



Holistic Wellness

September 2023

The Secrets to a Healthier & Happier You Starts with Sleep

Friday, September 8, 2023

3pm

Wellness Center

- In this class we'll learn more about the secret to health that many have forgotten and the science supporting this rediscovery. We'll share tips and simple practices that will help you create your own (spi)rituals to help you get quality, restorative sleep. We'll learn about a new way of thinking that can change how you look at your life and your own health.

Preventing Falls in Your Home

Monday, September 11, 2023

10:30am

Lilian Pratt Parlor

- This presentation has Fall Facts according to the CDC (Center for Disease Control and Prevention). It includes statistics of injuries and costs due to falls. We will present ways to prevent falls with safe home tips, risks for falls, exercises, and a Fall Risk Indicator. We use the Fall Risk Indicator when we screen for fall risks.

Cultural Cuisine (Baklava)

Tuesday, September 12, 2023

2pm

Bristol View 1st Floor Bowditch Room

- What is Baklava? Baklava is a traditional dessert from the eastern Mediterranean basin, and is especially prevalent in Greece and Turkey, but also the Caucasus and the Middle East. There is no consensus about where or when it originated, but some date it back almost 3000 years! Learn about the culture and traditions of this sweet dessert and the even sweeter people with Gisela & Ted Taranovski!

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

Aromatherapy Sound Bath

Wednesday, September 13, 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.

Art Expressions: Card making with Barb

Monday, September 18, 2023

2:30pm

Wellness Center

- "I loved going to Hallmark Stores and fantasized writing greetings for cards. Instead, I became a children's librarian. Now, in my retirement, I am looking forward to sharing my Stampin Up Card Making Hobby with you. Cheer someone up by sending Happy Mail (instead of advertising or bills). You will be making 3 greeting cards. I pre-cut and folded, you just need to glue and do a little stamping. No expertise required."

Acrylic Pours Workshop

Tuesday, September 19, 2023

2pm

TJ Hobby Craft Room

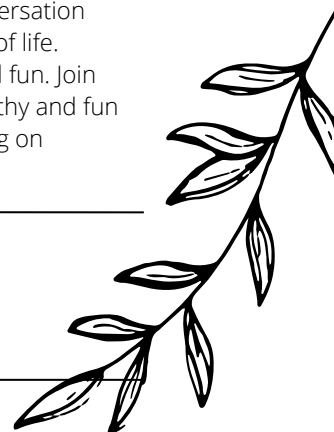
- Explore the art of fluid painting. Learn different acrylic pouring techniques and nourish your social wellbeing by engaging in conversation with people from all different walks of life. Acrylic pouring can be liberating and fun. Join us once a month for a creative, healthy and fun outlet. This month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

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up: Contact Sarah Doerner.

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Holistic Wellness

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Getting the most out of your 15 minute appointment with your doctor

Wednesday, September 20, 2023

2pm

Wellness Center

- Spend an hour with Dr. Bree Zehnder learning how to get the most out of your 15 minute appointment with your doctor. What questions to ask, what to prioritize and what topics to focus on. Dr. Bree Zehnder is a yoga instructor, family medicine doctor & ADHD wellness coach who is passionate about movement and health.

Signs a Loved One Needs to Retire from Driving and How to Talk About It

Monday, September 25, 2023

11am

Bristol View 1st Floor Bowditch Room

- Knowing when to retire from driving is hard. This class will explore the signs we often miss, things we need to be aware of, and how the different components of an evaluation work together to help give a clear picture of the situation. We will also discuss ways to approach this topic, why it's better to hire a professional to have this conversation, and why it's important for everyone to make this choice.

Trip to Bloedel Reserve on Bainbridge Island

Wednesday, September 27, 2023

9am- 2pm

Meet outside the Bistro

- Bloedel Reserve is a 140-acre wonder of nature, created by the imagination, vision, and a passionate love of the natural world shared by the founders, Prentice and Virginia Bloedel. Immerse yourself in the unique garden spaces that make up the Reserve. Originally designed by Prentice Bloedel to create a deeply intimate experience with the self, each garden unfolds from the last, creating an introspective connection with nature. Please pack a lunch as well! We will eat after exploring the gardens.

*Must be able to walk without staff assistance.

For questions or to sign up please contact Sarah.

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.

Tuesdays

11am

Yoga Gentle Flow & Chair Yoga



Slow steady paced postures & conscious movement with breath. Chair Modifications for access at all levels.

Thursdays

11am

Yin Rest & Restore Yoga



Stretch and focus on release of tension in the mind & body. Bring your nervous system into a state of healing.



FRANKE TOBEY JONES
Enjoy your age