



# Holistic Wellness

April 2024

## Recompose, A Sustainable End Of Life Choice

Friday, April 5, 2024

2pm

Wellness Center

- While in architecture school in 2011, Recompose founder Katrina Spade began thinking about updating contemporary death care practices with a sustainable alternative, one that would nourish the land rather than take away from it. After years of extensive research with green death care experts, ecologists, biologists, legislators and more, human composting emerged. It's been legal in Washington State since 2019 and is now legal in six other states as well. In this 60-minute presentation, we will learn more about the Recompose journey, how it works, and why this end of life option is a benefit to the earth and to humanity. There will be time dedicated at end for any questions you may have.

## How Your Ears Work and Ways They Can Fail (A Collaboration with Senior University)

Thursday, April 11, 2024

10am

Bristol View 1st Floor Bowditch Room

- The first portion of the session will include an overview of the basic anatomy and physiology of the ears, followed by an introduction of selected clinical conditions that can impact their function.

## Tips for Gender Inclusive Language and LGBTQ+ Support (A Collaboration with Senior University)

Friday, April 12, 2024

2pm

Wellness Center

- Participants will learn LGBTQ terms and inclusive language, current state policies, and ways to be supportive allies and peers.

## Cultural Cuisine - Vietnam

Monday, April 15, 2024

2pm

Bristol View 1st Floor Gathering Room

- Join our fearless Tai Chi & Qigong instructor, Mag for this month's cultural cuisine where he will introduce us to a healthy and organic version of the popular Pho. Pho is a Vietnamese soup dish consisting of broth, rice noodles, herbs, and meat. We welcome you to experience the Vietnamese culture through our senses!

## Acrylic Pours Workshop

Tuesday, April 16, 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. [Gather an object from nature - we will be pouring on it!](#)

## Bloedel Reserve in Spring

(A Collaboration with Senior University)

Wednesday, April 17, 2024

9am-4pm

Bus departs Bistro at 9am

- The loop is approximately 2 miles long. Plan to bring a sack lunch to enjoy. Cost is \$15/ person.

\*Please RSVP to [Jana Wennstrom](#) at 253-756-6219.

## Support Group For People Whose Partners Have Dementia

Wednesday, April 17, 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.

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up: Contact Sarah Doerner.

253-756-3241

[sdoerner@franketobeyjones.com](mailto:sdoerner@franketobeyjones.com)





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April 2024...continued

## Falling Down the Rabbit Hole, Reimagining Aging (A Collaboration with Senior University)

Thursday, April 18, 2024

10am

**Bristol View 1st Floor Bowditch Room**

- This highly interactive workshop will examine the attributes of positive aging and guide participants in reimagining their aging journey.

## What Earth Day Means To You, A Healthy Earth Is A Healthy You

Monday, April 22, 2024

2:30pm

**Wellness Center**

- The theme for Earth Day this year is Planet vs. Plastic. We'll explore this and other environmental concepts as well and how this directly impacts our health, our children's future, and what we can do about it now.

*"The earth does not belong to man; man belongs to the earth." -Chief Seattle*

## Mindfulness Walks in the Park

Tuesday, April 23, 2024

10am

**Meet at Bistro**

- Starting in front of the FTJ Wellness Center. We will venture to Point Defiance then across the Wilson 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 & deeper social connection.*

## Thinkie Presentation

Tuesday, April 23, 2024

2pm

**Wellness Center**

- Experience an innovative brain training system by Thinkie! Thinkie is a safe and scientifically proven system that's designed to improve mental speed, memory, and concentration. Thinkie representatives will be presenting how it works, and answering questions that you may have. Do you like bingo, crossword puzzles or sudoku? If so, you'll love Thinkie's brain training games! Come visit and try them out!

## Indoor Plant Care 101

(A Collaboration with Senior University)

Wednesday, April 24, 2024

10am-Noon

**Bus departs Bistro at 9:30am**

- Learn how to cultivate an indoor garden by joining us for indoor plant care 101 at the Fernseed on South Tacoma Way. We will learn about the best way to care for your houseplants and tend to your indoor garden. We will also learn about blending the best potting soil and how to pot a plant. There will even be houseplants available for sale if you get inspired! [\\*Please RSVP to Jana Wennstrom at 253-756-6219 to join.](#)

## Tea Tasting- Blooming Tea

Wednesday, April 24, 2024

1:30pm

**Meet at the Bistro**

- Join us for another exciting new tea, Blooming tea! Learn about the artistry and craftsmanship behind this centuries- old tradition as our very own Barista guides you through the intricacies of brewing and savoring these exquisite floral infusions. Immerse yourself in the aromas and flavors of blooming tea and discover a new appreciation for the harmony between nature and tea craftsmanship.

## Art Expressions: Nature Art Scavenger Hunt

Thursday, April 25, 2024

2-4pm

**Wellness Center**

- Embark on a creative journey in our nature-inspired art class, where the beauty of the outdoors becomes your canvas. Begin with a nature scavenger hunt, where you'll gather an array of natural treasures such as leaves, flowers, etc. Then, transform your findings into stunning works of art, blending the serenity of nature with your own unique artistic vision.





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## Ongoing Weekly Classes in the Wellness Center

### 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 (April 2nd - June 6th)**

**'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**

Slow steady paced postures & conscious movement with breath and mat exercises.

FRANKE TOBEY JONES

**100<sup>th</sup>**  
*Anniversary*  
2024

