
October 2025 Holistic Wellness

Holistic Wellness Week

Monday, October 6-10

All Day

FTJ Wellness Center

- We invite you to join us for our 2nd Annual Holistic Wellness Week as we celebrate Active Aging Week through a holistic lens. Holistic wellness is essential for aging adults, as it nurtures the mind, body, and spirit- empowering individuals to stay active, connected, and purposeful. By embracing all aspects of well-being, we can create a vibrant path of aging that supports resilience, joy, and quality of life at every stage.

Each day will highlight different events that offer a holistic taste of the many pillars of well-being. This is a wonderful opportunity to try something new, invite your friends, and share in meaningful experiences. We are so grateful to be on this journey of growth and learning alongside you!

See brochure in the Wellness Center for event details and classes*

The Care and Feeding of a Healthy Brain

(A collaboration with Senior University)

Tuesday, October 7, 14, 21, & 28

10am Zoom

- We use our brain all day, every day. It even works while we are sleeping. Since we don't see it (like we see our skin) it's easy to ignore the impact of our daily choices. What does it take to improve and maintain optimal brain health?

This four-part series will cover various, timely topics including (but not limited to):

The elements of an inflammatory diet

How are foods helpful and harmful

What sort of exercise does my brain need?

Neuropathways and how to make new ones

Habits, examining your own and learning to create new ones

Sugar: its nearly irresistible power and what it does to your brain.

Your brain and the rest of your body are communicating with each other all the time but what are the messages?

Lifestyle choices and how they can support or diminish your brain power.

Get better acquainted with the inner workings of your thoughts. Empowering yourself to make better choices.

Join Zoom Meeting

[https://us02web.zoom.us/j/82377264178?](https://us02web.zoom.us/j/82377264178?pwd=5obWnjzZavbYL95jow5mc0UsEtMQra.1)

[pwd=5obWnjzZavbYL95jow5mc0UsEtMQra.1](https://us02web.zoom.us/j/82377264178?pwd=5obWnjzZavbYL95jow5mc0UsEtMQra.1)

Meeting ID: 823 7726 4178

Passcode: 845170

Great Courses - Gut Health Explained

(A collaboration with Senior University)

Thursday, October 9, October 16, October 23, & October 30

11am

Bristol View 1st Floor Bowditch Room

- In 12 fascinating DVD lectures over 6 weeks (October 9 – November 13), Dr. Gabrielle Fundaro shares the latest scientific knowledge about the trillions of organisms that live in your gut.

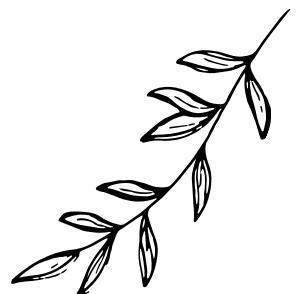
PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up:

Contact Sarah Doerner

253-756-3241

sdoerner@franketobeyjones.com



October 2025 Holistic Wellness

Acrylic Pours- Pumpkin and Canvas

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

Tuesday, October 14

2pm

TJ Craft Room

- This month in our acrylic pour class, we're adding a festive twist as we welcome the beauty of fall. Come create a one-of-a-kind autumn masterpiece! We will pour acrylic paint over a plastic 6 inch pumpkin and let the paint pour onto a canvas for a fun Halloween treat!

*All materials will be provided.

The Gentlemen's Nook- Darts

Wednesday, October 22

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.

Support Group For People Whose Partners Have Dementia

Wednesday, October 22

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.

Explore Uwajimaya

(A collaboration with Senior University)

Wednesday, October 29

10am- 2pm

Bus will depart the Bistro at 10am

- Join Senior University and the Holistic Wellness Program for this exploratory trip to Uwajimaya, one of the largest Asian grocery retailers in the Pacific Northwest. Lunch can be purchased at nearby restaurants or at the deli counter of Uwajimaya.

(To RSVP please contact Jana Wennstrom at (253) 756- 6219 (direct) or jwennstrom@franketobeyjones.com)

Resin & Varnish

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

Thursday, October 30

2pm

TJ Craft Room

- We will learn how to Resin or Varnish a painting you did in acrylic pour class or at home. Tile or wood will be a resin piece. Canvas will be a spray varnish piece.

*All materials will be provided.

Ongoing Weekly Classes in the Wellness Center

Mondays

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

8am-9am (Thursdays only)

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.

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.



FRANKE TOBEY JONES

Enjoy your age