



# Holistic Wellness

June 2023

## Holistic Wellness Courses

Every Friday in June |

**Qigong: The Eight Brocades with Mimi Kuo-Deemer**

2pm

**Wellness Center 6/2-6/23**

**Bristol View Bowditch Room 6/30**

- Qigong is considered one of the five branches of Chinese Medicine, a foundational basis for martial arts, and a long-standing spiritual practice revered in Daoist and Zen traditions. In this video series, your qigong teacher, Mimi Kuo-Deemer, introduces you to the etymology of qigong and the silky, smooth movements of the 8 Silk Brocades - also known as Dao Yin in Mandarin. Mimi will walk you through the history and many benefits qigong has to offer.

## Downsizing Decathlon

Tuesday, June 6, 2023

2pm

**Bristol View Bowditch Room**

- Local professional Move Manager and Transition Specialist, Tina Baril, will be discussing some do's and don'ts of downsizing and transitioning. Tina will share some industry tips and resources and provide handouts for future planning. If this is your first move in many years, or yet another life transition, this is the class for you! Bring your questions and concerns and we will discuss some challenges and solutions.

## Farmers Market Adventure

Thursday, June 8, 2023

10am

**Meet in front of Bistro**

- Connect with the community as we explore Tacoma's vibrant Broadway Farmers Market. Learn about small farms, local businesses, and organizations in our area. Get curious about ways we can use food as medicine and the benefits seasonal eating has on our overall health & wellness.

\*The FTJ Bus will pick up at 10am in front of the Bistro Cafe. Please sign up if you are interested in attending this outing.

## Art Expressions

Wednesday, June 14, 2023

2pm

**Wellness Center**

- Express yourself through customized healthy and delicious smoothie bowls! Learn about the health and wellness benefits of each ingredient and learn to craft a well balanced nutrient dense smoothie bowl! Join us for a celebration of your taste buds and cool off as we welcome summer!

## Pacific Bonsai Museum

Friday, June 16, 2023

10am-2pm

**Meet in front of Bistro**

- See the results of experimental techniques pushing horticultural limits to achieve radical designs in the 2023 special exhibition, Avant-garden. Eleven works will be presented by daring artists who have evolved their bonsai practice through experimentation, innovation, and a willingness to take risks. **Pack a lunch, small snacks and/ or beverage** to enjoy as we bask in the wonders of Bonsai trees and the nature that surrounds us.

\*The FTJ Bus will pick up at 10am in front of the Bistro Cafe. Please sign up if you are interested in attending this outing.

## Cultural Cuisine (Condiments)

Monday, June 19, 2023

2pm

**Bristol View Bowditch Room**

- Let's celebrate the sunshine with a mini cook out! Come explore unique customized recipes of ketchup, mustard, and mayo. Vegan options available.

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

**PLEASE REGISTER FOR ALL CLASSES**

For questions or to sign up: Contact Sarah Doerner.

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## Ongoing Weekly Classes in the Wellness Center

### Tea Tasting (National Iced Tea Month)

Wednesday, June 21, 2023

1pm

#### Wellness Center

- This month we celebrate National Iced Tea Month with creamy, refreshing Traditional Thai Iced Tea! Join us as we connect, share stories and talk all things "Thai."

### Forest Bathing

Thursday, June 22, 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.

### Aromatherapy Sound Bath

Wednesday, June 28, 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.

### 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.*