



Holistic Wellness

August 2023

Gyrokinesis Workshop

(Made possible by a generous donation to the Holistic Wellness Program)

Wednesday, August 9, 2023

2pm

Wellness Center

- The Gyrokinesis Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences. Please wear comfortable clothing and socks. Class will be mostly seated and will accommodate all mobility levels. The class will be an hour long followed by an opportunity for Q+A. You will also be provided with a list of mobility exercise to take home.

Introduction to Argentine Tango

(Made possible by a generous donation to the Holistic Wellness Program)

Thursday, August 10, 2023

3pm

Wellness Center

- Argentine Tango is a social street dance with movements natural and accessible to any ability or age. Many scientific studies have shown its benefits ranging from anti-depression, reduction in cortisol, better balance and coordination, to prevention of Alzheimer's and dementia. This class will give people an easy fun way to get to know a few basic elements of the dance through improvisation and musical interpretation. No steps or figure memorization needed!

Tango is a melting pot where people from any age, class, or culture can discover a universal language of connection and sharing. It is lifelong learning and it's never too late to begin!

Mindful Movement

Fridays, August 11, 18, 25, 2023

2pm

Wellness Center

- Connect your mind and body through breath work, gentle stretching, and meditative movement. In this accessible and inclusive series, participants will be guided to move at their own pace and comfort level as they enjoy beautiful music and the benefits that movement provides for both the body and the mind.

Guided Boat Tour

Sunday, August 13, 2023

9am-Noon

Meet at Bistro (Bus will leave at 9:10am)

- Join us for an opportunity to take an hour-long boat tour of the Port of Tacoma! The FTJ Bus will pick us up in front of the Bistro and we will drive to the Foss Waterway Seaport where we will board the boat.

****Limited availability- contact Sarah if interested****

Museum of Glass Tea & Tour

Wednesday, August 16, 2023

2-4pm

Meet at Bistro (Bus will leave at 1:30 pm)

- Join this tour led by a docent through the Museum of Glass galleries and Hot Shop. The Tea and Tour culminates with tea and cookies in the Education Studio, along with an art-making project.

Please RSVP to Jana Wennstrom, Senior University Coordinator at (253) 756-6219.

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up: Contact Sarah Doerner.

253-756-3241

sdoerner@franketobeyjones.com

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Acrylic Pours Workshop

Tuesday, August 22, 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. This month we will pour on tiles, creating beautiful coasters!

Owen Beach Walk

Wednesday, August 23, 2023

2pm

Meet in front of Bistro

- We will take the bus down to Owen Beach. The bus will depart from the Bistro at 2:00 pm and we will spend about an hour down at the beach. The walk is completely paved. Space is limited, please sign up.

Cultural Cuisine: Explore Uwajimaya

Monday, August 28, 2023

10am-2pm

Meet at Bistro (Bus will leave at 10 am)

- This month we enjoy our cultural Cuisine off site. Join the Holistic Wellness Program and Senior University for this exploratory trip to Uwajimaya, one of the largest Asian grocery retailers in the Pacific Northwest.

Please RSVP with Jana Wennstrom, Senior University Coordinator at (253) 756-6219.

Psychedelics, Aging, and the End of Life

Wednesday, August 30, 2023

2pm (ZOOM)

- This workshop on Psychedelics at the End of Life will consider the current research on how psychedelic assisted therapy can be of benefit for persons facing existential end of life issues. We will cover some of the following topics: end-of-life review, relationship healing, play, and ego-death.

Join Zoom Meeting

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

Ongoing Weekly Classes in the Wellness Center

Mondays

11am

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.



FRANKE TOBEY JONES
Enjoy your age