



Holistic Wellness

January 2023

Art Expressions

Monday, January 9, 2023

2:30pm

Wellness Center

Paint by Numbers

Join us once a month for different Art Expressions, practicing mindfulness by bringing awareness to the present through colors, textures & sounds. This month we will be exploring a simple way of painting a picture by filling in a printed drawing that has numbered sections for the different colors of paint. No professional training necessary.

D.I.Y Natural Products

Tuesday, January 10, 2022

2pm

TJ Hobby Craft Room

- Once a month we will gather together to create D.I.Y Natural Products. Why D.I.Y you may ask? You can save money, learn what really works for you, avoid harmful chemicals, get creative, stream line your routine, plus they make great gifts! This month we will be launching our new class with soap making! We provide ingredients and tools. No previous experience needed.

Music for the Heart, Healing for the Soul

Wednesday, January 11, 2023

1pm

Wellness Center

- Cheryl Zabel has been working as a full-time Certified Music Practitioner since 2010, serving in hospitals, MultiCare Hospice, skilled nursing, memory care, assisted living and adult family group homes. She leads a team of Certified Music Practitioners working at Good Samaritan Hospital and the Off Campus Emergency Depts. Join us for an hour of healing music and rejuvenation for the mind, body, and soul!

The Secret to a Healthier & Happier New Year Start with Sleep (Partnership with Senior University)

Wednesday, January 11, 2022

4pm

Zoom

- In this class we'll learn more about the secret to health that many have forgotten and the science supporting this rediscovery. Mag Secretario will share tips and simple practices that will help you create your own (spi)rituals to help you get quality, restorative sleep. We'll learn about a new way of thinking that can change how you look at your life and your own health.

Join Zoom Meeting

[https://us02web.zoom.us/j/4816003295?](https://us02web.zoom.us/j/4816003295?pwd=aXpEZEZLbVpsMFpydGZNUGYwZmNEdz09)

[pwd=aXpEZEZLbVpsMFpydGZNUGYwZmNEdz09](https://us02web.zoom.us/j/4816003295?pwd=aXpEZEZLbVpsMFpydGZNUGYwZmNEdz09)

Meeting ID: 481 600 3295

Passcode: 845170

Tea Tasting

Tuesday, January 17, 2022

1pm

Bristol View Bowditch Room

- This month we invite you to learn about Ceremonial grade matcha. A type of matcha that is designed to be used in a traditional Japanese tea ceremony. Ceremonial grade matcha is the highest quality grade of matcha. Join us to discover the culture & overall wellness benefits of this Tea fit for Gods.. and Goddesses.

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up: Contact Sarah Doerner.

253-756-3241

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Ongoing Weekly Classes in the Wellness Center

Cultural Cuisine (Ghanaian)

Tuesday, January 24, 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."

Sound Bath

Wednesday, January 25, 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.

Acrylic Pours

Tuesday, January 31, 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.

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.



FRANKE TOBEY JONES

Enjoy your age.