

# July 2025 Holistic Wellness

## Nature Walk

**Tuesday, July 1, 8, 15, 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.

## Summer Tales

**Wednesday, July 2, 9, 16, 23**  
**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.

## Traditional Chinese Mahjong

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

**Monday, July 7, 14, 21, 28**  
**1pm**

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

- Learn the rich history and intricate rules of traditional Chinese Mahjong in this hands-on class, where you'll learn tile recognition, gameplay strategies, and cultural etiquette. Whether you're a beginner or brushing up your skills, you'll enjoy an engaging introduction to this classic game or skill and luck. \* All materials provided.



## Neurographic Art- Artist Trading Cards (ATCs)

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

**Tuesday, July 8**  
**2pm**

### **FTJ Wellness Center**

- Neuro Art ATCs is a way to explore and express the principles of Neurographic Art through the format of a collectible, miniature artwork.



## Farmers Market Trip

**Thursday, July 10**  
**9:45am**

### **Meet in front of the Bistro- Bus Leaves at 10am**

- 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. Please sign up, space is limited.

## Restorative Yoga And Live Cello With Karen Laura Peters

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

**Thursday, July 10**  
**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.



## Tour of Fort Nisqually

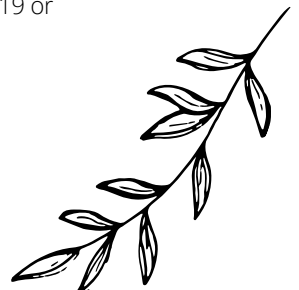
**Wednesday, July 16**  
**9:30am**

### **Meet outside the Bistro- Bus Leaves at 9:30am**

- Join us for a tour of Fort Nisqually! Cost is \$13 per person and pre-registration is required. To register please contact Jana Wennstrom at 253- 756-6219 or [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com)



FRANKE TOBEY JONES  
*Enjoy your age*



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## Support Group For People Whose Partners Have Dementia

**Wednesday, July 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.

## The Gentlemen's Nook: Darts with Dre!

**Thursday, July 17**

**2pm**

**FTJ Wellness Center**

- 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. This month is all about play! Join Andre as he introduces darts and invites everyone to reconnect with their inner child through laughter, friendly competition, and fun!



## Acrylic Pour Art- Swipe Technique

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

**Thursday, July 17**

**2pm**

**Tobey Jones Craft Room**

- The 'Swipe Technique' involves layering colors and then gently swiping over them with paper towel or playing cards to create patterns and cell effects. \* All materials will be provided.



## Mindfulness & Marimos

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

**Thursday, July 24**

**1pm**

**FTJ Wellness Center**

- Ready to relax and get creative? Join, Katie Lodge for a Marimo Moss Ball workshop to craft your own tranquil underwater world. Discover the calming magic and fascinating facts about these aquatic ecosystems. Space is limited, reserve your serene escape today! \*All materials will be provided.

## Balinese Cultural Cuisine

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

**Friday, July 31**

**2pm**

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

- Experience the rich flavors and vibrant traditions of Bali- where you'll savor authentic dishes, learn about local customs, and connect with others in a warm, social setting.
- We will start by making 'canang sari', a daily offering of gratitude to the gods, an integral part of Balinese life, food and ceremony. Then we'll have Nasi Campur, a dish that represents a variety of bold flavors and snacks.

Discover the heart of Balinese Culture through food, stories, and shared moments! Space is limited, please don't wait to sign up.



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**PLEASE REGISTER FOR ALL CLASSES**

**For questions or to sign up:**

**Contact Sarah Doerner**

**253-756-3241**

**[sdoerner@franketobeyjones.com](mailto:sdoerner@franketobeyjones.com)**

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