



# Holistic Wellness

April 2023

## Art Expressions

**Monday, April 10, 2023**

**2:30pm**

### Wellness Center

- Join us for a Community Art Experiment-5 minute paint & pass challenge. In this creative, fun and unexpected Art Expression; each person will have a canvas and a timer will be set for 5 minute intervals. When the timer goes off we will pass our canvas to the person next to us. Once the canvas travels full circle we will share our thoughts and reflections. No experience required.

## Micro Greens Growing Workshop

**Tuesday, April 11, 2023**

**2pm**

### Wellness Center

- Microgreens, also known as "vegetable confetti"- are packed with astonishing amounts of nutrients. In this workshop, we will introduce Microgreens and provide a simple, step by step guide on how to grow microgreens in your homes. Whether you are adding them to your salads, sandwiches, or smoothies these microgreens are a decorative, fun, and creative way to get more nutrients into your diet.

## Sound Bath

**Wednesday, April 12, 2023**

**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.

## Cultural Cuisine (Chamorro Cuisine)

**Tuesday, April 18, 2023**

**2pm**

### Bristol View Bowditch Room

- This month we will learn about Chamorro Cuisine! The Chamorro people are the indigenous people of the Mariana Islands where Guam is located. Chamorro cuisine is influenced by Spanish, Mexican, American, Japanese and Filipino culture. Join us for an experience to empower you to explore new recipes from diverse cultures.

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

## Tea Tasting (Blooming Tea)

**Wednesday, April 19, 2023**

**1pm**

### Wellness Center

- We welcome you to sip, taste, & learn about our featured tea, tea culture & overall wellness benefits. This month we learn about the surprising benefits of blooming tea or flowering tea- a tight bundle of green tea leaves or buds skillfully hand-woven around dried flowers like globe amaranth, jasmine, marigold, lily, and osmanthus. Join us as we nurture our social wellbeing and connection through this beautiful art form.

## Acrylic Pours Workshop

**Tuesday, April 25, 2023**

**2pm**

### TJ Hobby Craft Room

- Explore the art of fluid painting. Learn different acrylic pouring techniques. 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.

**PLEASE REGISTER FOR ALL CLASSES**

For questions or to sign up: Contact Sarah Doerner.

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# Holistic Wellness

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## Ongoing Weekly Classes in the Wellness Center

### Self-Care Practices for Living Well- Resilience: Adapting to Change (Partnership with Senior University)

Friday, April 28, 2023  
2pm  
Zoom

- This class is intended to enhance resilience of body and mind as we grow older, to help us live well and with an open heart even in the midst of challenging life circumstances. A simple and direct approach to self-care for the whole person will be taught using mindfulness, movement, meditation, and breath. Gentle and easy practices and movements that can serve us well in daily life will be offered, like settling the mind, increasing body/energy awareness, deepening the breath, and shifting attention from doing to being in the present moment.

#### Join Zoom Meeting

[https://us02web.zoom.us/j/89826459310?](https://us02web.zoom.us/j/89826459310?pwd=aE03b3dINDN5cmNQREFlbVBVeTFmZz09)  
[pwd=aE03b3dINDN5cmNQREFlbVBVeTFmZz09](https://us02web.zoom.us/j/89826459310?pwd=aE03b3dINDN5cmNQREFlbVBVeTFmZz09)

Meeting ID: 898 2645 9310  
Passcode: 845170

### 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.*