



Holistic Wellness

December 2023

Fireside Chats on Dementia Health

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

Wednesday, December 6, 2023

1pm

Bristol View 1st Floor Bowditch Room

- Educational, informative and explorative time to increase your awareness on dementia health, risk factors and lifestyle modifications you can make to ensure you are flourishing and thriving. Bring your questions about dementia health, participate in a lively conversation, practice some dementia health techniques, and leave with some tools.

Harmony & Henna: The Sacred Art of Mehndi & Meditation with Bree

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

Thursday, December 7, 2023

3pm

Bristol View 1st Floor Bowditch Room

- Step into a world of serenity, artistry & self discovery through a workshop where ancient traditions and modern mindfulness converge. Learn about the deep history behind the art while applying your own personal cone of Mehndi arms/legs. Take home any extra!
**Stencils & Henna will be provided.
 - Must RSVP to Sarah at 253-756-3241. Space is limited to 6 people to ensure everyone has a chance to have Henna done by Bree!

'The Joy of Sleep' A guide to experience more health and happiness during the Holidays

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

Wednesday, December 13, 2023

2pm

Wellness Center

- The holiday season should be a time of celebration, reflection, and joy. Yet for many, it can also be a period of sadness, grief and anxiety. Learn why experiencing better sleep is the key that can increase the joys of life with greater wellbeing: improved physical, mental and emotional health during this season.

Mad Hat Tea Field Trip

(A collaboration with Senior University)

Monday, December 18, 2023

2pm (Bus departs Bistro at 1:30pm)

Meet at Bistro

- In this private visit of Mad Hat Tea, learn about the different types of tea from owner Tobin Ropes.

Please RSVP to Jana Wennstrom at (253) 756-6219.

Abstract Painting: Scrape Art

Tuesday, December 19, 2023

2pm

TJ Craft Room

- Scrap art or Scrape painting is a fun and creative way to experiment with acrylic paint. By scraping paint designs on paper or fabric you can get some pretty amazing abstract patterns! Come and give it a try, let's see what we can create!

Tea Tasting (Craft Cocktails)

Wednesday, December 20, 2023

1pm

Wellness Center

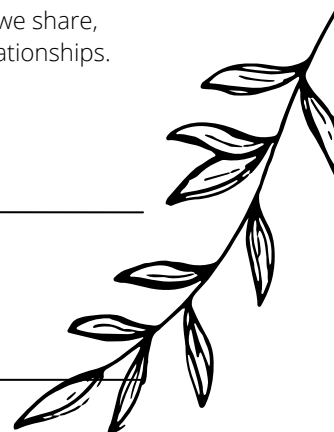
- Create delicious, easy-to-make craft cocktails! Learn about the health and wellness benefits of each ingredient. In this workshop, you will be creating fusions for a unique gift or to enjoy yourself. These fusions can be enjoyed by adding your alcohol of choice or you can bring a little holiday spirit to your water, tea or non alcoholic beverages. Join us as we nurture our social connection and wellbeing as we share, develop and sustain meaningful relationships.
*Alcohol not included.

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up: Contact Sarah Doerner.

253-756-3241

sdoerner@franketobeyjones.com



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Ongoing Weekly Classes in the Wellness Center

Support Group For People Whose Partners Have Dementia

Wednesday, December 20, 2023

3pm

- Join us for the preliminary meeting of a support group focused specifically for those who are assisting a loved one with Dementia. This meeting is not for those who have dementia. It is for people who are assisting the person with dementia. You must RSVP with Sarah to reserve your spot & receive the location. This meeting is capped at 12 people.

Explore Paldo World

(A collaboration with Senior University)

Wednesday, December 27, 2023

10am-12pm (Bus departs at 10am)

Meet at Bistro

- Join the Holistic Wellness Program and Senior University for this exploration of Paldo World. A grocery store and shopping center specializing in foods and other products imported from South Korea.

An Introduction to Filipino Martial Arts

Wednesday, December 27, 2023

2pm

Wellness Center

- Come and witness a unique form of Filipino Martial Arts performed by students in the Tacoma Area. There will be a brief demo then we will have the opportunity to learn more about the culture of Filipino Martial Arts and exchange ideas on life.

PLEASE REGISTER FOR ALL CLASSES

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253-756-3241

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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 & Thursdays

11am

Yoga Gentle Flow & Chair Yoga

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

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.