



Holistic Wellness

November 2023

Eating, Inspiration & Aging

(A collaboration with Senior University)

Thursday, November 2, November 9, November 16, November 30, 2023

10am

Zoom

- Eating is essential. Every day we face challenges having food on the table that is appetizing, affordable, healthful and tastes great. As we age, we are also interested in foods that are beneficial to various health concerns. Are you caving to cravings? What is happening to our bodies and brains as we age? We will use time to examine messages we carry, whether positive or negative, that have an impact on our health and food choices. Taking note of your food choices and path of daily living is a powerful tool towards optimal health.

Join Zoom Meeting

[https://us02web.zoom.us/j/82876249645?](https://us02web.zoom.us/j/82876249645?pwd=MmxDRU9hRUtSUWc4eUFmUC91V3hkdz09)

[pwd=MmxDRU9hRUtSUWc4eUFmUC91V3hkdz09](https://us02web.zoom.us/j/82876249645?pwd=MmxDRU9hRUtSUWc4eUFmUC91V3hkdz09)

Meeting ID: 828 7624 9645

Passcode: 845170

Art Expressions: Shadow Boxes with Pam Baker

Tuesday, November 7, 2023

2pm

Wellness Center

- This month's Art Expression is with Pam Baker:*
"I have been collecting seashells since I was a small child. I would like to share these shells by having you each make an 8x8 inch shadow box display of shells you choose. My friend Barbara McElfish is also bringing cut paper designs for us to use as background. If you have seashells of your own to display, please bring those too if they are thin enough to fit in a 1.5 inch thick box." All materials will be provided. No previous experience necessary. Spots are limited, please RSVP if you are interested.

Yoga for Healing, Hope and Health After Loss

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

Wednesday, November 8, 2023

1pm

Wellness Center

- Grief and loss can transform your life. This one-time class is an invitation to explore the blended use of yoga movement, breathwork, sound and visualization to process grief and use it as fuel for transformative healing. This is a unique opportunity to be safely guided to release the sadness, anger, and other painful emotions of grief without expectations or judgments. The invitation is for you to move your body in a deeply, self-compassionate way so you can begin to experience your loss in a way that is self-supporting and nurturing.

*No yoga experience necessary. Seated-chair options offered.

"Grief can be empowering, if given the opportunity and a platform to do so." ~Paul Denniston

Cultural Cuisine (Baklava)

Monday, November 13, 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."

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up: Contact Sarah Doerner.

253-756-3241

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The Spice of Life

(A collaboration with Senior University)

Tuesday, November 14, 2023

2pm

Wellness Center

- Spices were once worth their weight in gold, and fortunes were made if one's ship successfully returned from the Spice Islands. Throughout much of history, a person's place in society was often judged by how much spice he could afford to display on this table and use in his cooking. However, until modern times, very few people in the Western world knew what the plants that furnished these highly valued commodities looked like. In this entertaining and informative horticultural lecture on spices, the audience will gain insight, both historical and modern, into the spice trade and its impact on Western culture cooking. Learn the significance of a medieval spice tray and what went into the more-common spice blends used in ethnic cooking. Also, covered by extensive slides will be a close look at the various plants, the parts that were harvested, and their preparation for use in cooking. Please RSVP to Jana Wennstrom at 253-756-6219.

Gratitude & Mindfulness: Gifts for the Holidays

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

Wednesday, November 15, 2023

(4% waxing Crescent Moon)

2pm

Wellness Center

- Learn scientifically proven benefits of gratitude that can improve your health and wellbeing in this interactive 'play shop' (like a workshop but more fun!) Not just for this season but for every day.

What we'll learn:

- A better understanding of how to cultivate mindfulness
- Learn and master gratitude practices
- Create new healthier habits that you can apply today

Summit of Your Life

**Tuesday, November 21 &
Wednesday, November 22, 2023**

10am-12pm | 2pm-4pm

Tobey Jones Parlor

- Join the Holistic Wellness Program and Senior University for this 2-day video summit to elevate your wellness in all areas of your life- from your health and mindset to the quality of your relationships and your sense of purpose.

The Summit of Your Life features lessons from an array of spiritual leaders, personal development authors, yoga and meditation teachers, and social and environmental activists. Together, these sessions guide you toward clear, achievable resolutions in the key areas needed for your health and happiness. You can come to any or all of these sessions.

Day 1: Morning Session

Welcome
Meet your Future Self
Let Go of What Doesn't Serve You
Conscious Gratitude

Day 2: Morning Session

Strengthening Your Commitment
Bring Love to All Relationships
Feel Your Interdependence

Day 1: Afternoon Session

Get to the Root of Your Health
Set Intentions with Clarity
Find Time in Your Day

Day 2: Afternoon Session

Break Out of Your Bubble
Reduce Your Bias Through Exposure
You Can Be an Advocate
Conclusion: Your Every Act is Powerful

****Please RSVP if you plan to attend.***

Acrylic Pours Workshop

Tuesday, November 28, 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 will be our final month working on our special project.

Simmer Pots with Peyton

Wednesday, November 29, 2023

1pm

Wellness Center

- The truth is many scented candles are made of petroleum-based paraffin with artificial scents. A more natural alternative is to do what your grandmother did: Simmer a pot of spices on your stove! Join Peyton & learn how to create a delightful simmer pot for Fall and beyond!



FRANKE TOBEY JONES

Enjoy your age

Holistic Wellness

November 2023

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