

# MAY

**MON**

**TUES**

**WED**

**THURS**

**FRI**

<p><b>CLASSES ARE A \$20 DROP IN FEE OR 1 CLASS PASS UNLESS OTHERWISE NOTED</b></p>	<p><b>* FREE PROGRAMMING</b></p>	 <p><b>2-4pm WEDNESDAYS \$1 per card</b></p>	<p><b>CREATIVE TEA TIME</b> <i>Mon, 5/11 1:30-3</i></p>	<p>1 <b>CLOSED</b> No Classes or Activities</p>
<p>4 10-11 Nordic Walking wk1 10-11 Stretch &amp; Strengthen 11:15-12:45 Iyengar Yoga Noon-1 Tai Chi</p>	<p>5 10-11 *Common Ground Men's Group 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)</p>	<p>6 10-11 Tai Chi 11:15-12:15 WOW 11-11:45 Just Dance 2-4 BINGO!</p>	<p>7 10-11 Chair Yoga 11:15-12:15 Yoga</p>	<p>8 <b>CLOSED</b> No Classes or Activities</p>
<p>11 10-11 Nordic Walking wk2 10-11 Stretch &amp; Strengthen 11:15-12:45 Iyengar Yoga Noon-1 Tai Chi 1:30-3 Creative Tea Time: Mindful Coloring, Herbal Tea and snacks</p>	<p>12 10-11 NO CLASS 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)</p>	<p>13 10-11 Tai Chi 11-11:45 Just Dance 2-4 BINGO!</p>	<p>14 10-11 Chair Yoga 11:15-12:15 Yoga</p>	<p>15 <b>CLOSED</b> No Classes or Activities</p>
<p>18 10-11 Nordic Walking wk3 10-11 Stretch &amp; Strengthen 11:15-12:45 Iyengar Yoga Noon-1 Tai Chi</p>	<p>19 10-11 *Common Ground Men's Group 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)</p>	<p>20 10-11 Tai Chi 11-11:45 Just Dance 2-4 BINGO!</p>	<p>21 10-12 Tech Time 10-11 Chair Yoga upstairs today 11:15-12:15 Yoga 2-3p Sound Bath</p>	<p>22 <b>CLOSED</b> No Classes or Activities</p>
<p>25 <b>Closed</b> Happy Memorial Day!</p>	<p>26 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)</p>	<p>27 10-11 Tai Chi 11-11:45 Just Dance 2-4 BINGO!</p>	<p>28 10-11 Chair Yoga 11:15-12:15 Yoga</p>	<p>29 <b>CLOSED</b> No Classes or Activities</p>

KEY: 2<sup>ND</sup> 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](mailto: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** 2<sup>nd</sup> floor (accessible via stairs only)

**Monday 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 wellbeing 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** 2<sup>nd</sup> 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**

## **JUST DANCE!** 2<sup>nd</sup> Floor (accessible via stairs only)

**Wednesday 11-11:45am**

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

**\$20 drop-in or 1 class pass**

## **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!



**SOUND BATH**

Guided healing with crystal bowls, chimes, gong and more! Check calendar for details.

**RSVP 941.383.6493**

## **NORDIC WALKING** 3-Class Series **RSVP 1 week prior**

**Mondays** - Check Calendar for details

**\$20 or 1 class pass each week**

Space is limited—reserve your spot!

Learn and enjoy the cardiovascular benefits of Nordic Walking. This 3-session beginner class covers proper walking technique, selecting the correct poles, and culminates in a series of local walks. Taught by certified instructor Sam D.

**More info:** [AmericanNordicWalking.com](http://AmericanNordicWalking.com)

## **Juvent Health (FREE!) Available Monday-Friday 10am-2:30pm** 2<sup>nd</sup> 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](http://www.Juvent.com)