



Holistic Wellness

March 2023

Are you Breathing? with Dr. Adrienne Ione

Monday, March 6 2023

2:30pm

Wellness Center

- How are your breathing patterns and parasympathetic nervous system connected? Come join us for a breathwork workshop! Explore breathing techniques, strengthen awareness of lung and diaphragm engagement and create space for the parasympathetic nervous system to thrive.

Acrylic Pours Workshop

Tuesday, March 7, 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.

Cultural Cuisine- Celebrate Holi 2023 *The Food, The Fun & All the Bright Colors*

Wednesday, March 15, 2023

2pm

Wellness Center

- Holi is a Hindu festival that celebrates the arrival of the spring, triumph of good over evil and new beginnings. It is the most colorful holiday of the year and celebrated in India and the US. Come join the party for food, stories and colorful celebration. The colors are played with water, powder along with some upbeat music. Wear an old outfit (or white shirt) you do not mind getting color on.

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

Art Expressions

Monday, March 20, 2023

2:30pm

Wellness Center

Cards with Barb

- My hobby is making greeting cards to encourage and bring some cheer...Who doesn't want to hear "I am thinking of you" or "Get well soon" How about "Happy Birthday"? You are invited to make three easy to assemble handmade cards. Bless your friends or family. There may be some stamping, cutting, and definitely gluing. I am looking forward to sharing my Stampin Up hobby with you. No expertise required.

DIY Natural Products

Tuesday, March 21, 2023

2pm

Wellness Center

- Once a month we will introduce and teach you how to create different DIY Natural Products. Why DIY you may ask? You can save money, learn what really works for you, avoid harmful chemicals, get creative, streamline your routine, plus they make great gifts! This month, learn to make homemade body scrubs from ingredients found in your kitchen! We provide ingredients and tools. No previous experience needed.

Self-Care Practices for Living Well - Grounding & Balance: Relationship to Earth (Partnership with Senior University)

Friday, March 24, 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=aE03b3dlNDN5cmNQREFLbVBVeTFmZz09)
[pwd=aE03b3dlNDN5cmNQREFLbVBVeTFmZz09](https://us02web.zoom.us/j/89826459310?pwd=aE03b3dlNDN5cmNQREFLbVBVeTFmZz09)

Meeting ID: 898 2645 9310
Passcode: 845170

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up: Contact Sarah Doerner.

253-756-3241

sdoerner@franketobeyjones.com



Holistic Wellness

March 2023

Ongoing Weekly Classes in the Wellness Center

Safe & Steady: A Balance Seminar with Dr. Eyford from The Health Connection

Tuesday, March 28, 2023

1:15pm

Wellness Center

- This month we welcome back Dr. Eyford from the Health Connection! One of the greatest risks to the elderly population is the risk of falls during every day activities. Learn time tested techniques and exercises to keep yourself safe and steady to prevent any unnecessary accidents.

Sound Bath:

*Singing Bowls & Aromatherapy,
A Match Made in Heaven!*

Wednesday, March 29, 2023

1:30pm

Wellness Center

- Aromatherapy is powerful on its own but when you combine essentials oils and sound therapy the healing effects are amplified. Join us this month for an experience like no other. Soak in the physical and emotional benefits of Aromatherapy while 'bathing' in healing sound waves.

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

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.