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# May 2025 Holistic Wellness

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## Balance Lab

**Friday, May 2**

**2:30pm**

**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!

## Meditations for Life's Challenges - a Commune Course

**Tuesday, May 6, 13, 20, & 27**

**2pm**

**Tobey Jones Parlor**

- Join Holistic Wellness and Senior University for this 5-week Commune Course that runs May 6-June 3. Using the art and science of meditation and visualization, you will work with life's common challenges, such as loneliness, lack of "success," forgiveness, and fear.

## Nature Walk

**Thursday, May 8, 22, & 29**

**10am**

**Meet in front of the 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.

## Restorative Yoga And Live Cello With Karen Laura Peters

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

**Friday, May 9**

**3pm**

**Wellness Center**

- Enjoy a calming and restorative yoga workshop with live cello & singing by Karen Laura Peters. This workshop will begin with gentle movements to ease into the practice. Then we will build about 7 restorative yoga poses and rest in them for 5 to 10 minutes each. The restorative poses will be accompanied by live cello and singing.



## "All My Sometimes" Personal History Writing Workshops

**Monday, May 12 & 19**

**10am**

**Bristol View 1<sup>st</sup> Floor Bowditch Room**

- If you can write a grocery list, you can write your story! Guided by Emily Happy, writer and consultant, who knows you have a story to share. Just bring paper, pen or pencil, and you.

## Neurographic Art - Tree of Life

**Wednesday, May 14**

**2pm**

**Wellness Center**

- Neurographic "Tree of Life" art combines Neurographic techniques with the symbolic representation of a tree that interconnects all things, representing the cycle of life, growth, connection between heaven and earth/ mind and body. It is suitable for any skill level.

*All materials will be provided.*

## The Gentlemen's Nook: A Men's Group for Connection, Conversation & Creativity

**Friday, May 16**

**2pm**

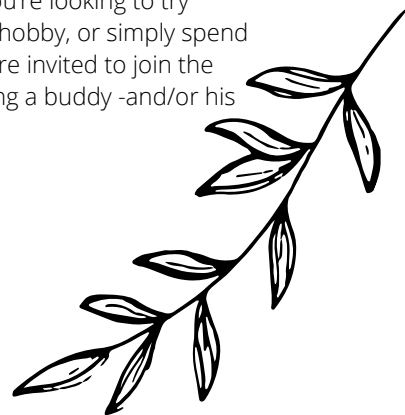
**Tobey Jones Parlor**

- Welcome to 'The Gentlemen's Nook', a monthly men's group designed to inspire connection, curiosity, and a sense of fun. This group is all about exploring new ideas and shared experiences- whether through conversation, creativity, movement, or play. Each month will offer a new mix of activities based on the interests of the group- think thoughtful discussions, creative projects, bike rides, walks, movie viewings, games, and more. Whether you're looking to try something new, revisit an old hobby, or simply spend time with good company, you're invited to join the journey. Spread the word, bring a buddy -and/or his ideas as well!



FRANKE TOBEY JONES

*Enjoy your age*



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# May 2025 Holistic Wellness

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## Cultural Cuisine: East Meets West

### Filipino Cultural Cuisine

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

**Wednesday, May 21**

**2pm**

**Wellness Center**

- Filipino cuisine is a culinary melting pot, influenced by Spanish, Chinese, Malay and indigenous people. Filipino food has become popular due to being more visible and the fastest-growing among the Asian-American and Pacific Islander population. Join us for a unique experience making your own fresh lumpia and dipping sauces. We'll eat it with the unofficial national dish of the Philippines: adobo made with organic chicken and pork and of course, rice! A small dessert surprise follows! "Kain na" (pronounced Ka'in na)- let's eat!

*Space is limited.*

## Support Group For People Whose Partners Have Dementia

**Wednesday, May 21**

**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.

## Eco Flower Art- Tatakazome

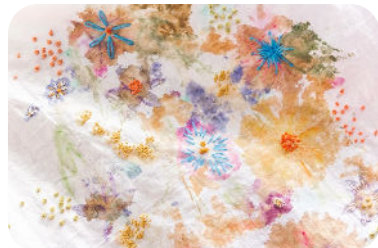
**Thursday, May 22**

**2pm**

**Tobey Jones Craft Room**

- Flower pounding, also known as Tatakazome, is a method of transferring natural dyes from flowers onto fabric or paper by hammering or pressing them. This eco-friendly technique creates unique prints by extracting the flower's pigment and transferring it onto the fabric.

*Space is limited.*



## Chiro One Presents: BE WELL Appreciation Day

**Friday, May 23**

**2:30pm**

**Wellness Center**

- Please join us for an afternoon of wellness and appreciation courtesy of Chiro One. Enjoy stress awareness screenings and tips on stretches to help reduce stress as well as visual posture checks.

*Please sign up for this event.*

## Acrylic Pour Reverse Dip

**Wednesday, May 28**

**2pm**

**Tobey Jones Craft Room**

- Acrylic pour reverse dip technique involves creating a pattern with paint on a surface, covering it using a paper towel or a canvas and then lifting to reveal a unique pattern.

*All materials will be provided.*

## Tea Tasting with Peyton

**Friday, May 30**

**2:30pm**

**Bistro**

- Join us for a refreshing afternoon of tea tasting as we explore a variety of flavors perfect for the season. We'll craft simple syrup lemonades using fresh herbs and fruits- an easy, delicious way to stay cool and creative as the weather warms up. Come sip, mix, and enjoy the taste of spring!



FRANKE TOBEY JONES

*Enjoy your age*