



## February 2024 Holistic Wellness

### The Secret to your Heart (Health) (A Collaboration with Senior University.)

Thursday, February 1, 2024

2pm

#### Wellness Center

- Learn new ways to create a heart healthy lifestyle through daily practices, habits and behaviors from a mind, body, and spiritual perspective.

### Paint & Sip- Colorful Octopus (A Collaboration with Senior University.)

Friday, February 2, 2024

2pm

#### Tobey Jones Craft Room

- Pre-registration is required and the cost for the event is \$35.

### Mindfulness Walks in the Park

Thursday, February 8, 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. *Optional detour: On our way back we will stop at the Wren's Nest Baking Co. for a delicious treat & social connection.*

### Tea Tasting- Butterfly Pea Tea

Wednesday, February 14, 2024

1pm

#### Wellness Center

- The Butterfly Pea Tea flowers have a high content of anthocyanins, a family of red, blue and purple plant pigments widely researched for their flavonoid benefits. In Thailand, the flowers have been used for centuries for hair and scalp health in ancient types of shampoo. Today, the flowers are very popular in tea and herbal blends because they easily infuse their vivid blue pigment. Join us as we connect, share and develop meaningful relationships with those around us while sipping on a vibrant cup of Butterfly Pea Tea!

### Art Expressions: Painting with Essential Oils

Thursday, February 15, 2024

2pm

#### Wellness Center

- Explore your senses with water colors and learn simple breathing techniques you can use throughout your day to nourish your mind, body & soul. \*Must RSVP, supplies are limited.

### Embracing Change: A Journey to Self- Love and Self- Compassion in Later Years (A Collaboration with Senior University.)

Friday, February 16, 2024

2pm

#### Wellness Center

- Join us for a day of connection, self-discovery, and empowerment as we embark on a collective journey to embrace change, cultivate self-love, and foster self-compassion in the beautiful tapestry of our later years. Together, let's celebrate the richness of life's transitions and the wisdom that comes with age.

### Support Group For People Whose Partners Have Dementia

Wednesday, February 21, 2024

3pm

- Join us for a 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.

### Trip to Pierce College Science Dome (Made possible by a generous donation to the Holistic Wellness Program)

Wednesday, February 28, 2024

9:30am

Meet at Bistro at 9:15am. Bus leaves at 9:30am

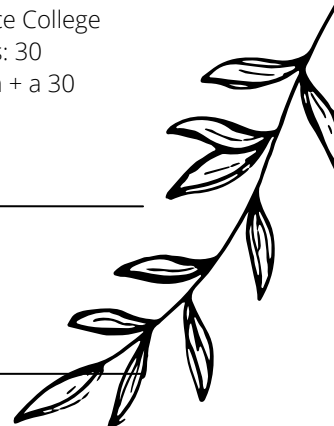
- Join us for a private show at the Pierce College Science Dome. Presentation includes: 30 minute live planetarium presentation + a 30 minute full dome video.

### PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up: Contact Sarah Doerner.

253-756-3241

sdoerner@franketobeyjones.com



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# Holistic Wellness

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February 2024

## Acrylic Pours Workshop

Wednesday, February 28, 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.

## Great Courses: The Science of Integrative Medicine

(A Collaboration with Senior University)

Thursday, February 29, 2024

11am

Bristol View 1st Floor Bowditch Room

- The Science of Integrative Medicine, produced in collaboration with Mayo Clinic—widely regarded as one of the finest health institutions on the planet—provides you with 12 informative lectures on the science-based facts and historical context of commonly used integrative treatments. Delivering a foundational explanation of this wide and diverse new field of medicine, this DVD course running from February 29 – April 4 is designed to empower you and give you the knowledge you need to explore how to use these techniques to improve your wellness. Taught by Brent Bauer, M.D., director of Mayo Clinic's Complementary and Integrative Medicine Program, this course provides you with an illuminating exploration of many genuinely beneficial treatments.

## Natural Remedies for Health & Wellbeing (Fire Cider)

Thursday, February 29, 2024

2pm

Wellness Center

- This immune boosting tonic that's been used for decades is a great way to support us through the cold and flu season. This ancient remedy can help ease congestion, boost our immunity, aid in digestion and fire up our body from the inside out. Join us as we learn about health benefits, uses and customize your own recipe based off your needs and likes.

## 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

