



567 Bay Isles Road at  
Longboat Key Temple  
Beth Israel

[www.TheParadiseCenter.org](http://www.TheParadiseCenter.org)

All activities are \$10 per person unless noted.

# January 2019

RSVP! Call 941.383.6493



Dr. Michael O'Neil, D.D.S.

Comprehensive Dental Care  
for the Longboat Key Community!

**(941) 383-6400**

595 Bay Isles Road, #110 Longboat Key, FL 34228

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<b>CLOSED - Happy New Year !!!</b>		10-11 Zumba & Pilates	
7	8	9	10	11
10-11 Tai Chi  1-3 FREE Memory Screenings	10-11 YOGA  1-3 Mah Jongg		10-Noon EXERCISE PREVIEW! Try Yoga, Tai Chi, Pilates & Zumba.	
14	15	16	17	18
10-11 Tai Chi	10-11 YOGA  1-3 Mah Jongg		10-11 Zumba & Pilates	11-12:30 Healthy Nutrition & Weight Loss for Seniors
21	22	23	24	25
10-11 Tai Chi	10-11 YOGA  1-3 Mah Jongg		10-11 Zumba & Pilates	11-12:30 Healthy Nutrition & Weight Loss for Seniors
28	29	30		
10-11 Tai Chi	10-11 YOGA JFCS Caregiver Support @ Centre Shops 1-3 Mah Jongg	Make Friends with Your Smartphone 10:30-Noon		

## SILL LECTURE VIDEOS at TBI on THURSDAYS!

Recordings of the 12 SILL Series III lectures will be shown on Thursday mornings at 10:30 am in the sanctuary. The video will be the recording from the previous Thursday's Sarasota lecture.

The first video will be shown on

Thursday, January 17, 2019 and the last on Thursday, April 4, 2019.

The showings are open to the public. Daily tickets to all lectures are \$10 at the door. Payment may be made by cash or check only.



SARASOTA INSTITUTE OF LIFETIME LEARNING



TEMPLE BETH ISRAEL

GLOBAL ISSUES SERIES III  
Thursdays, 10:30 am

LONGBOAT KEY PROGRAM  
Temple Beth Israel

For a list of topic and speakers, stop by our office or visit [www.tbi-lbk.org](http://www.tbi-lbk.org) and click on "What's Happening."