



Holistic Wellness

October 2022

Holistic Wellness Courses

Every Tuesday | *'Good Mood Food'* with Jason Wrobel, Chef

2pm

Wellness Center

- Discover a wide variety of courses for living your life with intention, purpose & fulfillment. Pre-recorded courses led by world class teachers, facilitated by Sarah. Inspiring you to live a vibrant life of well-being & promote positive change.

Big Foot Podiatry Presentation

Wednesday, October 5, 2022

2pm

Wellness Center

- At Big Foot Podiatry their mission is to promote the highest quality of life for those they work with. One of the things that makes Big Foot Podiatry so special is they have a mobile service that transports equipment to each facility to deliver the highest quality of comfort and care to their patients. They have state-of-the-art mobile equipment that allows them to offer patients many of the same preventative procedures that you would find in a podiatry clinic. Meet Dr. Ali Cross, Podiatric Physician and Surgeon.

Tea Tasting

Thursday, October 6, 2022

1pm

Wellness Center

- We welcome you to sip, taste, & learn about our featured tea, tea culture & overall wellness benefits. A short meditation/ grounding practice will take place in each class. We will nurture our social connection and wellbeing as we share, develop and sustain meaningful relationships.

Acrylic Pours

Friday, October 7, 2022

2pm

TJ Hobby Craft Room

- Explore the art of fluid painting. Learn different acrylic pouring techniques; clean pour, dirty pour, flip cup, straight pull, dutch pour etc. Whether you are creating dreamscape scenery, coasters or other home décor such as faux marble countertops; acrylic pouring can be liberating and fun. Join us once a month for a creative, healthy and fun outlet.

Art Expressions

Monday, October 10, 2022

2:30pm

Wellness Center

Card Making with Barb

- "I loved going to Hallmark Stores and fantasized writing greetings for cards. Instead, I became a children's librarian. Now, in my retirement, I am looking forward to sharing my Stampin Up Card Making Hobby with you. Cheer someone up by sending Happy Mail (instead of advertising or bills). You will be making 3 greeting cards. I pre-cut and folded, you just need to glue and do a little stamping. No expertise required."

Cultural Cuisine

Wednesday, October 12, 2022

2pm

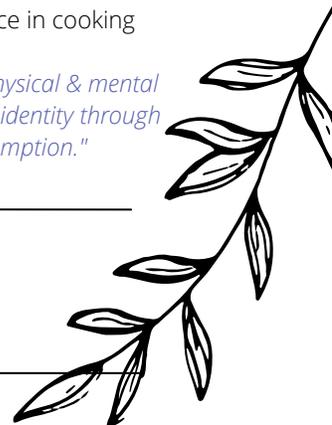
Bristol View Bowditch Room

- An experience to empower you to explore new recipes from diverse cultures. Whether you are cooking for one or for friends and family, our goal is to expand your use of ingredients and techniques to increase confidence in cooking new and diverse recipes.

"Food contributes to an individuals' physical & mental wellbeing and expresses ones' cultural identity through preparation, sharing and consumption."

PLEASE REGISTER FOR ALL CLASSES

Contact Sarah Doerner
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Sound Bath

Thursday, October 13, 2022

1:30pm

Wellness Center

- Sound bathing is one of the oldest forms of healing, used by every culture for thousands of years. Using crystal singing bowls to stimulate the brain, we can promote deep sleep and tranquility. We will guide you on a 45 minute journey to relax the body, calm the mind, and activate the body's natural healing systems.

*Seated or lying down- mats & blankets will be provided.

Chefs for Seniors Presentation

Friday, October 14, 2022

2pm

Bristol View Bowditch Room

- Chef's For Seniors is a first-of-its kind meal service in the Tacoma and Olympia area that connects seniors with licensed, professional chefs who prepare high quality, affordable, and nutritional meals in the home. Chef's For Seniors goal is to help seniors remain independent and improve their quality of life through nutritious meals. Are you tired of eating out? Recently returned home from a hospital visit? Find it difficult to plan nutritious meals? Or are you seeking help for a friend of family member?

Come meet *Edgar Rivera*, your local *Chef for Seniors* and learn more about the amazing services offered!

Medicare & Dental information

Tuesday, October 25, 2022

1:30-3:30pm

Wellness Center

- Come talk to an experienced licensed independent Medicare agent, Lori Hutson. Get information and ask any questions you may have. There are many factors to take into consideration when choosing the right plan for you. This may include: choice of physicians, copays, flexibility, and cost of prescriptions. Trish Cooper, with Enable Dental will also be here to provide information and answer any questions you may have. Enable Dental provides on-site dental services in the comfort of the patient's home or community.



FRANKE TOBEY JONES

Enjoy your age.

Ongoing Weekly Classes in the Wellness Center

Mondays

12pm

Monday Meditation



Meditation can relieve stress, anxiety and help to manage pain. It can improve focus, memory, sleep, mood and even digestion! The guided sessions are done by sitting comfortably in a chair with no movement required.

1pm

Line Dance



Besides being just plain fun, line dancing has some amazing benefits to our health. Studies have shown that participating in line dancing classes may help reduce the risk of falls as you learn to harmonize the senses and spatial awareness of the hands, eyes, legs and ears. In addition, it may help lower the risk of cognitive disorders like Alzheimer's or early on-set dementia by creating new synapses between neurons in the brain through memorizing steps and coordinating movements to music. This is a low- to-moderate impact dance class aimed at improving cardiovascular health, muscular strength, flexibility, coordination and balance.



Tuesdays

12pm

Restorative Yoga

Restorative Yoga is gaining in popularity and used by athletes during rest/recovery days and by individuals healing from illness and injuries. This is a gentle, slow-paced practice meant to release tension from the body and mind through deep relaxation, rest, and meditation in passive poses held for extended periods of time. There are no standing poses in the Restorative tradition of Yoga, so the entire class is practiced on the floor with the aid of supportive props, like bolsters and blankets.