



November 2024 Holistic Wellness

THINKIE Tanks

2-3pm 11/4, 11/18

1-3pm 11/5, 11/12, 11/19

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.

Commit Dance Fitness

Friday, November 8, 15, 22

2pm

FTJ Wellness Center

- Commit Dance Fitness is a fun High Intensity Training (HIIT) inspired dance program. We teach to all ages and abilities, combining several genres of music. Commit choreography is taught in levels to introduce movement and modification to ensure each student's success.

Acrylic Pours-Making "Skins" with Fluid Acrylics
[\(Made possible by a generous donation to the Holistic Wellness program\)](#)

Tuesday, November 12

2pm

TJ Craft Room

- WHAT IS AN ACRYLIC SKIN? It's a separate piece of acrylic without any backing or support. We will pour acrylic paint to a non-stick surface. Once dry it can be peeled off. These skins will be used in Nov 19 class on journals. All materials will be provided.

Cultural Cuisine- Greek- Meze!

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

Wednesday, November 13

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!

Senior Corp Volunteer Program

Thursday, November 14

2pm

FTJ Wellness Center

- Connect to Point Defiance Park in new and meaningful ways by learning more about upcoming volunteer opportunities and how to help through the newly formed *Senior Corps Volunteer Program*. Senior Corps was designed for retired individuals ages 55+ to serve in the park and assist with park projects in order to meet the growing needs of our community and also to benefit from the experience, skills, and talents of older residents. The Senior Corps Volunteer Program will offer a range of volunteer activities including park watch programs, gardening events, special projects, and promoting good park stewardship. Everyone is welcome to learn more!

Holiday Helper with the Work of Byron Katie
[\(A Collaboration with Senior University\)](#)

Tuesday, November 19 & 26

10am Zoom

- This class is an introduction to The Work of Byron Katie. The Work is a way to question the stressful thoughts we hold about reality. The holiday season, for some, can be joyful and stressful at the same time. Join us as we bring understanding and awareness to our lives.

Meeting ID: 894 8286 5655 Passcode: 845170

Acrylic Pours- Journal using skins for Teacher Appreciation
[\(Made possible by a generous donation to the Holistic Wellness program\)](#)

Tuesday, November 19

2pm

TJ Craft Room

- In this class we will be using Acrylic Skins from the previous class to decorate journals with other decorations for embellishments. You will add a personal quote or words of wisdom or thanks to our wonderful teachers. All materials will be provided.

Support Group For People Whose Partners Have Dementia

Wednesday, November 20

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.

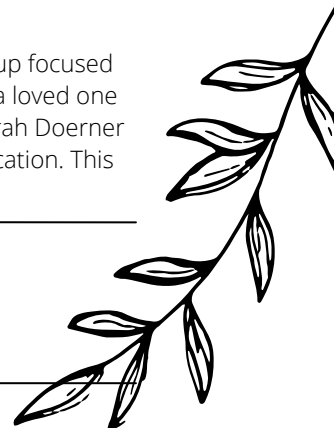
PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up:

Contact Sarah Doerner

253-756-3241

sdoerner@franketobeyjones.com



Holistic Wellness

November 2024

Ongoing Weekly Classes in the Wellness Center

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

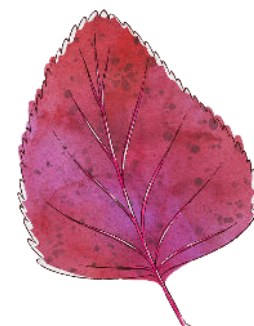
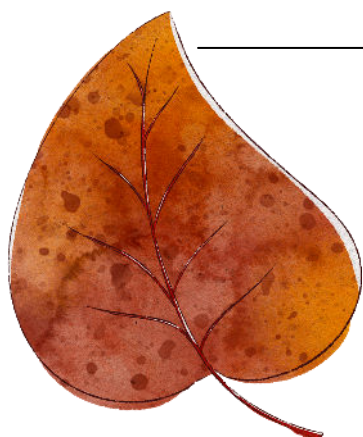
Slow steady paced postures & conscious movement with breath. Chair Modifications for access at all levels.

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