



February 2025 Holistic Wellness

THINKIE Tanks

2/4, 2/6, 2/13, 2/18, 2/20

12:30-2pm

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.

Zentangle Art

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

Tuesday, February 12

2pm

TJ Craft Room

- Enjoy 60 minutes of drawing using the zentangle method which is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. We will be using a pen, pencil, paper, and a blending tool. All materials will be provided.

LOVE and other 4 letter words

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

Thursday, February 13

2pm

Wellness Center

"Where there is love there is life." Mahatma Gandhi

- Discover the healing power of love. We'll learn why our heart is our source of intelligence and inner guidance that can empower us to navigate life, improve our overall well-being, and align with our true purpose.

Mini Winter Hat Class

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

Tuesday, February 18

2pm

Wellness Center

- Start saving your paper towel and toilet paper rolls now. You won't want to miss this chance to warm someone's heart with a mini winter hat. Learn how to upcycle your toilet paper or paper towel roll, and some yarn. It's the perfect craft for a long winter day. Enjoy good company, warm tea and a simple yet fun craft! No experience necessary. Materials will be provided but you are welcome to bring your own yarn & paper towel/ toilet paper rolls!

Support Group For People Whose Partners Have Dementia

Wednesday, February 19

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.

Restorative Yoga and Live Cello with Karen Laura Peters

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

Thursday, February 20

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.

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up:

Contact Sarah Doerner

253-756-3241

sdoerner@franketobeyjones.com



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Ongoing Weekly Classes in the Wellness Center

Balance Lab

Friday, February 21
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!

Assessment Week

2/24-2/28

8am-4pm

Wellness Center

- The Wellness Staff will be conducting assessments. These will be exactly the same as the assessments conducted for class placement. This is a chance for those taking our classes to be re-assessed to track fitness progress and for staff to gauge the effectiveness of the class programming. The re-assessments will be for those who participate in one of our Seniorcise Gold, Strength n' Flex or Strong n' Stable classes. It is also a great opportunity for those that have been thinking about taking a fitness class to get assessed to figure out which class is best. A sign up sheet with times will be posted later in the month. Assessments are not required for current members but highly encouraged. If you have any questions, please contact a Wellness Staff Member.

Can You Hear Me Now? Understanding Hearing Loss: Causes, Diagnosis, and Treatment

Thursday, February 27

2pm

Wellness Center

- Dr. Yi Shen, Professor in the Speech and Hearing Department at the University of Washington, will deliver an insightful presentation on hearing loss. The talk will explore key aspects of hearing loss, including its diagnosis, treatment options, and the latest advancements in related technologies. Attendees will also participate in breakout sessions featuring hearing screenings, a review of various over-the-counter hearing aids, and discussions on managing hearing difficulties. This interactive format aims to provide practical knowledge and hands-on experience with the tools and interventions shaping the future of hearing care. *A special thank you to the University of Washington Retirement Association for helping to organize this program.*

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 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.

1pm-1:45pm

Commit Dance Fitness

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.



FRANKE TOBEY JONES

Enjoy your age