

Spring 2024

Paradise

TOWNSHIP

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5912 Paradise Valley Rd, Cresco, PA 18326 - Phone (570) 595-9880 • paradisetownship.com

Welcome to Paradise ♡



KELLERWILLIAMSREAL ESTATE
404 Park Av, Stroudsburg, PA 18360

**Expert advice for you
to reach your goals.**

Each Office is Independently Owned and Operated

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Associate Broker

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dcoulter@kw.com

ALWAYS HIRING!



Mountain Landscaping, LLC a design, installation and maintenance landscape and hardscape contractor is currently hiring for the following positions:

- Landscape Lead Persons & Laborers
- Lawn Maintenance Lead Persons & Laborers
- Hardscape/Masonry Lead Persons & Laborers

Positive work environment. Full time, part time & summer positions available. Competitive pay, insurance and benefits.

Inquire by calling: (570) 656-5853
or emailing: logan@mtnlandscaping.com

Logan R. Evans, President
www.mtnlandscaping.com

Get paid
to enjoy the
outdoors!

Training for
motivated
applicants.

Pre-employment drug screening is required.
Mountain Landscaping, LLC is an Equal Opportunity Employer.



Soar on the Wings of Experience

Serving Paradise Twp and the Poconos since 1989

*Who better to represent you in
the sale of your home or purchase of a property?*

Complimentary market analysis on your home or property



Donald Hannig, MBA
Broker/Owner
570-421-7725 Phone
570-460-1373 Mobile
dhannig@ptd.net Email
www.SpreadEagleRealty.com

- 25+ Years of Real Estate Experience
- Lifelong Paradise Township Resident

V.L.D. Electric

Fully Insured - Residential, Commercial, Troubleshooting,
Stand-By Generators, Bucket Truck and Trenching Services

29 Sterling Road (Route 196)
Mt. Pocono, PA 18344

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EXCEPTIONAL Electricians**

(570) 4848-VLD

(570) 484-8853

Web/ www.videlectric.com

Email/ videlectric@yahoo.com



YOU SAVE \$2 WE DONATE \$2

Enter Code **3333** at the kiosk to save \$2 on your next wash at any Sparkle Car Wash and we will donate \$2 to The Animal Welfare Society of Monroe. Valid on all tunnel washes. Expires 3/31/24.



**Sparkle
Car Wash**

SparkleCarWash.com • OPEN DAILY: 7 AM TO 8 PM

3808 Easton-Nazareth Hwy.
Easton • 484.626.1513
Behind Wawa

1070 Congdon Ave.
Stroudsburg • 570.424.9687
Behind Weis

3188 PA-940
Mount Pocono • 570.355.5015
Behind Wawa

TOWNSHIP CONTACT INFORMATION

PHONE NUMBERS (ALL 570 AREA CODE)

BOARD OF SUPERVISORS

Reda Briglia
Peter Gonze
Michael Stein

POLICE, FIRE, AMBULANCE: (EMERGENCY) DIAL 911

NON-EMERGENCY NUMBERS:

PA State Police619-6480
Ambulance.....839-8485
(P.M. Regional Emergency Medical Services)
Fire.....839-9851
(P.M. Volunteer Fire Co)

COUNTY INFORMATION

Court House:..... 420-3400
Tax Assessment Office517-3133
Voter Registration517-3165
MCMWMA-Deer Pickup643-6100

OTHER

State Senator—40th District:
Rosemary Brown.....620-4326

State Representative—115th District:
Maureen Madden894-7905

District Justice: Phillip R. Riley595-2520

School District.....839-7121

Pocono Mountain School District
Game Commission:.....675-1143
(Other wild game)

Dog Warden: 836-2181 x101
(Department of Agriculture)

PennDOT (local).....424-3024

PPL 1-800-342-5775

(All 570 area code)

Office: M-F (8-4:30 p.m.)

Phone595-9880

Fax595-3090

E-Mail Address..... paraship@ptd.net

Website: www.paradisetownship.com

Zoning Officer:

SFM Consulting LLC

Shawn McGlynn595-8840

Hours: Mon-Fri 8am-12pm

Sewage Enforcement Officer & Building Code
Official:

Steve McLaughlin, BCO595-9880 x 8

Hours: (8-9:30 a.m.) Tuesdays and Fridays

Jacob Schray,

Hanover Engineering, SEO610-417-5629

Roadmaster:

Michael Mader595-3534

Tax Collector (Real Estate):

MaryGrace DeHaven629-4871

5367 Paradise Valley Rd, Cresco, PA

Hours: Tues. & Thurs. 4-7 p.m.

Tax Collector (EIT/LST):

(Earned Income & Local Services Tax)

Berkheimer Associates1-800-360-8989 Ext. 2272

Emergency Mgmt. Coordinator

Rich Gannon.....570-595-3668

TOWNSHIP MEETINGS

Board of Supervisors-Regular Meetings

1st & 3rd Monday/Month @ 6:00 p.m.

*** Exception Sept. 2 to Sept. 4

Board of Supervisors-Work Sessions:

1st & 3rd Monday/Month @ 5:00 p.m. (as needed)

Planning Commission

2nd Tuesday/Month @ 5:30 p.m.

Zoning Hearing Board

4th Tuesday/Month @ 5:30 p.m. (as needed)

Environmental Advisory Council/Open Space

3rd Wednesday/Month @ 5:00 p.m.

Pocono Area Recreation Commission (PARC)

4th Thursday/Month @ 6:00 p.m.

Paradise Historical Society

1st Sunday/Month @ 2 p.m.

*(All meetings are held at the Paradise Township Municipal
Building, unless otherwise noted,
and are open to the public)*

Supervisor's Agendas and Minutes—Agendas are placed on the Township's web page at www.paradisetownship.com on the Friday prior to the Monday meeting. Please contact the Twp. Office at 570-595-9880 x4 to be placed on the agenda by noon Thursday prior to the meeting. Minutes will be placed on the web page by Thursday after approval at the following regular meeting.



WELCOME TO PARADISE TOWNSHIP

Paradise Township is a zoned community located in Monroe County, PA and consists of 2,899 residents based upon the 2020 census. To keep our residents informed the township issues a newsletter every Spring and Fall. You may also access our website at paradisetownship.com for up-to-date information and news. Residents may also access the Savvy Citizen App for Apple and Android by downloading the Smartphone app or visiting SavvycitizenApp.com. Savvy Citizen is a free notification system which enables the township to send information about important township news and events directly to residents' mobile devices.

5912 Paradise Valley Rd Cresco, PA 18326 * Office (570) 595-9880 * Fax (570) 595-3080

FAQs

- Short-term Rentals are **PROHIBITED** in Residential Zoning Districts of the township. They are only permitted in B1, and B2 Districts and you must obtain a license and permit through the township in order to have a STR.
- Paradise Township is a "Zoned Community", which means you are required to obtain zoning, building, and sewage permits. If you are unsure if a project requires a permit, please call and ask.

LETTER FROM CONCERNED RESIDENTS

Dear Paradise Valley Neighbor,

Recently a gentle, friendly guy in his 20s was run over and killed in our community.

He was hit sitting in his lawn chair above Paradise Valley Road, waving at cars going by, as he often did.

Maybe he waved at you once or twice. Maybe you waved back.

He's not the only one. Speeding through Paradise Valley is causing fatalities, near misses, and crashes. From the railroad tunnel to the bridge on the way to Mount Pocono, drivers scoff at the hills, curves, poor sight-lines, and 45-mile speed limit.

The State Police have promised more enforcement and patrols. But they're short-handed and stretched thin.

Will you please help?

Keep it to 45. Stay off your phone. Give neighbors who live along 191/940/Paradise Valley Road a break as they turn into and leave their driveways.

We can't bring back the lost lives. But together we can calm the road down and prevent another tragedy.

Sincerely,

Jim and Carol Hillestad Ann and Steve Foster Pete Niering Cindy and Rich DeLuca Larry and Pat Paretta Sandy and Bill Dietz Jean and Patrick Connor Tom Galucci

P.S. You're right -many speeders are from out of state. But there are more of us locals! And by setting the pace we can make a difference.



"It's what we do!" "That's what we're here for!" I can't tell you how often my staff and I speak these words in response to patrons who are grateful for, and often surprised by, the services we provide at the Library. In addition to helping you find the next great book to read (or listen to), we're happy to assist you with using the copier, navigating confusing websites (DMV comes to mind!), learning how to use digital resources like Libby and Hoopla on your phone or tablet, using our wifi to print from your phone, and the list goes on and on. Our dedicated, knowledgeable staff works hard to provide a pleasant, gratifying library experience. Stop in and see for yourself!

No library card? No problem! To get yours, stop by anytime. Bring ID and proof of address. Or start your registration online at www.barrettlibrary.org. Click on catalog home, scroll to the bottom and click Request Library Card.

Visit the Weiler Family Community Room to view the current art display. It's a wonderful opportunity to see the work of local artists. The display changes every few months. We've recently had the privilege of hosting Joyce Love (watercolors), Peter Gonze (photography), and John James (watercolors). Donna McCann (photography) is scheduled through April.

We are accepting donations of gently used costume jewelry to replenish our ongoing sale at the Library. Stop in and browse a unique selection of earrings, necklaces, bracelets, and pins at very affordable prices! All proceeds benefit library programs and services.

We're hosting another Local Author Meet & Greet this spring, tentatively scheduled for April 13! Several area writers will be available at this informal event to chat and discuss their work. We're still in the planning stages, so stay tuned for announcements confirming the date and which local talent will participate.

Join us for a variety of programs for all ages. Youth programs include story times, preschool playdates, crafts, STEM challenges, and our Teen Action Board. Adults enjoy movie days, yoga, take-home crafts, two book clubs, an online writing group, and other special programs.

For the latest information about the Library's happenings and services, please visit our website (www.barrettlibrary.org), Facebook page (www.facebook.com/BPFLibrary), or call us at 570-595-7171. You can also sign up for our e-newsletter, delivered to your inbox; the link is available on the website, or call the Library and we'll add you to the list.

***Visit our beautiful Library at 6500 Rt. 191, Cresco.
Hours: Mon & Wed, 10am-8pm. Tue, Thu, Fri, & Sat: 10am-5pm.***

Mary Ann Lewis, Library Director (currently reading *The Wager: A Tale of Shipwreck, Mutiny and Murder*, by David Grann)

Thank You

Paradise Township would like to thank the businesses and organizations that appear in this newsletter and to recognize them each as supporters and cornerstones of our community.

It is with their contributions that this newsletter has been produced at no charge to our residents.

SPRING CLEAN UP 2024

THURSDAY **MAY 2 (7 AM—5 PM)**
FRIDAY **MAY 3 (7 AM—5 PM)**
SATURDAY **MAY 4 (7 AM—2 PM)**
SATURDAY: PAPER SHREDDING 8AM-12PM

- Residential Only -
- No Commercial or Businesses -
NO CHARGE!
EXCEPT TIRES**

****Tires: First four (4) FREE,
After four (4) tires - \$5 each
Passenger Vehicle Tires Only!
(Rims must be removed from tires)
No Commercial Vehicle Tires!**

*All materials must be brought to the Maintenance
Building (behind the Municipal Bldg.)
at 5912 Paradise Valley Rd.—look for entrance sign.*

MATERIALS NOT ACCEPTED: Household garbage,
automobiles, dirt, leaves/brush, cement, hazardous
materials (hazardous materials includes pesticides,
herbicides, paint cans with contents, paint thinners).

SENIOR CITIZEN CURBSIDE PICK-UP DATES:

APR. 29, APR. 30, MAY 1

(pick-up between hours of 7:00 a.m. and 3:00 p.m.)

Have items out/ready by 7 a.m. on 4/29 for all three dates.

LIMITED TO AGE 65 & OLDER, OR DISABLED

Please contact the Township Office to be added to
the list **NO LATER THAN Thurs. 25** (before 2:00 p.m.). There
will be NO late requests taken! 570-595-9880, Ext. 3

—NO CONTRACTOR REFUSE—

SMALL ITEMS SHOULD BE BOXED OR BAGGED FOR UNLOADING. PLEASE KEEP METAL SEPARATE

Paradise Residents...

Professional Paper-Shredding

(During Spring Clean-Up)

Document Destruction & Recycling secure...insured...

SATURDAY, MAY 4 (8AM-NOON) • NO CHARGE!

MUNICIPAL PARKING LOT • RESIDENTIAL ONLY

***Please fill in Name, Address and Phone Number
and bring with you to clean up***

Paradise Township Supervisors • Paradise Township Municipal Building
5912 Paradise Valley Road, Cresco, PA 18326 • Phone: 570-595-9880 • Fax: 570-595-3090

2024 Spring Clean up

Name: _____

(Please Print)

Street Address: _____

(Physical address of premises NOT mailing address)

Phone: _____

First Load	No Charge	_____
Subsequent Loads	\$20.00	_____
Single axel dump truck	\$100.00	_____
Enclosed Vehicle over 10'	\$150.00	_____
All Other Vehicles (truck, utility vans)	\$50.00	_____
Tires up to 4	No Charge	_____
Tires over 4	\$5.00 ea.	_____
Appliances up to 2	No Charge	_____
Appliances over 2	\$30.00 ea.	_____

By signing this form, I certify that I am a resident of Paradise Township. I also hereby hold Paradise Township harmless from any injuries or damage that may occur to my person or property while I am on Township property.

Signature

Paradise Township accepts electronics/E-waste for recycling from (8a.m.—3p.m.) Monday through Friday. The drop-off area is behind the Municipal Building at 5912 Paradise Valley Road. An "E-waste" sign is posted at the maintenance building.

ELECTRONICS—RECYCLING

LIST OF COVERED ELECTRONIC DEVICES ITEMS FOR RECYCLING

Computer Devices...PC's/Laptops

Monitors...CRT/ LCD, Security

Televisions...CRT, Flat Panel (LCD, Plasma, LED),
Console, Projection

Networking Devices...Servers, Routers, Switches,
Hubs, Arrays

Printing Devices...Printers, Scanners

Power Supplies...UPS's (Uninterrupted Power Supplies)

Peripherals...All items used in the function of these devices
(i.e., keyboards, mice, speakers, pointing devices, etc.)

Wire/Cabling...All cables, wires and power cords used in the
function of these devices

Hardware...All parts that are, or once were, part of these
devices (i.e., circuit boards, hard drives, RAM, processors,
power supplies, optical/ floppy drives, etc.)

Not on the list? Not Acceptable. Questions? Call the Waste Authority at 570-643-6100

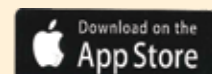


Paradise Residents... SAVVY CITIZEN IS NOW AVAILABLE!

Savvy Citizen is a free notification system for Apple and Android users that will enable the township to send information about important township news and events directly to residents' mobile devices. Residents may access Savvy Citizen by downloading the Smartphone app or visiting SavvycitizenApp.com For more info.

For more info: SavvycitizenApp.com

Register and become a savvy citizen!



RESERVE "THE ROOF" PARK



Basic rental fees

Residents

\$100/rental; \$100/security—returned if no damage

Non-Residents

\$200/rental; \$200/security—returned if no damage

Reserve "The Roof" Park for your function! Facilities include pavilion, kitchen, restrooms, baseball field, basketball court, volleyball pit.

Rental period runs annually

May 1 to October 31

Paradise residents have first choice to reserve their date each Jan. 2 thru March 31 for the current year. Thereafter, anyone may reserve.

Call 570-595-9880, Ext. 3.

Ice Lake



Skywood Park



2024 CITIZEN-OF-THE-YEAR

Nomination letters will be accepted now until June 28. Nominees must be a Paradise Township resident. Please submit a name and a short essay expressing the reasons your nominee deserves recognition and mail to:

**Paradise Township Citizen-of-the-Year
5912 Paradise Valley Rd., Cresco, PA 18326**

The citizen-of-the-year award will be presented to the recipient during Community Day held at "The Roof" Park on Sunday, September 8, 2024.

Look for more details on Community Day in the next newsletter

SEND US YOUR NOMINATIONS!

Past Recipients:

2023-Dave & Keri Buchter
2022-Annie Messina
2021-Gary Konrath
2020- Primary Election Poll Workers
2019-Layton Family
2018-Steven Mazza
2017-Logan Evans
2016-Kelly DiPaolo
2015-Julie & Pete Niering
2014-George Brosius
2013-Robert Safin
2012-Bill & Joyce Racsko
2011-Joseph Greco
2010-Phillip Riley
2009-no nomination
2008-Carol Hillestad
2007-Ronald Taylor
2006-Cindy DeLuca
2005-Edith Stevens
2004-Terry & Beth Martin
2003-Theresa Merli
2002-Rev. Paul Reisch
2001-Betty Williams & Clara Depue

1998-(150th Sesquicentennial)

The following were recognized:

Jack Asure
Kenneth Banzhof
Lorna Storm Bowman
Wayne Boyd
Margaret Coates
Charles DePue
James Flowers
Trudy Goll
Grace/John Hamblin
Audrey Hamblin Heise
Hilda Heydt
Roland Imbt
Donald C. Mader
Thomas Mullen
J. Reed Siglin
John H. Bowman, Jr.
Dan Smallacombe
Ruth Henry
Robert Bullock
M.A. Louise Koerner
Clara DePue
Charles Peterson
Winifred Goll
Fred Tallada

NOTICE TO RESIDENTS

From Pocono Mountains Council of Governments Members

Any vehicle left on Township or Borough right of way during ice or snow emergency
WILL BE TOWED AT THE OWNER'S EXPENSE.

Any mailboxes or fences on Township or Borough right of way that sustain damage during regular road maintenance or during ice or snow emergency **WILL BE THE RESPONSIBILITY OF THE BOX HOLDER/ FENCE OWNER.**



- Barrett Township
- Chestnuthill Township
- Coolbaugh Township
- Eldred Township
- Hamilton Township
- Lehman Township
- Jackson Township
- Middle Smithfield Township
- Mt. Pocono Borough
- Delaware Water Gap
- Pocono Township
- Tunkhannock Township
- Ross Township
- Smithfield Township
- Stroud Township
- Stroudsburg Borough
- Paradise Township
- Tobyhanna Township
- Price Township
- Polk Township

Lightning Safety

Thunder and lightning storms happen all the time. Know what to do to keep you and your family safe when storms strike!

Indoor Safety

Turn off computers. Stay off corded phones, computers, and other things that put you in direct contact with electricity or plumbing. You **can use** a cell or cordless phone.

Do not wash your hands, bathe, shower, do laundry, or wash dishes.

Safety Tips

FAST FACTS

Lightning may strike as far as 10 miles from any rain.

Outdoor Safety

- » If you can hear thunder, you are within striking distance of lightning. Look for shelter inside a home, large building, or a hard-topped vehicle right away.
- » Do not go under trees for shelter. There is no place outside that is safe during a thunderstorm.
- » Wait at least 30 minutes after hearing the last clap of thunder before leaving your shelter.
- » Stay away from windows and doors. Stay off porches.
- » There is no safe place outside. Places with only a roof on sports fields, golf courses, and picnic areas are not safe during a lightning storm. Small sheds should not be used.
- » If a person is struck by lightning, call 9-1-1. Get medical help right away.

Your Source for SAFETY Information
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02269

WILLING WORKERS YARD SALE

\$1

SATURDAY, JULY 13 • 11am-3pm

\$1



at The Roof Park
293 Keokee Chapel Lane

Join Us for Lunch and Bake Sale

Call Sheila Bortree at 570-629-0279
with any questions.

Accepting donations of clean yard sale items—no clothing please.

ELECTION DAY

TUESDAY, APRIL 23, 2024 (7AM TO 8PM)

POCONO MOUNTAIN FIRE CO. - SUBSTATION

5798 PARADISE VALLEY ROAD CRESCO, PA 18326

VOTE

VOTE

The Water's Edge
AT MEMORYTOWN

ELEGANT DINING | LAKESIDE VIEWS



FOR RESERVATIONS:

570-839-1680 ext. 3

WWW.MEMORYTOWNUSA.COM

432 GRANGE RD., MOUNT POCONO, PA 18344



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The Friendly Community Center (THE FCC)

Uniting Neighbors. Supporting Well-Being. Enriching Lives

Located at 6683 Route 191, Mountainhome PA & 1200 Route 390 in the B.A.R.C facility

"CELEBRATING A DECADE OF EXCELLENCE"

Programs are being offered for all ages of adults at our new expanded location at 1200 Route 390 in the B.A.R.C facility and our original location at 6683 Route 191 Cresco PA.

For more information about programs, how to become a member or to sign up for the weekly newsletter call Nicole Abrams at 570-481-4330 and leave a message or send an email to: info@thefriendlycommunitycenter.org.

For a full listing of programs and more information visit The FCC's website www.thefriendlycommunitycenter.org. Follow us on Facebook or Instagram. Classes are offered IN PERSON and ONLINE to members.

"NEW" PAY BY THE CLASS- FCC MEMBERSHIP NOT REQUIRED- CLASS FEES PAYABLE AT THE TIME OF CLASS CASH OR CHECK

MAT PILATES

Exercises will be performed on the mat, focusing on strength, stability, and posture, with an emphasis on deep core connection. 30 min class

Time: Wednesdays at 9:30 AM

Instructor: Rita Martin RYT200

Class Fee: \$10

BREATHWORK and MEDITATION

The class will begin with gentle stretches on the floor, followed by conscious breath work, promoting deep relaxation. We will close with a meditation. 30 min class

Time: Wednesdays at 10:15 AM

Instructor: Rita Martin, RYT200

Class Fee: \$10

STRETCH & RESTORE YOGA

A restorative, deep relaxation yoga for women of all ages. Using gentle stretching, relaxation and restorative poses will help you feel more balance and harmony during your daily lives. Guided breathing and meditation will end the session. Bring a yoga mat, beach towel, blanket, pillow, any comfort items for the class. There are some extra yoga mats available for use.

Instructor: Ann Merli RYT500

Time: 10:00 AM – 11:15 AM

Dates: Sundays- March 31, April 28, May 26

Where: BARC

Class Fee: \$10

DYNAMIC FLEX

Experience a class designed for men and women seeking to improve strength, flexibility, and balance. This class combines dynamic stretches with elements of traditional yoga, ensuring a full-body workout that leaves you feeling strong, invigorated, and focused.

Time: Wednesdays at 5:30 PM

Instructor: Michelle Yaddaw, 500 E-RYT

Class Fee: \$10

NEW MOON MEDITATION & REIKI HEALING

Group guided meditation and Reiki healing. No experience Necessary - You can sit in a chair or lie on the floor. Bring a yoga mat, blanket, pillow, or anything you need to make yourself comfortable.

Dates: Sunday, March 9th- Monday, April 8th- Tuesday, May 7th

Time: 6:30-7:30 PM

Facilitators: Ann Merli & Cathy Merli

Class Fee: \$10

ZUMBA FITNESS

This class mixes low-intensity and high-intensity moves for an interval-style calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise.

Time: Thursdays at 5:45 PM AT BARC- Classes will rotate weekly, between Fitness and Toning

Instructor: Meredith Guglielmo, AFAA, NASM (GPTS), AFAA (CICI), NASM (WLS), NASM (SFS)

Class Fee: \$10



ZUMBA TONING

If you want to have fun sculpting your body, class is for you. The challenge of adding resistance by using Zumba Toning Sticks (or light weights), helps you focus on specific muscle groups, so you and your muscles stay engaged! Lightweight maraca-like Toning Sticks enhance your sense of rhythm and coordination while toning target zones, including arms, core, and lower body.

Time: Thursdays at 5:45 PM AT BARC- Classes will rotate weekly, between Fitness and Toning

Instructor: Meredith Guglielmo, AFAA, NASM (GPTS), AFAA (CICI), NASM (WLS), NASM (SFS)

Class Fee: \$10



YOGA FOR THE PELVIC FLOOR

This all-level yoga class is designed for both men and women and focuses on strengthening and nurturing the pelvic floor. This class focuses on targeted exercises and mindful movements that promote pelvic stability, vitality, and overall well-being.

Time: Sundays, March 3 – March 24 AT BARC

Instructor: Michelle Yaddaw, 500E-RYT

Class Fee: \$10 per class.

AGELESS GRACE CLASS- THIS CLASS IS HELD AT THE FCC 6683 ROUTE 191

Ageless Grace® is a highly effective brain fitness program that keeps participants moving and thinking through the power of play. Because wellness shouldn't have to be boring or painful – in fact, it should be fun!

The number one health concern of people of all ages is losing cognitive function and mobility as we age. People want the freedom to live whole unencumbered lives — to move, dance, travel, etc. Doing another crossword puzzle is NOT the answer. You must move your body while engaging your brain to make positive cognitive changes.

Time: Tuesdays, 11AM – 12 Noon

Instructor: Barbara Van Nortwick, MEd, OTR/L, CDP

Class Fee: \$10

DROP INS WELCOME- IF YOU WOULD LIKE TO REGISTER VISIT OUR PROGRAM REGISTRATION LINK OR WEBSITE/ CLASSES & PROGRAMS:

<https://thefriendlycommunitycenter.ezfacility.com/Sessions>

More Classes coming – Check our website,
www.thefriendlycommunitycenter.com

INSTRUCTORS WANTED

-Fitness, Relaxation, Art, Adult Education.....Send an email to info@thefriendlycommunitycenter.org

CLASSES INCLUDED WITH MEMBERSHIP:

BARRE FIT AT BARC

Time: Thursdays from 4:30 -5:30 PM

Instructor: Ashley Meinking, IBBFA Certified

BARRETT BIRDING CLUB ONLINE NOV-MARCH

Time: 2nd Tuesday of the month 7 PM

Facilitators: Darryl & Jackie Speicher and Tim Grover

SCULPT & STRENGTHEN formerly CARDIO TONE AT BARC

Time: Mondays from 4:30 – 5:15 PM

Instructor: Ashley Meinking, IBBFA Certified

CHAIR YOGA AT BARC

Time: Mondays 1:30-2:30 PM

Instructor: Kimberly Matthew, RYT

CHAIR YOGA "Stretch & Strong" AT BARC

Enjoy all the benefits of yoga with the support of a chair. In this class you will do light weightlifting along with yoga stretches to build, bone density, strength, and improve posture!

Time: Wednesdays 1:30-2:30 PM

Instructor: Kimberly Matthew, RYT

"IN STITCHES" KNITTING & MORE AT THE FCC

Time: Thursdays from 1 – 2:30 PM

Instructor: Carol Hillestad

LINE DANCING

Time: Mondays at 10 AM

Instructor: Barbara Camlet

MAH JONGG AT THE FCC

Registration by phone or email to ensure there are enough players for a game.

Time: Thursdays at 1:00 PM

MEN GET FIT AT THE FCC

Time: Mondays and Thursdays at 3:00 PM

Instructor: Bob Larsen NASM, C-PT, CES, PES, ENFA BTS

QI GONG AT BARC

Time: Thursdays at 3:00 PM for the Winter

Instructor: Kimberly Matthew, RYT, certified Qi Gong Instructor

SEATED TO THE BEAT AT BARC

Time: Tuesdays from 3 - 4 PM

Instructor: Natalie Schultz-Kahwaty, PhD

TONE & STRETCH AT BARC

Time: Tuesdays from 4:15 -5:15 PM

Instructor: Natalie Schultz-Kahwaty, PhD

YOGA TUESDAYS & SATURDAYS AT BARC

Time: 10:00 AM

Instructor: Ann Merli, LMT, RMT, RYT500, AYS

FREE AND OPEN TO THE PUBLIC CLASSES:

Open to the public, email registration to attend is appreciated. info@thefriendlycommunitycenter.org

CAREGIVER SUPPORT GROUP AT THE FCC

The Dementia Support Group is for people who are caring for people living with dementia.

Dates: Saturday, February 24, 2024

Time: 1:15 PM -2:30 PM AT THE FCC

Facilitated by: Barbara Van Nortwick, M.Ed., OTR/L

Certified Dementia Practitioner

Positive Approach to Care Certified Community Trainer and Consultant

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Time: Tuesdays at 2:00 PM

Instructor: Natalie M. Schultz-Kahwaty, PhD

LOSS SUPPORT GROUP AT THE FCC

Time: 2nd & 4th Mondays of the month at 3:30PM

*Membership not required to attend

Facilitator: Marilyn Schultz

WOMEN'S GROUP AT THE FCC

Come join us: Women of all ages are welcome to connect, share, and learn in a safe & fun group setting. Featuring monthly topics and discussions, guided by the group. Stop feeling alone and join a positive, fun, and connected community of women who support one another.

Time: 1st Tuesday of the month at 5:30

Facilitator: Jennifer Malamas M.D. Leadership and Wellness Coach

VOLUNTEERS NEEDED



VOLUNTEERS NEEDED:

Paradise Township is looking for volunteers for the
Park and Recreation Advisory Board.

The Parks and Recreation Advisory Board consists of five members.
Each member of the board is appointed for a 5-year term of service.

The board plans the community Easter Egg Hunt and Halloween Party.

Meetings are as needed prior to a scheduled event.

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