



Holistic Wellness

October 2023

Introduction to Argentine Tango

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

Wednesday, October 4, 2023

2pm

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!

Aging Well: Tips and Strategies to Live Healthier as We Age

Friday, October 6, 2023

10am

Lillian Pratt Parlor

- Simply living longer isn't enough. We want to stay healthy enough to continue doing the things we love. It's never too late to make changes to help you live a longer and healthier life.

Grounded in Nature

Friday, October 6, 2023

4pm

Bristol View 1st Floor Bowditch Room

- How does nature speak to you? Would you like to feel more grounded in nature? Come hear the personal story of Colette DeMonte, PsyD., the founder of Sow Therapeutic and how this non-profit program bloomed from an idea during the COVID-19 Pandemic. Share your own stories of how nature transformed your life and learn a few creative strategies to ground yourself in nature.

The Emerging Science of Longevity

Monday, October 9, October 16, October 23, & October 30

1:30pm

Bristol View 1st Floor Bowditch Room

- In the Emerging Science of Longevity, Dr. Mark Hyman overturns the previous paradigm of aging and offers a new, empowering vision in which you have vastly more agency over your biology in this 4-week video series. He walks you through not only the root causes of aging, but also how you can optimize your body for long-term wellbeing through simple diet and lifestyle strategies — and, if you choose, cutting-edge therapies. By the end of this course, you will come away with both a fundamental understanding of the science as well as specific protocols for living healthier for longer. *This program is a collaboration between Senior University and the Holistic Wellness Program.*

Demystifying Dementia

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

Tuesday, October 10, 2023

2pm

Wellness Center

- Demystifying Dementia: An Integrative Approach to Wellbeing - We will begin by differentiating cognitive changes with aging, other reasons, and diseases with dementia symptoms. We will learn about modifiable lifestyle factors to protect against possible future dementia development. We will explore validated screening tools. And last, we will consider what an integrative approach to dementia health looks like.

'Energy Healing and Qigong'

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

Wednesday, October 11, 2023

2pm

Wellness Center

- A brief introduction to energy healing for a healthy body, mind and spirit that raise awareness of new holistic and innovative concepts of healing such as biofield science, epigenetics, forest bathing and grounding that can impact your life positively. Learn why Qigong, Tai Chi and Yoga is gaining attention in the medical field for its health benefits not only to increase muscle tone and flexibility, but also self-healing.

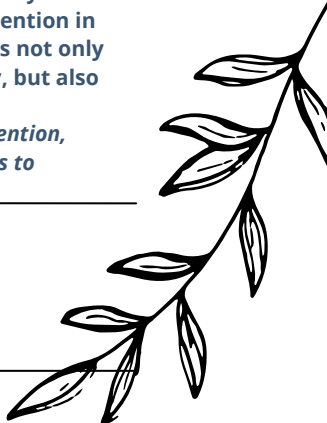
Learn ways to manage your energy with intention, reduce stress and be present: powerful ways to manage challenging times.

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up: Contact Sarah Doerner.

253-756-3241

sdoerner@franketobeyjones.com



Holistic Wellness

October 2023

Tea Tasting w/ Peyton

Thursday, October 12, 2023

1pm

Wellness Center

- Jump into fall with our very own Barista, Peyton as she demonstrates how to lift our spirits through fall style beverages! Come celebrate Pumpkin Spice Season with us!

Art Expressions: DIY Botanical Pumpkins

Friday, October 13, 2023

2pm

Wellness Center

- Get creative with pumpkins, a variety of leaves from your garden (& pressed flowers provided), and create botanical designs for the upcoming season!

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

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

Thursday, October 26, 2023

1:30pm

Wellness Center

- Getting the most out of your doctor's visit from a doctor's point of view. Do you feel like your 15 minute appointment just flies by and sometimes you have a hard time remembering what you talked about? Join Dr. Bree Zehnder; family medicine doctor, yoga instructor, and ADHD wellness coach for a discussion on how to get the most out of your appointments and be prepared to take control of your health and wellness so that you can live a happy, healthy & enjoyable long life!

Acrylic Pours Workshop

Friday, October 27, 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 continue working on our special project.

Ongoing Weekly Classes in the Wellness Center

Mondays

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.

New Class!

'The Power of Qi' (pronounced chee)

10-week live series every Tuesday & Thursday

October 17th- December 21st

9am

Wellness Center

Experience how Qigong and Tai Chi engage mind, body, and spirit through coordinated movements and focused breathing moving gracefully and effortlessly, always allowing energy to flow freely throughout the body for more energy, vitality, and wellbeing.



FRANKE TOBEY JONES

Enjoy your age