



941.383.6493

WWW.THEPARADISECENTER.ORG

6200 GULF OF MEXICO DRIVE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10-11 <b>Stretch &amp; Strengthen</b> 11:15-11:45 <b>Meditation</b> (FREE!) Noon-1 <b>Tai Chi</b> 12-2 <b>Nature Drawing (closed)</b></p>	<p>3</p> <p>9-9:50 <b>Pilates</b> 10-11 <b>Common Ground Mens' Group</b> 10-11 <b>Qigong</b> 10-11 <b>Yoga</b> 11:15-12:15 <b>Yoga</b> 1-3 <b>Mah Jongg (RSVP \$15)</b></p>	<p>4</p> <p>11-11:45 <b>Zumba!</b> 11:15 am <b>WOW</b> 2-4 <b>BINGO</b></p> <p></p>	<p>5</p> <p>9-9:50 <b>Pilates</b> 10-11 <b>Chair Yoga</b> 11:15-12:15 <b>Yoga</b></p>	<p>6</p> <p>9 <b>Walking Club</b> 10-11 <b>Tai Chi</b> 11:15-12:45 <b>Iyengar Yoga</b></p>
<p>9</p> <p><b>* CLOSED *</b> <b>NO CLASSES</b></p>	<p>10</p> <p><b>* CLOSED *</b> <b>NO CLASSES</b></p>	<p>11</p> <p>11-11:45 <b>Zumba!</b> 2-4 <b>BINGO</b></p> <p></p>	<p>12</p> <p>9-9:50 <b>Pilates</b> 10-12 <b>Tech Time</b> 10-11 <b>Chair Yoga</b> 11:15-12:15 <b>Yoga</b> 2-3p <b>Sound Bath</b></p>	<p>13</p> <p>9-10 <b>Walking Club</b> 10-11 <b>Tai Chi</b> 11:15-12:45 <b>Iyengar Yoga</b> 1-2 <b>Neuro Challenge Parkinsons Support</b></p>
<p>16</p> <p>9-10 <b>Nordic Walking wk1</b> 10-11 <b>Stretch &amp; Strengthen</b> 11:15-11:45 <b>Meditation (FREE!)</b> Noon-1 <b>Tai Chi</b></p>	<p>17</p> <p>9-9:50 <b>Pilates</b> 10-11 <b>Qigong</b> 10-11 <b>Yoga</b> 11:15-12:15 <b>Yoga</b> 1-3 <b>Mah Jongg (RSVP \$15)</b></p>	<p>18</p> <p>11-11:45 <b>Zumba!</b> 2-4 <b>BINGO</b></p> <p></p>	<p>19</p> <p>9-9:50 <b>Pilates</b> 10-11 <b>Chair Yoga (Upstairs today)</b> 11:15-12:15 <b>Yoga</b></p>	<p>20</p> <p>9 <b>Walking Club</b> 10-11 <b>Tai Chi</b> 11:15-12:45 <b>Iyengar Yoga</b> 12-1 <b>Lunch &amp; Learn: Laughter Yoga (FREE!)</b></p>
<p>23</p> <p>9-10 <b>Nordic Walking wk2</b> 10-11 <b>Stretch &amp; Strengthen</b> 11:15-11:45 <b>Meditation (FREE!)</b> Noon-1 <b>Tai Chi</b> 1:30-2:30 <b>Aging in Place</b></p> <p></p>	<p>24</p> <p>9-9:50 <b>Pilates</b> 10-11 <b>Qigong</b> 10-11 <b>Yoga</b> 11:15-12:15 <b>Yoga</b> 1-3 <b>Mah Jongg (RSVP \$15)</b></p>	<p>25</p> <p>11-11:45 <b>Zumba!</b> 2-4 <b>BINGO</b></p> <p></p>	<p>26</p> <p>10-2 <b>Memory Screenings (RSVP)</b></p> <p>9-9:50 <b>Pilates</b> 10-11 <b>Chair Yoga (Upstairs today)</b> 11:15-12:15 <b>Yoga</b> 2-3 <b>FST Brain Games!</b></p>	<p>27</p> <p>9 <b>Walking Club (FREE!)</b> 10-11 <b>Tai Chi</b> 11:15-12:45 <b>Iyengar Yoga</b></p>
<p>30</p> <p>9-10 <b>Nordic Walking wk3</b> 10-11 <b>Stretch &amp; Strengthen</b> 11:15-11:45 <b>Meditation (FREE!)</b> Noon-1 <b>Tai Chi</b> 1:30-2:30 <b>Make Your Own Herb Garden with Kitchen Apothecary</b></p>	<p>31</p> <p>9-9:50 <b>Pilates</b> 10-11 <b>Qigong</b> 10-11 <b>Yoga</b> 11:15-12:15 <b>Yoga</b> 1-3 <b>Mah Jongg (RSVP \$15)</b></p>	<p><b>BINGO</b> <b>Wednesdays</b> <b>2-4 pm!</b></p> <p><i>Sponsored by</i></p> <p></p>	<p>Friday, March 20<sup>th</sup> 12-1pm <b>LUNCH &amp; LEARN: Laughter Yoga</b> (lunch included) A hilarious way to boost health, reduce stress, and improve your mood!</p> <p>RSVP (941) 383-6493 or email amy@theparadisecenter.org</p> <p>Presented by: </p>	

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

**NEW MEN'S GROUP:**  
Common Ground in  
The Sanctuary (1<sup>st</sup> Floor)

Private Memory Screenings  
3/26 10am-2pm RSVP today!

Courtesy of

**NEW! Iyengar Yoga**  
11:15 am on Fridays!  
with Deborah Di Carlo

**PLEASE NOTE** OUR NEW ADDRESS: 6200 GULF OF MEXICO DRIVE (INSIDE LONGBOAT ISLAND CHAPEL)