
November 2025 Holistic Wellness

All My Somedays: Personal History Writing Class

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

Monday, November 3, 10, & 17

10 am

TJ Craft Room

- A unique chance to share and preserve memories. Stories make meaningful holiday gifts! If you can write a grocery list, you can write your story! Just bring paper, your favorite writing utensil, and you!

Gut Health Explained

(A Collaboration with Senior University)

Thursday, November 6, 13

11 am

Bristol View 1st Floor Bowditch Room

- In 12 fascinating 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.

Linda FM and Bandwidth

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

Monday, November 10

2 pm

Lillian Pratt Parlor

- Linda FM and Bandwidth are a group of experienced musicians who have performed for many senior communities, playing favorites from the 1940's to the 1990's. Join us for some truly wonderful music to brighten your day!

Kindness Connection Meditation

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

Tuesday, November 11

1 pm

FTJ Wellness Center

- Kindness Connection Meditation is a music-enhanced guided meditation designed for older adults, open to all beliefs and backgrounds. This gentle session combines mindful breathing with soothing rhythms to promote relaxation, inner calm, and a deeper sense of connection with oneself and others. It's a peaceful space to unwind, restore, and cultivate kindness from within.

It Takes Guts Living with IBD! Presented by the Crohn's & Colitis Foundation

Wednesday, November 12

1 pm

Bristol View 1st Floor Bowditch Room

- Curious about how national health organizations make a difference in people's lives? Join us for an engaging, interactive, and easy-to-digest (pun intended!) presentation with the Crohn's & Colitis Foundation, a leading nonprofit dedicated to improving the lives of people with Crohn's disease and ulcerative colitis, collectively referred to as inflammatory bowel disease (IBD).

Explore behind-the-scenes of how the Foundation supports patients, drives cutting-edge research, advocates for better care, and builds supportive communities across the country, including here in Washington.

The Gentlemen's Nook- Darts

Wednesday, November 12

2 pm

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.

Acrylic Pours - Balloon Kiss Technique

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

Thursday, November 13

1 pm

TJ Craft Room

- This month's Acrylic Pours involve using balloons to create unique circular designs and textures on a canvas. Typically, by pressing the balloon onto the surface and lifting it straight up, or by dabbing it into paint puddles to create "dip" or "kiss" patterns for flower-like patterns.

*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

November 2025 Holistic Wellness

Support Group For People Whose Partners Have Dementia

Wednesday, November 19

3 pm

- 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.

Live Music with Karen Laura Peters & Carrie Jennings

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

Thursday, November 20

1 pm

FTJ Wellness Center

- Half of the indie-soul band, Queen of Hearts, Karen and Carrie are musical storytellers and groove makers who invite people together to explore the depths of human experience through song. Join Karen and Carrie as they play cello, guitar, flugelhorn, and sing rich harmonies for an entrancing afternoon of music.

Pierce County Aging and Disability- Personal Preparedness

Friday, November 21

1 pm

Bristol View 1st Floor Bowditch Room

- A disaster can strike at a moment's notice! Are you ready? Pierce County Emergency Management and Pierce County Aging and Disability would like you to join them in learning about Personal Preparedness. During the presentation, we will emphasize the need to create a comprehensive plan that covers all aspects of preparedness. This includes developing a communication plan to stay connected with loved ones during a crisis, an evacuation plan to ensure swift and safe relocation, and a shelter-in-place strategy for situations that require staying indoors. Furthermore, we will share practical tips on gradually building an emergency kit over the course of a year, highlighting that it can be done at little or no cost. Our aim is to demonstrate that preparedness is achievable for everyone. Lastly, we will provide examples of what looking out for your neighbors and family looks like on an approachable and relevant scale.

Gratitude Gong Meditation

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

Wednesday, November 26

1 pm

FTJ Wellness Center

- Relax, renew, and fill your heart with gratitude this Thanksgiving season during a blissful 90-minute Gong Meditation. Join us in celebrating the many gifts and blessings that enrich our lives.

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