9-10 Pilates 10-11 Chair Yoga 11:15-12:15 Yoga	30 9 Walking Club 10-11 Tai Chi

Class Location Color Key: 2nd Floor via stairs (red) Shook Fellowship Hall (blue) Friendship Garden (green) (weather permitting)

The Power of Food
 Thurs. 1/8, 1:30-3pm

Learn about detox & body reset to kick off a healthier 2026!
RSVP - \$25

Women on Wednesdays - WOW
 meets once a month to come together, share, support & lift one another up. Join us 1/7!

Let's Walk! Fridays @ 9am

Meet Sam - at a different spot each week - for a group power stroll on/near Longboat Key. Ask us for details!

Private Memory Screenings

Courtesy of:

Thursday the 22nd
 Reserve your spot!
 FREE 45-minute screenings from 10am-2pm.

Wednesday is Game Day!
1-2pm Team games: Test your luck, show off your skills and let those competitive juices flow!!

Brought to you by

PLUS 2-4pm BINGO!
\$1 cards (\$2 for final game)