



March 2024 Holistic Wellness

Gong Meditation

Thursday, March 7, 2024

2pm

Wellness Center

- The 90- minute event includes a discussion on the healing attributes of the Gong, a 62-minute Gong Meditation, followed by sweets & community. Join us on a transformative journey of healing and deep relaxation, as we bathe every cell of the body in therapeutic sound and vibration. The Gong acoustically elevates us, creating a deep, spontaneous meditative state that restores harmony and vitality to the mind, body and soul. The pure, penetrating sound waves of the Gong will leave you feeling tuned, refreshed and connection with your intuitive personal power.

Mindfulness Walks in the Park

Tuesday, March 12, 2024

10am

Meet at Bistro

- Starting in front of the FTJ Wellness Center, we will venture to point defiance then cross 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.*

Support Group For People Whose Partners Have Dementia

Wednesday, March 13, 2024

3pm

- Join us for a gathering 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.

The Art of Communication

Thursday, March 14, 2024

2pm

Wellness Center

- A presentation on how to have hard conversations around love, intimacy, and desires. Topics include: The benefits of honest communication, communication skills for having hard conversations. Topics for discussion: consent, health and safety, changes in desire and Q+A.

Art Expressions: Nature's Palette

Monday, March 18, 2024

2pm

TJ Craft Room

- Join our eco-friendly art class where we'll create vibrant colors from nature's palette. Discover the magic of transforming everyday ingredients such as beets, turmeric, coffee, etc- into stunning pigments for your artwork. Express yourself creatively while embracing sustainability and building community.

Introduction to Tree Walks with Tacoma Tree Foundation

Tuesday, March 19, 2024

2pm

Meet at Bistro

- Join us for a tree walk around Franke Tobey Jones campus. We will stop at a number of different trees and learn some fun and inspiring facts about them. Participants on this walk will have an opportunity to get outside with a group, learn interesting things about the trees we pass by every day, and cultivate a sense of awe and wonder in the nature nearby. This slow-paced walk will be about one hour starting from the fitness center. It will be led by Sarah C. Low, a local tree person (ecologist, arborist, and tree enthusiast).

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up: Contact Sarah Doerner.

253-756-3241

sdoerner@franketobeyjones.com





Holistic Wellness

March 2024

Ongoing Weekly Classes in the Wellness Center

Happiness Play Shop with Mag Secretario

Wednesday, March 20, 2024

2pm

Wellness Center

- Are you happy with your life and health? Discover new paths that can help you cultivate more happiness that can improve your health based on neuroscience & positive psychology. Our emotions and emotional health has EVERYTHING to do with how we experience a better quality life. For this fun, interactive 'playshop' on the International Day of Happiness, bring/wear something that brings you joy!

Stretch Lab

Thursday, March 21, 2024

2pm

Wellness Center

- "StretchLab is a unique wellness concept, offering customized assisted-stretch sessions. No two bodies are the same and no two stretches at StretchLab are the same. Whether it's one-on-one stretching or small groups, these stretches will be specific to your needs. Join us for a presentation where you can learn and experience the benefits of assisted stretching."

Holi Celebration

Tuesday, March 26, 2024

2pm

Wellness Center

- The Holi Festival is celebrated as a way to welcome in spring, seen as a new beginning and fresh start. Dive into the vibrant world of Holi, the Hindu festival of colors, in our immersive presentation. Learn about the rich cultural significance behind Holi, its roots in ancient mythology, and its modern-day celebration as a symbol of love, unity, and the triumph of good over evil.

Tea Tasting- Traditional Moroccan Mint

Wednesday, March 27, 2024

1pm

Wellness Center

- Join us for an immersive tea tasting experience as we explore the rich traditional Moroccan Mint Tea. In this class, you'll learn about the cultural significance of tea in Moroccan hospitality, the art of preparing the perfect brew, and the nuanced flavors that make this beverage beloved worldwide. Beyond the sensory pleasure of tasting exquisite tea, this class provides a platform for social interaction and community building while delighting in your senses and nourishing the soul!

Mondays

12pm

Meditation

Meditation can relieve stress, anxiety and help to manage pain. It can improve focus, memory, sleep, mood and even digestion! The guided sessions are done by sitting comfortably in a chair with no movement required.

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

9am (January 9 - March 21, 2024)

'The Power of Qi' (pronounced chee)

10-week live series every Tuesday & Thursday

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.

11am

Yoga Gentle Flow & Chair Yoga

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

FRANKE TOBEY JONES

100TH
Anniversary
2024

