



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

1 10-11 **Stretch & Strengthen**
11:15-11:45 **FREE Meditation**
Noon-1 **Tai Chi**
1-2:30 **The New Civic Path**
Book Circle #1

8 10-11 **Stretch & Strengthen**
11:15-11:45 **FREE Meditation**
Noon-1 **Tai Chi**
1-2:30 **The New Civic Path**
Book Circle #2

15 **Happy Hanukah!**
10-11 **Stretch & Strengthen**
11:15-11:45 **FREE Meditation**
Noon-1 **Tai Chi**
1-2:30 **The New Civic Path**
Book Circle #3

22
10-11 **Stretch & Strengthen**
11:15-11:45 **FREE Meditation**
Noon-1 **Tai Chi**

29
10-11 **Stretch & Strengthen**
11:15-11:45 **FREE Meditation**
Noon-1 **Tai Chi**

TUESDAY

2 9-10 **Pilates**
10-11 **Qigong**
11:15-12:15 **Just Dance**
11:15-12:15 **Yoga**
1-3 **Mah Jongg** (RSVP-\$15)

9 9-10 **Pilates**
10-11 **Qigong**
11:15-12:15 **Just Dance**
11:15-12:15 **Yoga**
1-3 **Mah Jongg** (RSVP-\$15)

16 9-10 **Pilates**
10-11 **Qigong**
11:15-12:15 **Just Dance**
11:15-12:15 **Yoga**
1-3 **Mah Jongg** (RSVP-\$15)
5-7 **Chapel Gather & Give**

23 9-10 **Pilates**
10-11 **Qigong**
11:15-12:15 **Just Dance**
11:15-12:15 **Yoga**
1-3 **Mah Jongg** (RSVP-\$15)

30 9-10 **Pilates**
10-11 **Qigong**
11:15-12:15 **Just Dance**
11:15-12:15 **Yoga**
1-3 **Mah Jongg** (RSVP-\$15)

WEDNESDAY

3
9-Noon **Visit the Lord's Warehouse!**
1-3 **BINGO!**

10
9-Noon **Visit the Lord's Warehouse!**
1-3 **BINGO!**

17
9-Noon **Visit the Lord's Warehouse!**
1-3 **BINGO!**

24 **CLOSED**

31 **CLOSED**

THURSDAY

4 9-10 **Pilates**
10-11 **Chair Yoga**
11:15-12:15 **Yoga**
1:30-3 **The Power of Food**

11 9-10 **Pilates**
10-Noon **Tech Time**
10-11 **Chair Yoga**
11:15-12:15 **Yoga**

18 9-10 **Pilates**
10-11 **NO Chair Yoga**
11:15-12:15 **Yoga**
2-3 **Brain Games!**

25 **CLOSED**

FRIDAY

5 10-11 **Tai Chi**

12 10-11 **Tai Chi**
1-2 **FREE Neuro-Challenge**
Parkinson's Support

19 10-11 **Tai Chi**
2-3 **Sound Bath**

26 **CLOSED**



& a very Happy 2026!

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

The New Civic Path: Restoring Our Belief in One Another and This Nation – a 3-part discussion

Mondays 1-2:30pm

Books and facilitators provided by The Patterson Foundation. Space is limited so register today! Ask us how.

The Holidays can be stressful! Immerse yourself in a healing Sound Bath

Friday, December 19th
2-3pm Reserve your spot!
FREE – Donations welcome.



[2nd floor accessible by stairs only]

Let's Play BINGO! Wednesdays at 1

With local caller Renee Fannin.



Cards are \$1 (\$2 for the final round).