

Other Specialties of the Wellness Program

- ◆ Transitional therapy to support those rehabilitating from an injury or surgery as they return to their optimal levels of function
- ◆ Yoga, massage and alternative therapies
- ◆ Periodic speakers and a resource office designed to educate on a variety of different health and wellness issues
- ◆ Comprehensive fitness assessments and evaluations occur quarterly to monitor progress and participants

Community Welcome

The Wellness Program at Franke Tobey Jones is available to community members on an space-available basis for a nominal monthly fee. In addition to the use of the MJ Wicks Family Wellness Center, community seniors can also join classes held at the Pt. Defiance~Ruston Senior Center.



"Health is a state of complete physical, mental and social well being, and not merely the absence of disease or infirmity." This is one of my favorite quotes from the World Health Organization, says Serena Smith, Franke Tobey Jones Wellness Director. "We welcome you to join our wellness classes and programs. Please call us at 253-752-6621."



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FRANKE TOBEY JONES
Enjoy your age

MJ Wicks Family Wellness Center



Franke Tobey Jones is a leader in Senior Wellness in Pierce County with a comprehensive program developed by a nationally recognized wellness consultant. We offer a holistic, preventative Senior Wellness Program that improves quality of life and maintains independence as long as possible.



Senior Wellness Program

Wellness is the cornerstone of health and encompasses a holistic approach. Exercise helps maintain mental and physical health, and enhances the quality of life while prolonging independence. Participating in exercise programs results in improved self-esteem, self-confidence and intellectual performance. Socialization encourages a more positive emotional well-being and participants enjoy a strong sense of pride.

The Senior Wellness Program has been a hallmark of our campus since 1998. In 2004, the state-of-the-art 6,000 square foot MJ Wicks Family Wellness Center opened with wild success. Free to our residents and available to community seniors for a small monthly fee, Wellness Center participants have nothing but rave reviews for the exercise classes, free personal training and experienced and attentive staff. They say the staff have a magical ability to make exercise fun and special!

Recent studies indicate that older adults who are active and socially engaged maintain their independence, improve physical and mental functioning, stay healthier

and live happier more complete lives. Based upon these ideas, Franke Tobey Jones offers a multifaceted Wellness Program that improves quality of life.

Four main types of training

1. Strength training for increased independence and confidence
2. Flexibility training for increased mobility and greater range of motion
3. Cardiovascular training for healthy heart and lungs
4. Balance training for increased stability and decreased risk of falls and injury



A large indoor walking track runs along the inside perimeter of the building allowing participants to stay active regardless of the weather outside. Open, spacious classrooms give participants ample room to take part in the classes taught by our energetic and knowledgeable certified instructors. Participants can appreciate the lockers, showers and handicapped accessible restrooms.



Wellness Center Equipment



- ◆ SMARTTouch Programmable Low Impact Treadmill
- ◆ Precor Total Body Elliptical Cross Trainer
- ◆ SciFit Pro II All Body Cycle
- ◆ NuStep Seated Stepper
- ◆ Precor Recumbent Bike
- ◆ Cybex Prone Leg Curl
- ◆ Cybex Leg Extension with Start RLD
- ◆ Cybex Fly
- ◆ Cybex Dual Axis Chest Press
- ◆ Cybex Row/Rear Delt
- ◆ Cybex Variable Resistance Lat Pull Down
- ◆ Cybex Adjustable Flat to 80 Degree Bench
- ◆ Bench and free weights
- ◆ Wii Fit