

JUNE

MON	TUES	WED	THURS	FRI
MONDAY FUN-DAYS NEW ACTIVITIES EACH WEEK!	* FREE PROGRAMMING	 2-4pm WEDNESDAYS	CLASSES ARE A \$20 DROP IN FEE OR 1 CLASS PASS UNLESS OTHERWISE NOTED	<u>CLOSED</u> No Classes or Activities
1 10-11 Stretch & Strengthen <i>NO Iyengar Yoga Today</i> Noon-1 Tai Chi 2-3pm *Color Hunting	2 10-11 * Common Ground 10-11 Qigong 10-11 Yoga 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	3 10-11 Tai Chi 2-4 BINGO	4 10-11 Chair Yoga 11:15-12:15 Yoga	5 <u>CLOSED</u> No Classes or Activities
8 10-11 Stretch & Strengthen <i>NO Iyengar Yoga Today</i> Noon-1 Tai Chi 1:30-3pm Write Your Memoir or Learn to Journal \$30	9 10-11 Qigong 10-11 Yoga 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	10 10-11 Tai Chi 2-4 BINGO	11 10-11 Chair Yoga 11:15-12:15 Yoga	12 <u>CLOSED</u> No Classes or Activities
15 10-11 Stretch & Strengthen 11:15-12:45 Iyengar Yoga Noon-1 Tai Chi 5-7:30pm Sip-n-Paint \$65	16 10-11 * Common Ground 10-11 Qigong 10-11 Yoga 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	17 10-11 Tai Chi 2-4 BINGO	18 10-11 Chair Yoga 11:15-12:15 Yoga 2-3p *Sound Bath	19 <u>CLOSED</u> No Classes or Activities
22 10-11 Stretch & Strengthen 11:15-12:45 Iyengar Yoga Noon-1 Tai Chi 5-6:30 Flower Arranging \$30	23 10-11 Qigong 10-11 Yoga 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	10-11 Tai Chi 2-4 BINGO	25 10am - 3pm Onsite Foot Care Clinic (RSVP) 10-11 Chair Yoga 11:15-12:15 Yoga	26 <u>CLOSED</u> No Classes or Activities
29 10-11 Stretch & Strengthen 11:15-12:45 Iyengar Yoga Noon-1 Tai Chi 5 -7:30 SINGO plus 50/50 drawing tonight!	30 10-11 Qigong 10-11 Yoga 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	ASK ABOUT NEW ZOOM CLASSES! RSVP@ THEPARADISE CENTER.ORG	50 / 50 RAFFLE ALL MONTH \$10 PER TICKET FINAL RAFFLE 6/29	ONSITE FOOT CARE CLINIC 10AM-3PM 6/25 (RSVP)

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

WWW.THEPARADISECENTER.ORG

6200 GULF OF MEXICO DRIVE

941.383.6493



ONGOING PROGRAMS

Questions / RSVP: **941.383.6493** or email amy@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 2-5 lbs)

\$20 drop-in or 1 class pass

IYENGAR YOGA 2nd floor (accessible via stairs only)

Mondays June 15, 22, & 29 11:15-12:45

An accessible practice for all ages and all body types taught by certified instructor Deborah DiCarlo, with a focus on alignment, precision, timing, and sequencing.

\$20 drop-in or 1 class pass

TAI CHI Shook Fellowship Hall (outside if weather permits)

Monday Noon-1pm / Wednesday 10-11am

With Certified Instructor Reuben Fernandez, this class is recommended for those interested in improving their overall health and well-being with easy-to-follow exercises and breathing techniques. Excellent for brain health and balance. **\$20 drop-in or 1 class pass**

QIGONG Shook Fellowship Hall

Tuesday 10-11am (outside if weather permits)

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

YOGA 2nd floor (accessible via stairs only)

Tuesday & Thursday 11:15-12:15pm

CHAIR YOGA Shook Fellowship Hall

Thursday 10-10:45am

Feel Good Yoga & Massage owner Debby Debile leads a gentle yoga practice for all levels that blends stretches, slow movements, and mindful breathing. This class releases tension, improves flexibility, and helps you feel good from the inside out! **\$20 drop-in or 1 class pass**

MAH JONGG Shook Fellowship Hall **Tuesday 1-3 pm**

Join our exclusive weekly Mah Jongg game, where you'll enjoy prearranged seating, complete set-ups, and light refreshments. We foster a relaxed, non-competitive atmosphere, to connect with fellow players. **\$15 / RSVP**

BINGO! Shook Fellowship Hall

Wednesday 2-4 pm. \$1 per card



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

COLOR HUNTING (FREE!)

Monday 6/1 2-3pm

Meet at The Paradise Center and head out for a scavenger hunt extraordinaire! **rsvp@theparadisecenter.org**

SOUND BATH
with
**Crystal & Tibetan bowls,
chimes, gong and more!**

Check calendar for details



RSVP 941.383.6493
rsvp@theparadisecenter.org

Make Mondays Matter **A new fundraising activity every week**

Engaging fundraising events in support of healthy aging and connection on Longboat Key. Your participation helps The Paradise Center support the lives of residents aging in place year-round.

WRITE YOUR MEMOIR /LEARN TO JOURNAL (\$30)

Mon 6/8, 1:30-3pm Unleash your inner writer!

SIP & PAINT (\$65)

Mon 6/15, 5-7:30pm

We'll provide the supplies, step-by-step guidance, and the "sips". You bring the fun!

FLOWER ARRANGING (\$30) **Mon 6/22, 5-6:30pm**

Make blooms & buds beautiful!

SINGO (\$1 Cards)

Mon 6/29, 5-7:30pm

plus 50/50 RAFFLE DRAWING

Musical Bingo - Name that tune and win BIG \$\$\$!

Juvent Health (FREE!) Available Monday-Friday 10am-2:30pm 2nd floor (accessible via stairs only)

Stand on one of our Juvent platforms to increase your range of motion and improve your balance, stability, and bone density. Reservations are NOT required. Suggested donation \$5 per use. Learn more at www.Juvent.com