
April 2025 Holistic Wellness

April THINKIE Tanks

**By Appointment: Contact Sarah for availability
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.

Communication and Boundaries

Thursday, April 3

2pm

Bristol View 1st Floor Bowditch Room

- Clear communication and respectful boundaries are the foundations of healthy relationships. In this workshop, you'll learn practical skills for expressing your needs, listening actively, and setting boundaries that honor yourself and others. Perfect for enhancing confidence in personal and professional interactions.

Balance Boost

Thursday, April 3

3-5pm

Wellness Center

- Balance Boost is a series of activities taught by doctoral students at the University of Puget Sound's School of Physical Therapy. The activities are designed to improve strength and coordination of movements that enhance balance and promote function.
- Station #1: Specific exercises chosen to improve the strength, endurance, and coordination of muscles used in standing, walking, stepping, etc.
- Station #2: An obstacle course will be used to challenge awareness of the environment and coordination of movements needed to navigate the course.
- Station #3: Movement to and from the floor will be trained to promote maximum efficiency and safety.

Spring Tea Tasting with Peyton

Tuesday, April 8

2:30pm

Wellness Center

- Join our Barista for the Launch of Spring Tea Tasting! We are starting this spring with a light brewed chamomile honey tea. A perfect balance between sweet and fresh. This is perfect for sipping on the patio in a cool spring breeze or enjoying over ice all summer long. You'll want this recipe in your back pocket for all seasons to come. Learn about the benefits of honey and ways to sneak it into your daily life.

Neurographic Art- Gratitude

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

Wednesday, April 9

2pm

Wellness Center

- Discover the power of gratitude through Neurographic Art! In this creative and reflective session, we'll use simple yet powerful neurographic techniques to transform our thoughts of gratitude into beautiful, flowing artwork. No experience needed- just an open mind and a willingness to explore. All materials provided.

Restorative Yoga And Live Cello With Karen Laura Peters

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

Thursday, April 10

2pm

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.

Education and Training Supporting Independence with Activities of Daily Living

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

Friday, April 11

2:30pm

Wellness Center

- Myah Firch, a current doctoral capstone student from University of Puget Sound's occupational therapy program will be presenting on various supports and aids to maintain and/or increase independence with everyday activities. This includes but not limited to education and training on energy conservation strategies to manage fatigue, affordable aids to support ease with dressing and feeding, arthritis and joint pain management, and much more.



FRANKE TOBEY JONES

Enjoy your age

April 2025 Holistic Wellness

The Duo: Karen Laura Peters & Tara Chugh

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

Tuesday, April 15

2pm

Wellness Center

- Listening to the PNW based duo of Karen Laura Peters & Tara Chugh is a captivating experience of heart & soul. As a cello, piano duo they bring rich cello melodies, emotional piano artistry and lush harmonies to synthesize human experiences and emotions. Karen and Tara are musical storytellers and have a unique blend of folk, contemporary and soulful tones.

Gong Meditation Sound Bath

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

Wednesday, April 16

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.

Support Group For People Whose Partners Have Dementia

Wednesday, April 16

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.

Acrylic Pours- String Technique

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

Thursday, April 17

2pm

TJ Craft Room

- Acrylic pour string technique involves dipping a string into acrylic paint, creating a design on a canvas and then pulling the string to create a unique, layered effect. All materials will be provided.

Importance of Pets and Aging

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

Friday, April 18

2:30pm

Wellness Center

- Myah Firch, a current doctoral capstone student from University of Puget Sound's occupational therapy program will be presenting on her capstone project and share current literature regarding the importance of having a pet while aging, primarily dogs. She will be sharing various benefits identified in several literary journals and research, its overlap with occupational therapy, and discuss opportunities and share information on how to gain these benefits through adoption, foster programs, or animal assisted therapy programs.

Managing Diabetes

Tuesday, April 22

2pm

Wellness Center

- In this class you will learn what Diabetes is, how it affects you, risks of diabetes, and treatment plans to manage your diabetes and overall health to decrease rippling effects of diabetes.

Shadow Boxes with Pam Baker

Wednesday, April 23

2pm

Wellness Center

- This month's Art Expression is with Pam Baker: "I have been collecting seashells since I was a small child. I would like to share these shells by having you each make an 8x8 inch shadow box display of shells you choose. If you have seashells of your own to display, please bring those too if they are thin enough to fit in a 1.5 inch thick box." All materials will be provided. No previous experience necessary. Spots are limited, please RSVP if you are interested.



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