



December 2025 Holistic Wellness

Paint and Sip – Folk Ornaments

(A Collaboration with Senior University)

Wednesday, December 3

10 am - Noon

TJ Craft Room

- Artväna, the leading Paint & Sip Events provider for Western Washington, will provide a fun and accessible art instruction experience with step-by-step painting instructions to create your very own artwork. No artmaking experience is required to have a great time! Pre-registration is required and the cost for the event is \$40. Beverages will be provided.

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

The Mike Reznick Trio

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

Tuesday, December 9

1 pm

FTJ Wellness Center

- Join us for a fun-filled afternoon with the smooth sounds of saxophone, guitar, and bass! This dynamic Trio brings you a mix of feel-good tunes, blending jazzy melodies, soulful rhythms, and some popular and seasonal music that will have you smiling, tapping your feet, and enjoying every note!

Acrylic Pours- Little Wooden Christmas Trees

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

Wednesday, December 10

1 pm

TJ Craft Room

- In this month Acrylic Pours class, we will be pouring on tiny wooden Christmas Trees! Please RSVP, spots are limited.

*All materials will be provided.

Holiday Sound Bath

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

Tuesday, December 16

1 pm

FTJ Wellness Center

- Join us for an afternoon of deep relaxation and energetic renewal during our Crystal Bowls Sound Bath. Immerse yourself in the soothing vibrations of quartz crystal singing bowls as their harmonious tones help calm the mind, balance the body, and uplift the spirit. This 45 minute guided meditative experience offers a gentle reset—perfect for releasing stress and aligning with peace as the year comes to a close. Seated or lying down on mats with props. Class led by Sarah Doerner.

Explore Marvel Food & Deli

(A collaboration with Senior University.)

Wednesday, December 17

10 am - 12 pm

Bus Departs the Bistro at 10 am

- Join Senior University and the Holistic Wellness Program to explore Marvel Food and Deli in Tacoma. Marvel Food and Deli, located in Auburn and Tacoma, is a gourmet food store that specializes in European foods from countries such as Russia, Ukraine, Hungary, Germany, Italy, France, and more. They pride themselves in not only carrying an extensive variety of foods, but also knowing what every product is, how it should be prepared, and how it is to be served. To RSVP please contact Jana Wennstrom at (253) 756-6219 (direct) or jwennstrom@franketobeyjones.com

Support Group For People Whose Partners Have Dementia

Wednesday, December 17

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.

Restorative Yoga & Live Cello

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

Thursday, December 18

1 pm

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.

Maple Creek Drama Club Presents 'Alex in Wonderland'

Friday, December 19

1 pm

FTJ Wellness Center

- Join us for a delightful afternoon as the Maple Creek Drama Club brings the magic of Alex in Wonderland to life on stage! After the show, stay for a festive cookie exchange—bring a favorite treat to share or simply enjoy the delicious assortment. It's the perfect blend of creativity, community, and sweet fun!

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up:

Contact Sarah Doerner

253-756-3241

sdoerner@franketobeyjones.com