



NOVEMBER



Membership is never required. Your support is always appreciated!

MON	TUES	WED	THURS	FRI
2 10-11 Stretch & Strengthen Closing at Noon Polling Location	3 NO CLASSES TODAY CLOSED Polling Location	4 2-4 BINGO	5 9-9:50 Pilates Sculpt 10-10:45 Feel Good Chair Yoga 11:15-12:15 Feel Good Yoga 12:30-2 Power of Food 3-5 Mahjong (\$15)	6 9-9:45 Just Dance 10-11 Tai Chi
9 10-11 Stretch & Strengthen 11:15-12:30 Active Aging: Strength & Balance Noon-1 Tai Chi	10 10-2 Memory Screenings 9-9:50 Pilates Sculpt 10-11 Qigong 11:15-12:15 Feel Good Yoga 1-3 Mahjong (RSVP \$15)	11 2-4 BINGO	12 10-12 Free Tech Time 9-9:50 Pilates Sculpt 10-10:45 Feel Good Chair Yoga 11:15-12:15 Feel Good Yoga 3-5 Mahjong (\$15)	13 9-9:45 Just Dance 10-11 Tai Chi 1-2 Free Neuro-Challenge Parkinson's Support
16 10-11 Stretch & Strengthen 11:15-12:30 Active Aging: Strength & Balance Noon-1 Tai Chi	17 9-9:50 Pilates Sculpt 10-11 Common Ground Men's Group 10-11 Qigong 11:15-12:15 Feel Good Yoga 1-3 Mahjong (\$15)	18 2-4 BINGO	19 9-9:50 Pilates Sculpt 10-10:45 Feel Good Chair Yoga (upstairs today) 11:15-12:15 Feel Good Yoga 3-5 Mahjong (\$15)	20 9-9:45 Just Dance 10-11 Tai Chi 2-3 Meditative Sound Bath
23 10-11 Stretch & Strengthen 11:15-12:30 Active Aging: Strength & Balance Noon-1 Tai Chi	24 9-9:50 Pilates Sculpt 10-11 Qigong 11:15-12:15 Yoga 1-3 Mahjong (\$15)	25 2-4 BINGO	26 THANKSGIVING 	27 NO CLASSES TODAY CLOSED
30 10-11 Stretch & Strengthen 11:15-12:30 Active Aging: Strength & Balance Noon-1 Tai Chi	Pilates Sculpt Tuesdays & Thursdays 9-9:50am Common Ground Men's Group Tuesday 11/17 10-11am Just Dance Fridays 9-9:45am Classes are a \$20 drop-in fee or 1 class pass unless otherwise noted			

FREE Memory Screenings
10am-2pm
Tuesday, 11/10

The POWER OF FOOD
Thursday, 11/5
12:30-2pm

25

Meditative Sound Bath
Friday, 11/20 2-3 pm
RSVP appreciated

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

WWW.THEPARADISECENTER.ORG 6200 GULF OF MEXICO DRIVE 941.383.6493

NOVEMBER WELLNESS PROGRAMS

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

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 2lbs- 5lbs.) [\\$20 drop-in or 1 class pass](#)

Active Aging: Strength & Balance 2nd floor

Mondays 11:15-12:30 pm (accessible via stairs only)

Yoga providing strength and balance for all ages and body types, with a focus on alignment, precision, timing, and sequencing. Taught by Iyengar Yoga-certified instructor Deborah Di Carlo [\\$20 drop-in or 1 class pass](#)

TAI CHI Shook Fellowship Hall (outside if weather permits)

Monday 12-1 / Friday 10-11am [\\$20 drop-in or 1 class pass](#)

With Certified Instructor Reuben Fernandez, this class is recommended for those interested in improving their overall health and wellbeing with easy-to-follow exercises and breathing techniques. Excellent for brain health and balance.



SOUND BATH

Friday, 11/20 2-3pm

\$25

Deep relaxation with crystal bowls, chimes, gong and more! Check calendar for details.

941.383.6493 / RSVP@theparadisecenter.org

QIGONG Shook Fellowship Hall

Tuesday 10-11am (outside if weather permits)

Taught by experienced instructor Sandi Love, Qigong is designed to improve your mental and physical wellbeing. Its gentle moves benefit those who play sports and/or who suffer with hip, back or other chronic pain. [\\$20 drop-in or 1 class pass](#)

Feel Good Yoga 2nd floor Tuesdays & Thursdays

11:15-12:15 (accessible via stairs only)

Feel Good Yoga & Massage owner Debby Debile leads a gentle practice that is a blend of many styles of yoga. Students will move energy, learn alignment, and listen to their intuition. All levels are welcome! [\\$20 drop-in or 1 class pass](#)

Mah Jongg Shook Fellowship Hall **\$15 / RSVP**

Tuesdays 1-3 pm & Thursdays 3-5pm

Join our exclusive weekly RSVP-only Mah Jongg game, where you'll enjoy prearranged seating, complete set-ups, and light refreshments. Experienced players only.

Pilates Sculpt 2nd Floor (accessible via stairs only)

Tuesdays & Thursdays 9-9:50 am [\\$20 drop-in or 1 class pass](#)

Sculpt, tone, and strengthen your body with a fun and challenging mat pilates workout set to upbeat music. Led by experienced fitness instructor Mariena Evans.

FEEL GOOD CHAIR YOGA

Thursday 10-10:45am

Shook Fellowship Hall [\\$20 drop-in or 1 class pass](#)

Seated Yoga led by Debby Debile. Blends stretches, slow movements, releases tension, and improves flexibility.

JUST DANCE

Friday 9-9:45am

[\\$20 drop-in or 1 class pass](#)

Join this popular, high-energy class to boost your cardio health and have a blast! No dance experience needed—just bring your smile and get ready to feel fantastic!

THE POWER OF FOOD



12:30-2pm Thursday, 11/5

Join Bioenergetic Cooking creator and chef Kimberly Knox for a nutritious and delicious adventure in healthy, seasonal cooking

\$25 RSVP 941.383.6493
RSVP@theparadisecenter.org

FREE TECH TIME!



2nd Thursday each month
10am - 12pm

See calendar for details

Walk-in technology clinic courtesy of Celia Moore, owner of Technology Solutions. Bring your cellphone, tablet, laptop and learn to love tech!

No appointment needed!

BINGO! Shook Fellowship Hall

Wednesday 2-4 pm. \$1 per card / \$2 final cards

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

NEURO CHALLENGE PARKINSON'S SUPPORT GROUP

2nd Friday 1-2 pm (October - April) FREE



A group designed for people with Parkinson's and Care Partners to come together for connection and support at any stage of their journey. Offered in partnership with The Paradise Center.

Common Ground Men's Group

3rd Tuesdays 10-11 am FREE

A group for men to connect with other men of all ages, building community and gaining valuable feedback through life's stages.

Juvent Health (FREE!) 2nd Floor (accessible via stairs only)

Available Monday-Friday 10am-2:30pm

Juvent platforms increase range of motion and improve balance, stability, and bone density. Recommended donation: \$5. For more info: www.juvent.com

