

February

NEW!
Friday Social Hour
 4-5pm...details on back.

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 |
|--|---|--|---|---|
| 2 10-11 Stretch & Strengthen 11:15-11:45 FREE Meditation Noon-1 Tai Chi | 3 9-10 Pilates 10-11 Qigong 10-11 Yoga 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP-\$15) | 4 10-10:45 Zumba! 11am WOW* 2-4 BINGO | 5 9-10 Pilates 10-11 Chair Yoga 11:15-12:15 Yoga 1-3 Int. Watercolor 1:30-3 Power of Food | 6 9 Walking Club 10-11 Tai Chi 4-5 Social Hour! |
| 9 9-10 Nordic Walking wk 1 10-11 Stretch & Strengthen 11:15-11:45 FREE Meditation Noon-1 Tai Chi | 10 9-10 Pilates 10-11 Qigong 10-11 Yoga 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP-\$15) | 11 10-10:45 Zumba! 2-4 BINGO | 12 9-10 Pilates 10-Noon Tech Time 10-11 Chair Yoga 11:15-12:15 Yoga 1-3 Int. Watercolor | 13 9 Walking Club 10-11 Tai Chi 1-2 Parkinson's Support Group 2-3 Sound Bath 4-5 Social Hour! |
| 16 9-10 Nordic Walking wk 2 10-11 Stretch & Strengthen 11:15-11:45 FREE Meditation Noon-1 Tai Chi Noon-2 Nature Drawing | 17 9-10 Pilates 10-11 Qigong 10-11 Yoga 1-3 Mah Jongg (RSVP-\$15) 5-7 Chapel Gather & Give | 18 10-10:45 Zumba! 2-4 BINGO | 19 9-10 Pilates 10-11 Chair Yoga 11:15-12:15 Yoga 1-3 Int. Watercolor 2-3 Brain Games! | 20 9 Walking Club 10-11 Tai Chi 12 Lunch & Learn: Caring for the Caregiver  4-5 Social Hour! |
| 23 9-10 Nordic Walking wk 3 10-11 Stretch & Strengthen 11:15-11:45 FREE Meditation Noon-1 Tai Chi Noon-2 Nature Drawing | 24 9-10 Pilates 10-11 Qigong 10-11 Yoga 1-3 Mah Jongg (RSVP-\$15) | 25 10-10:45 Zumba! 2-4 BINGO | 26 Memory Screenings 9-10 Pilates 10-11 Chair Yoga 11:15-12:15 Yoga 1-3 Int. Watercolor | 27 9 Walking Club 10-11 Tai Chi 10:30 Italian Cooking 4-5 Social Hour! |

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

The Power of Food
 Thurs. 2/5, 1:30-3pm



Interactive, informative and delicious Bioenergetic Cooking Class
 RSVP - \$25

***WOW=Women on Wednesdays**
 Meet once a month to come together, share, support & lift one another up. Join us 2/4!

Walking Club!
 Fridays @ 9am

Meet for a group power stroll on/near Longboat Key. Ask us for details!

La Norma Presents...
 Sat. 2/7 Wine Tasting
 Fri. 2/27 Italian Cooking Class
 Details on back or call us!

Art classes in Paradise!
RSVP only
Intermediate Watercolor & Nature Drawing.



Details on back or call us!

Private Memory Screening

Courtesy of:  **YOUTHFUL AGING HOME CARE**

Thursday the 26th
 Reserve your spot!

 **TIDEWELL FOUNDATION**
 Presents **Caring for the Caregiver** Feb. 20 Noon-1:30
 Lunch included. **RSVP!**
 Learn tools to balance your life & role as caregiver.