



## January 2024 Holistic Wellness

### Memory Wellness

(A Collaboration with Senior University)

**Tuesday, January 9, 2024**

**3pm**

#### **Bristol View 1st Floor Bowditch Room**

- This presentation provides practical tips to improve your brain health and to understand when memory loss might be a sign of something more serious.

### Mindfulness Walks in the Park

**Thursday, January 11, 2024**

**10am**

#### **Wellness Center**

- Starting in front of the FTJ Wellness Center. We will venture to point defiance then across the walking bridge down to the Dune Peninsula at Point Defiance Park and back. You must be able to walk this distance without staff assistance.

### Natural Remedies for Health & Wellbeing (Fermented Honey Garlic)

**Friday, January 12, 2024**

**2pm**

#### **Wellness Center**

- Learn a simple and easy way to boost memory and brain health with honey and garlic! These healthy chemicals help the body balance the immune system and prevent disease. Fermented garlic and honey creates a potent mixture that is rich in antioxidants and is a traditional remedy that has been used for centuries. In this new series we will learn about different natural remedies to support our health and wellbeing as we power through the winter months.

### Art Expressions: Scrape Art

**Tuesday, January 16, 2024**

**2pm**

#### **TJ Craft Room**

- Scrape 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! Back by popular demand. Come and give it a try, let's see what we can create!

### Forget Resolutions, Try This Instead!

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

**Wednesday, January 17, 2024**

**10am**

#### **Bristol View 1st Floor Bowditch Room**

- An introduction to new, holistic perspectives to live a healthier life. Learn why resolutions seem to fade by February and what you can do differently this year. It's never too late to gain a better understanding of the science and psychology of healthier habits and how to make them stick!

### Tea Tasting (Sorrel Tea)

**Wednesday, January 17, 2024**

**1pm**

#### **Wellness Center**

- In the Caribbean (most notably Jamaica), the Holidays aren't complete without Sorrel Tea. "This hibiscus flower tea gets its all-natural, vibrant red hue from the sorrel plant. It's a feel-good, spiced tea that's brewed with the warming goodness of cinnamon, cloves, allspice, and cardamom. You'll also love the citrus notes and ginger-rich zing that steeps with this sweet/tart, refreshing drink! One glass just isn't enough!" Join us as we nurture our social connection and learn about this beautiful hibiscus drink.

### Support Group For People Whose Partners Have Dementia

**Wednesday, January 17, 2024**

**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.

### Acrylic Pours 101

**Tuesday, January 30, 2024**

**2pm**

#### **TJ 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.

**PLEASE REGISTER FOR ALL CLASSES**

For questions or to sign up: Contact Sarah Doerner.  
253-756-3241

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# Holistic Wellness

January 2024

## 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 & Thursdays

11am

#### Yoga Gentle Flow & Chair Yoga

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



### 'The Power of Qi' (pronounced chee)

10-week live series every Tuesday & Thursday

Begins: January 9 - March 14, 2024

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

100<sup>TH</sup>  
Anniversary  
2024