# NOVEMBER

*Membership is never required. Your support is always appreciated!*

| MON | TUES | WED | THURS | FRI |
|---|---|---|---|---|
| 2<br>10-11 Stretch & Strengthen<br>**Closing at Noon**<br>**Polling Location** | 3<br>NO CLASSES TODAY<br>**CLOSED**<br>*Polling Location* | 4<br>2-4 BINGO | 5<br>9-9:50 Pilates Sculpt<br>10-10:45 Feel Good Chair Yoga<br>11:15-12:15 Feel Good Yoga<br>12:30-2 Power of Food<br>3-5 Mahjong ($15) | 6<br>9-9:45 Just Dance<br>10-11 Tai Chi |
| 9<br>10-11 Stretch & Strengthen<br>11:15-12:30 Active Aging: Strength & Balance<br>Noon-1 Tai Chi | 10<br>10-2 Memory Screenings<br>9-9:50 Pilates Sculpt<br>10-11 Qigong<br>11:15-12:15 Feel Good Yoga<br>1-3 Mahjong (RSVP $15) | 11<br>2-4 BINGO | 12<br>10-12 Free Tech Time<br>9-9:50 Pilates Sculpt<br>10-10:45 Feel Good Chair Yoga<br>11:15-12:15 Feel Good Yoga<br>3-5 Mahjong ($15) | 13<br>9-9:45 Just Dance<br>10-11 Tai Chi<br>1-2 Free Neuro-Challenge Parkinson's Support |
| 16<br>10-11 Stretch & Strengthen<br>11:15-12:30 Active Aging: Strength & Balance<br>Noon-1 Tai Chi | 17<br>9-9:50 Pilates Sculpt<br>10-11 Common Ground Men's Group<br>10-11 Qigong<br>11:15-12:15 Feel Good Yoga<br>1-3 Mahjong ($15) | 18<br>2-4 BINGO | 19<br>9-9:50 Pilates Sculpt<br>10-10:45 Feel Good Chair Yoga (upstairs today)<br>11:15-12:15 Feel Good Yoga<br>3-5 Mahjong ($15) | 20<br>9-9:45 Just Dance<br>10-11 Tai Chi<br>2-3 Meditative Sound Bath |
| 23<br>10-11 Stretch & Strengthen<br>11:15-12:30 Active Aging: Strength & Balance<br>Noon-1 Tai Chi | 24<br>9-9:50 Pilates Sculpt<br>10-11 Qigong<br>11:15-12:15 Yoga<br>1-3 Mahjong ($15) | 25<br>2-4 BINGO | 26<br>THANKSGIVING<br> | 27 NO CLASSES TODAY<br>**CLOSED**<br>Join us at J. McLaughlin for Sip & Shop 12-4pm! |
| 30<br>10-11 Stretch & Strengthen<br>11:15-12:30 Active Aging: Strength & Balance<br>Noon-1 Tai Chi | | | | |

Seasonal classes are BACK!

**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 ReubenFernandez,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** ***$25***
***Friday, 11/20 2-3pm***

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 Reneé 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