



Holistic Wellness

May 2024

Art Expressions- Tie Dye Using Natural Dyes

Tuesday, May 14th, 2024

2pm

TJ Craft Room

- Embark on a vibrant journey of creativity in our natural tie-dye art class! Discover the magic of hues sourced from nature as we experiment with plant-based dyes to breathe new life into classic tie-dye techniques. Bring a white t-shirt, cloth, or item you would like to experiment with using natural nontoxic dyes. Unleash your imagination and leave with one-of-a kind masterpieces that reflect the beauty of the earth's palette.

Stretch Lab

Wednesday, May 15, 2024

1pm

Wellness Center

- "StretchLab is a unique wellness concept, offering customized assisted-stretch sessions. No two bodies are the same and no two stretches at Stretch Lab 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 stertching."

Support Group For People Whose Partners Have Dementia

Wednesday, May 15, 2024

3pm

- Join us for a gathering of a support group focused specifically for those who are assisting a loved one with Dementia. You must RSVP with Sarah Doerner to reserve your spot and receive the location. This meeting is capped at 12 people.

Mindfulness Walks in the Park

Thursday, May 16, 2024

10am

Meet at Bistro

- Starting in front of the Bistro, 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 & conversation.*

Simple Syrup Lab

Friday, May 17, 2024

1:30pm

Meet at the Bistro

- For this month's Tea Tasting with Peyton, join us for an enticing exploration into the art of crafting the perfect cold brew experience! In this class, we'll delve into the world of simple syrups, offering flights of tantalizing flavors to complement green, white, and black tea bases. Unleash your creativity as we discover innovative ways to elevate your cold brew game and tailor it to your unique taste preferences.

Community Litter Cleanup At The Point Defiance Marina

Saturday, May 18, 2024

9am-12pm

- Are you interested in a day trip that does some good? We welcome you to join us and other community volunteers who, through the help of Metro Parks, will be given the necessary equipment to clean up litter around the Point Defiance Marina. If you would like to participate, or have questions, please contact Frankie in Philanthropy at 253-756-6327 or at fthomas@franketobeyjones.com by Tuesday, May 14th.

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up:

Contact Sarah Doerner

253-756-3241

sdoerner@franketobeyjones.com





Holistic Wellness

May 2024...continued

Tree Walks with Tacoma Tree Foundation *(Made possible by a generous donation to the Holistic Wellness program)*

Tuesday, May 21, 2024

2pm

Meet in front of the 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 an hour starting from outside the Bistro. It will be led by Sarah C. Low, a local tree person (ecologist, arborist, and tree enthusiast).

Acrylic Pour Fun With String *(Made possible by a generous donation to the Holistic Wellness program)*

Tuesday, May 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!

Trip to Pierce College Science Dome *(Made possible by generous donation to the Holistic Wellness program)*

Wednesday, May 29, 2024

1:30pm

Meet in front of the Bistro

- Join us for a private show at Pierce College Science Dome. Presentation includes: 30-minute live planetarium presentation + a 30- minute full dome video. The bus will depart at 1:30pm.

Pain Relief Through Nutrition *(Made possible by a generous donation to the Holistic Wellness program)*

Thursday, May 30, 2024

12:30pm

Wellness Center

- Join Dr. Bree Zehnder MD for a wellness seminar and workshop that explores how dietary choices impact pain management and learn some practical tips for incorporating pain-relieving foods into our daily lives. Not only will we learn about these foods but we will have a chance to try some of them out as well! To sign up for an ingredient to bring to our workshop or if you have any questions, please contact Sarah Doerner.

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

12:30pm-1:00pm

Chair Yoga

Discover the calming benefits of yoga without having to get down on the floor. Designed for individuals of all ages and fitness levels, especially those who prefer a more gentle approach to their practice or who have limited mobility. This class uses chairs to provide support and stability while performing a series of seated and standing yoga poses.

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

100TH
Anniversary
2024

