



December 2024 Holistic Wellness

THINKIE Tanks

12/3, 12/4, 12/5, 12/18

1-2pm

FTJ 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. Join us for a Thinkie Tank in the Wellness Center and explore a variety of brain games that stimulate cognitive function and sharpen mental agility. With staff on hand to assist and guide, you can enjoy a fun and supportive environment while working on key areas of brain fitness. Please sign up, space is limited. Each person will have a 30-minute slot.

Acrylic Pours- Wooden Ornaments

[\(Made possible by a generous donation to the Holistic Wellness program\)](#)

Tuesday, December 3

2pm

TJ Craft Room

- In this class we will be painting round wooden Christmas ornaments using different acrylic pour techniques. All materials will be provided.

Balance Lab

Friday, December 6

FTJ Wellness Center

- Balance Lab is a new class designed to help improve your balance through focused, easy-to-practice exercises. Each session will cover three key exercises that you can take home to continue strengthening your balance. We'll work on a combination of strength, proprioception, static and dynamic balance, and stretching to enhance overall stability. Don't miss this unique opportunity to improve your balance and well-being!

Music in Motion with Jim Valley

[\(Made possible by a generous donation to the Holistic Wellness program\)](#)

Monday, December 9

3pm

FTJ Wellness Center

- Who is Jim Valley? Depends on who you ask. To his late 1950s-early-1960s fans he is one of the pioneers of Northwest rock and roll. To his mid 1960s fans he will always be the affable "Harpo," lead guitarist for Paul Revere and the Raiders at the height of their nationwide popularity. Join the International Pied Piper, as we share songs and creative movement as well as some singalongs that we all know. Joy oy oy!

Metolius Wellness Presentation

Tuesday, December 10

2pm

FTJ Wellness Center

- Metolius is a 100% organic CBD company based in Bend, OR. All of the products are non-psychoactive and are 50 state legal. The products are formulated to relieve pain, anxiety, inflammation and depression, as well as improve sleep quality without the morning grogginess that often accompanies more conventional sleeping aids. Metolius also has a program in place called Exit PACT (Pharmaceuticals, Alcohol, Caffeine, Tobacco), where they reduce or replace unhealthy substances with healthier, non-psychoactive hemp-based alternatives.

Acrylic Pours- Finish Wooden Ornaments and Social Get Together

[\(Made possible by a generous donation to the Holistic Wellness program\)](#)

Wednesday, December 11

2pm

TJ Craft Room

- In this class we will add words of wisdom stickers on the back of the wooden Christmas ornaments and enjoy socializing with refreshments. All materials will be provided.

Create YOUR Ideal Life- 2 Part Play shop

[\(Made possible by a generous donation to the Holistic Wellness program\)](#)

Friday, December 13

2-2:45pm

Bristol View 1st Floor Bowditch Room

- **Part 1:** At every state of life, it's important to our wellbeing that we have goals, dreams, and desires. In part 1 of this interactive play shop, we will learn what manifestation is, why it's important and how creating a vision book or vision board can help you achieve your ideal life! You will take home, "homework" to enjoy over the weekend.

Monday, December 16

2:30-3:30pm

Bristol View 1st Floor Bowditch Room

- **Part 2:** Your ideas, images, and words gathered over the weekend will all come together in a fun, creative process that will give you clarity and help kick start the actions to achieve your ideal life, a great start to the new year!

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up:

Contact Sarah Doerner

253-756-3241

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December 2024 Holistic Wellness

Ongoing Weekly Classes in the Wellness Center

Gong Sound Bath

[\(Made possible by a generous donation to the Holistic Wellness program\)](#)

Tuesday, December 17

2pm

FTJ 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.

Support Group For People Whose Partners Have Dementia

Wednesday, December 18

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.

Cultural Cuisine- Greek- Meze!

Friday, December 20

2pm

Bristol View 1st Floor Bowditch Room

- Returning to share a few more family favorites, Shelley Harris, Director of Philanthropy will offer a Greek cooking class on some classic appetizers (meze!). These small, traditional plates which can also be enjoyed as a light meal are part of a healthy and delicious Mediterranean diet!

Mondays

1pm-2pm

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-9:45am

Tai Chi & Qigong

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-12pm

Gentle Flow Yoga

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

Fridays

12pm-12:30pm

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.



FRANKE TOBEY JONES

Enjoy your age.