



July 2024 Holistic Wellness

Fall Prevention

(A collaboration with Senior University)

Tuesday, July 9

3pm

BV 1st Floor Bowditch Room

- You will learn practical fall prevention tips that you can implement at home to decrease your risk of falling.

Acrylic Pours- Discs

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

Wednesday, July 10 and Thursday, July 18

2pm

TJ Craft Room

- In this two part series, join us in exploring 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.

Gong Meditation Sound Bath

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

Thursday, July 11

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 connected with your intuitive personal power.

Art Expressions: National Geographic Collage

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

Tuesday, July 16

2pm

TJ Craft Room

- Introducing a new way to recycle all those National Geographics we've collected for years. Your instructor, Wendi, has already used Citra Sol to transform National Geographic pages into fascinating abstract art. Combining photography, collage and acrylics/markers, create your own masterpiece. You can bring your favorite photo(s) to integrate into your artwork. Additional photos will be available if you choose to use one of Wendi's. Come enjoy this creative art form.

Tea Tasting with Peyten

Wednesday, July 17

1pm

Meet at Bistro

- Get into the patriotic spirit with tea this July! Peyten will be teaching us how to make three different naturally colored teas. A red hibiscus strawberry iced tea, a white lemon balm coconut Thai iced tea, and a blue butterfly pea, blueberry, and marshmallow root iced tea! You are not going to want to miss this one!

Support Group For People Whose Partners Have Dementia

Wednesday, July 17

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.

Lavender Festival Day Trip

Friday, July 19

9:30am- 5pm

- We are going to the Sequim Lavender Festival. Join us as we visit various lavender fields, try out some workshops, enjoy lunch and more!
Cost: Meal, anything you purchase.

Please RSVP with the FTJ Front Desk at

253-752-6621. This trip is capped at 19 people.

PLEASE REGISTER FOR ALL CLASSES

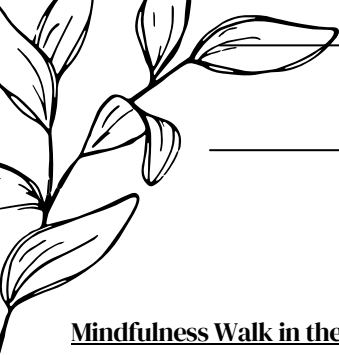
For questions or to sign up:

Contact Sarah Doerner

253-756-3241

sdoerner@franketobeyjones.com





Holistic Wellness

July 2024...continued

Ongoing Weekly Classes in the Wellness Center

Mindfulness Walk in the Park

Tuesday, July 23

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.*

What Summer Means To A Healthier You

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

Wednesday, July 24

2pm

Wellness Center

- In this presentation, Mag Secretario- our Tai Chi & Qigong instructor, will teach us about an ancient 'healthcare system' that impacts every aspect of our lives yet is not always acknowledged. The 5 Elements, the 5 Seasons and even the 5 Personality Types are just some of what we'll learn about and practices to improve our own health!

Cyanotype Photography

Tuesday, July 30

2pm

TJ Craft Room

- Cyanotypes are one of the oldest photographic printing processes in the history of photography. The distinctive feature of the print is its shade of cyan blue, which results from its exposure to ultraviolet light. We will explain what a cyanotype is, what supplies you will need, and all the steps to create your own cyanotype prints. ***Please RSVP if you would like to attend, supplies are limited.**

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 (Current Series Started June 25th)

'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