
August 2025 Holistic Wellness

Self Love & Self Compassion

(A Collaboration with Senior University)

Friday, August 1

10am

Bristol View 1st Floor Bowditch Room

- This workshop guides you through practices for building self-acceptance, exploring personal strength, and creating compassion-based routines.

Nice Scream, Nice Scream, We All Scream for Nice Cream!

Friday, August 1

2pm

Bristol View 1st Floor Bowditch Room

- Craving a cool treat without guilt? Join us for a fun, hands-on class where we whip up nice cream- a delicious and healthy alternative to ice cream made from frozen bananas! You'll learn the basics, get creative with mix-ins, and build your own customized sundae!

Perfect for anyone looking for a refreshing, feel- good dessert. Come blend, top, and enjoy your sweet creation with us! Space is limited, please sign up and let's scream for nice cream!

Virtual Reality Rendezvous

(A Collaboration with Senior University)

Tuesday, August 5, 12, 19, 26

2pm

Tobey Jones Parlor

- Join us for a Virtual Reality experience in which we will travel and enjoy experiences in a 3D, immersive environment using VR goggles. (To sign up, please contact Jana Wennstrom at (253) 756- 6219 (direct) or jwennstrom@franketobeyjones.com)

Summer Tales

Wednesday, August 6, 20, 27

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.

Optimize Your Metabolism- A Commune Course

(A Collaboration with Senior University)

Thursday, August 7, 14, 21

10am

Tobey Jones Parlor

- Join Senior University and Holistic Wellness for this 6-week course that runs July 17- August 21.

Customize Your Smoothie Bowl

Thursday, August 7

2pm

FTJ Wellness Center

- Join us for a fun and nourishing Smoothie Bowl Workshop where you'll learn simple nutrition tips and how to build a balanced, energizing bowl. You'll then get hands-on to create your own colorful smoothie masterpiece with toppings that suit your taste and wellness goals. Come hungry and ready to blend, socialize, and enjoy! Please sign up, space is limited!

Land Snorkeling

Tuesday, August 12

10am

Meet outside the Bistro

- Join us for a refreshing walk as we practice land snorkeling- the art of slowing down and noticing the beauty around us with curiosity and wonder. Just like snorkeling through a reef, but on land. This mindful walk invites you to explore your surroundings with fresh eyes, paying attention to colors, textures, patterns, and tiny details often overlooked. No flippers needed, just a sense of presence and adventure! You must be able to walk independently without staff assistance.

Through Our Eyes: A Summer in Focus

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

Wednesday, August 13

2pm

FTJ Wellness Center

- Join us for a unique community art project celebrating the stories, beauty, and perspective of older adults. Each participant will receive a disposable camera to capture their view of the tail end of summer- whether it's quiet morning walks, cherished family moments, neighborhood scenes, or the little joys of daily life. Over the month of August, you'll document what summer looks and feels like *through your eyes*.

This project is open to those who want to explore creativity, memory, and meaning through photography. The final collection will be displayed in a community showcase to highlight the vibrant and diverse experiences of aging.

Space is limited- sign up to reserve your spot and receive further instructions.



FRANKE TOBEY JONES
Enjoy your age



August 2025 Holistic Wellness

Acrylic Pours

(Made possible by a generous donation to Holistic Wellness)

Thursday, August 14

2pm

Tobey Jones Craft Room

- Acrylic pour on 4x4 wooden coasters using different techniques. **All materials will be provided.**

Communication and Boundaries

(A Collaboration with Senior Univeristy)

Friday, August 15

11am

Bristol View 1st Floor Bowditch Room

- In this workshop, you'll learn practical skills for expressing your needs, listening actively, and setting boundaries that honor yourself and others.

Flavors of the Caribbean: A Cultural Cuisine Experience

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

Friday, August 15

2pm

Bristol View 1st Floor Bowditch Room

- Embark on a vibrant culinary journey through the Caribbean! In this hands-on class, you'll explore the bold flavors, colorful ingredients, and rich traditions that define Caribbean cooking. From jerk spices and tropical fruits to hearty stews and island-inspired sides, learn how history, culture, and community shape each dish. Perfect for food lovers and curious cooks alike, this class offers a taste of the islands—and the stories behind them. Come hungry and leave inspired! **Space is limited, please sign up!**



The Gentlemen's Nook: Split Adventure!

Tuesday, August 19

2pm

Bristol View 1st Floor Bowditch Room

- 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 we give you the option to either play some card games or go on a walk with your fellow men.

Everyone will meet at Bistol View and we will go from there!

Support Group For People Whose Partners Have Dementia

Wednesday, August 20

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.

Neurographic Art

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

Thursday, August 21

2pm

Tobey Jones Craft Room

- Neuro Art ATCs is a way to explore and express the principles of neurographic art. Drawing will be on three 2x3 ½ cards finished off with water colors.

All materials will be provided.

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up:

Contact Sarah Doerner

253-756-3241

sdoerner@franketobeyjones.com
