



# Holistic Wellness

June 2024

## Mindfulness Walk in the Park

Tuesday, June 4, 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.*

## Cultural Cuisine-Plant Based Soul Food

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

Thursday, June 6, 2024

2pm

Bristol View Bowditch Room 1st Floor

- Join us for a cultural cuisine class that explores the rich flavors of plant-based soul food. Delve into the soulful traditions behind this cuisine while meeting our chef, who shares his inspiring journey from traditional soul food roots to embracing a plant-based lifestyle. Learn how his passion for health and sustainability has transformed his culinary, offering delicious and nutritious dishes that honor his cultural roots.

## LGBTQIA2S+ Queerness and What It All Means

*(A collaboration with Senior University)*

Tuesday, June 11, 2024

4pm

Wellness Center

- The acronym LGBTQIA2S+ stands for many identities that are not straight, and this lecture will help define the terms.

## Art Expressions: Alcohol Ink

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

Thursday, June 13, 2024

2pm

TJ Craft Room

- Alcohol ink is a wonderful, fast drying fluid medium that brings vivid colors to your art. In the class, after a short demonstration, you will be able to make a tile and/or a card to take home. Come explore this vibrant art form! **Spots are limited, please sign up.**

## Pretty Gritty Tour: Coffee & Chocolate Tour

*(A collaboration with Senior University)*

Friday, June 14, 2024

2-3:30pm

Bus leaves the Bistro at 2pm

- Come learn the history of the coffee scene in Tacoma and learn about the history of our different roasters. This tour has a chocolate pairing for each stop and will give you the saucy details of the coffee empire in Tacoma. This walking tour will last about an hour and a half and cover approximately 10 city blocks. Cost is \$25 per person and pre-registration is required.

**RSVP with Jana Wennstrom at 253-756-6219 or [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com)**

## Acrylic Pours-Coasters

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

Tuesday, June 18, 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!

## Explore Marvel Food and Deli

*(A collaboration with Senior University)*

Wednesday, June 19, 2024

2-3:30pm

Bus leaves the Bistro at 2pm

- Join us as we explore Marvel Food and Deli in Tacoma. Marvel Food and Deli, located in Auburn and Tacoma, is a gourmet food store that specializes in European foods from countries such as Russia, Ukraine, Hungary, Germany, Italy, France, and more! They pride themselves in not only carrying an extensive variety of foods, but also knowing what every product is, and how it should be prepared, and how it is to be served.

**RSVP with Jana Wennstrom at 253-756-6219 or [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com)**

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up:

Contact Sarah Doerner

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# Holistic Wellness

June 2024...continued

Ongoing Weekly Classes in the  
Wellness Center

## Support Group For People Whose Partners Have Dementia

Wednesday, June 19, 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.

## Trip to Crescent Moon Gifts & Tea Lounge

Wednesday, June 26, 2024

1-3pm

Bus leaves the Bistro at 1pm

- "Crescent Moon Gifts is an award winning, community gathering place, that evolved from a great love of fantasy and mythology, it is a world of creative imagination. Wander their showroom filled with incense, oils, candles, books and metaphysical supplies, clothing, jewelry and the largest selection of fairies, dragons & fantasy items in the entire country (maybe even the world?). Looking for a unique gift? This may be the place! Do you enjoy tea? Step into the "Starlight Tea Lounge", where you can sit, sip & savor over 120 varieties of premium loose leaf."

## Explore the Broadway Farmer's Market

*(A collaboration with Senior University).*

Thursday, June 27, 2024

10am- Noon

Bus leaves the Bistro at 10am

- The Holistic Wellness Program and Senior University pair up to explore the Tacoma Farmer's Market in downtown.

**RSVP with Jana Wennstrom at 253-756-6219 or [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com)**

## Hand Building Workshop at Spun Clay Arts Studio

*(A collaboration with Senior University).*

Friday, June 28, 2024

1pm

Bus leaves the Bistro at 12:30pm

- Hand build a unique piece of pottery in this 1-hour class. Pieces will be ready to glaze 2 weeks after the class and you can join us on July 12 at 3pm or you can book your own time to go back and glaze within 2 months following the class. Cost is \$50 and pre-registration is required.

**RSVP with Jana Wennstrom at 253-756-6219 or [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com)**

## 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

12:15-12:45pm

### 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 11th)

### *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