



Holistic Wellness

May 2023

Art Expressions

Monday, May 8, 2023

2:30pm

Wellness Center

- In this month's Art Expressions, we honor women, mothers and mother nature. Create beautiful everlasting flower art through flower pressing. Learn different methods to press flowers and a variety of ways to display this beautiful natural art. No experience necessary. 12 spots available. Please RSVP.

Cultural Cuisine (Fruits of the World)

Tuesday, May 9, 2023

2pm

Bristol View Bowditch Room

- In our Cultural Cuisine this month we will put our senses to the test by sampling different fruits from around the world. Experience the smell, taste and textures of each of these fruits. We will also learn about the health and wellness benefits and explore the culture, people and traditions behind them. We hope to empower you to take risks and try new things through food. Please join us for an afternoon of fun and discovery!

Tea Tasting

Wednesday, May 10, 2023

1pm

Wellness Center

- This month we celebrate International Tea Month with a surprise tea straight from Thailand. 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. Join us as we connect, share and develop meaningful relationships with those around us.

Dao (Tao) and Health (Partnership with Senior University)

Thursday, May 18, 2023

10am

Zoom

- We will look at translated quotes from the ancient texts and use simple practices of breathing and meditation to build practices for health, self-cultivation, resilience, and renewal.

Join Zoom Meeting

**Meeting ID: 481 600 3295
Passcode: 845170**

D.I.Y Natural Products (Natural Surface Cleaner)

Tuesday, May 23, 2023

2pm

Wellness Center

- Once a month we will 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, streamline your routine, plus they make great gifts! This month we will make simple all natural surface cleaner. Come join us and customize your own unique non toxic surface cleaner!

Aromatherapy Sound Bath

Wednesday, May 24, 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. This month we will continue with our Singing Bowls & Aromatherapy-A Match Made in Heaven series. Guiding 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.

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up: Contact Sarah Doerner.

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Forest Bathing

Thursday, May 25, 2023

10am

Meet in Bistro

- Uncover the meaning of 'Shinrin-yoku'. Experience the remarkable healing energy of nature through walks that create change. A simple way to relax your mind, revitalize your body and rediscover your authentic self through forest walks and gentle mind play exercises. We will walk from FTJ to the Japanese garden at Point Defiance and back. Roughly 1.5 miles round trip over uneven terrain. You must be able to walk this distance without staff assistance.

Self-Care Practices for Living Well- Resilience: Self-Care & Personal Practices: Relationship to Yourself

(Partnership with Senior University)

Friday, May 26, 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

Meeting ID: 898 2645 9310
Passcode: 845170

Acrylic Pours Workshop (A special project)

Tuesday, May 30, 2023

2pm

TJ Hobby Craft Room

- Explore the art of fluid painting. Learn different acrylic pouring techniques and nourish your social wellbeing by engaging in conversation with people from all different walks of life. Acrylic pouring can be liberating and fun. Join us once a month for a creative, healthy and fun outlet.

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.



FRANKE TOBEY JONES

Enjoy your age.