
June 2025 Holistic Wellness

"All My Sometimes" Personal History Writing Workshops

Monday, June 2, 9, 16

10am

Tobey Jones Parlor

- 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.

Summer Tales

Thursday, June 5 &

Wednesday, June 18

2pm

FTJ Wellness Center

- Create a storybook this summer- without writing a word. Join us for Summer Tales with Narra, an easy and enjoyable storytelling program. Whether you want to capture memories from this summer, reflect on summers past, or share any story close to your heart, Narra makes it simple.

Microgreens Workshop

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

Friday, June 6

3pm

FTJ Wellness Center

- Join Katie Lodge, a holistic health expert passionate about healthy aging, for an inspiring session on the powerful health benefits of microgreens. Learn how to grow them at home and discover simple, delicious ways to add them to your meals. Each participant will plant their own 5x5 tray of microgreens to take home!

Understanding Memory: How It Shapes Who We Are

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

Tuesday, June 10

2pm

FTJ Wellness Center

- Explore the fascinating connection between memory and our identity, relationships, learning, communication, and emotions. We'll discuss what memory is, how it works, how it changes over time, and why it's essential to everyday life. Most importantly, discover practical ways to support and improve memory through food, movement, sleep, and simple daily habits. Sleep on it- and don't forget to join us!



Wellness That Works

Wednesday, June 11

2pm- 4pm

FTJ Wellness Center

- Discover how small, sustainable changes in nutrition and exercise can have a big impact on how you feel. Dr. Garza and Dr. Galvin will share approachable strategies to help you stay strong, active, and energized no matter your age!

Restorative Yoga And Live Cello With Karen Laura Peters

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

Thursday, June 12

2pm

FTJ 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.

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

Friday, June 13

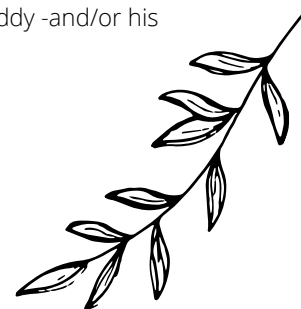
2pm

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



June 2025 Holistic Wellness

Nature Walk

Tuesday, June 17 & 24

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.

Support Group For People Whose Partners Have Dementia

Wednesday, June 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.

Ethical Wills: How To Pass Along Your Most Important Assets

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

Thursday, June 19

2pm

FTJ Wellness Center

- Wealth purposefully transferred from one generation to the next is not limited to your material assets. Some of your greatest wealth resides within you and is too valuable to be lost. An Ethical Will is an excellent and easy way to share this wealth. Join Sara Elward to explore what an Ethical Will is and is not and take some initial steps towards creating one. Transferring your values and beliefs to those you love is just as important as transferring your financial assets.

Acrylic Pour: Flip Cup

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

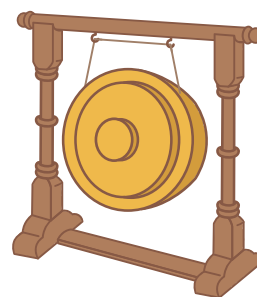
Tuesday, June 24

2pm

Tobey Jones Craft Room

- We will be creating Chameleon Cells using a simple Flip Cup acrylic pour technique and a toothpick dipped in silicone oil.

All materials will be provided.



Gong Meditation Sound Bath

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

Wednesday, June 25

1pm

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.

Farmers Market Trip

Thursday, June 26

10am-Noon

Meet in front of the Bistro

- Join us for a trip to the Broadway Farmers Market! Explore fresh, local produce, connect with your community, and enjoy the sights, smells, and flavors of the season. It's a great way to nourish your body and support local farmers. The Bus will leave the Bistro at 10am.



PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up:

Contact Sarah Doerner

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