FRANKE TOBEY JONES
Enjoy your age

HOLISTIC WELLNESS PROGRAM

SDOERNER@FRANKETOBEYJONES.COM
(253) 756- 3241

REFLECTION

January reminds us that renewal begins with simple moments. A deep breath, a fresh intention, a small spark of hope. As we enter this new year together, may we release what no longer serves us and make gentle space for what wants to grow. Here's to a season of quiet strength, new energy, and shared possibility.

MONTHLY CHALLENGE

Three Moments of Light

Each evening, name three small things that brought you comfort, joy, or ease. This simple practice strengthens hope and reminds us that renewal grows through tiny moments.

WELLNESS WIN

"I made a point to join one community activity a week, even when I felt a little nervous. Now I've made new friends I genuinely look forward to seeing. Connection really does make life feel lighter."
- Community Member

A Reintroduction to Holistic Wellness

Holistic wellness looks at your well-being from every angle, recognizing that your physical comfort, emotional resilience, sense of purpose, and social connections all work together. At this stage of life, it's about honoring what matters most to you and choosing activities that help you feel balanced and alive. These Holistic Wellness offerings invite us to feel, embody, and integrate whole-person wellbeing into our daily lives.

Even small steps such as stretching in the morning, practicing gratitude, joining a community class, or spending time in nature can have a meaningful impact. Holistic wellness empowers you to shape your days with intention, ease, and a renewed belief in your ability to thrive.

Message from Sarah

I'm delighted to share this monthly guide to holistic wellness with you. Each offering, reflection, and challenge is designed to support your body, mind, and spirit—helping you feel vibrant, connected, and empowered. I'm honored to walk alongside you on this journey of growth, joy, and possibility.

LIVING INTO DEMENTIA: OPTIONS & ETHICAL QUESTIONS
WEDNESDAY, JANUARY 7 & 14
10AM (EMAIL TO REQUEST ZOOM LINK)

Join us for a 2- Part collaboration with Senior University. Part 1 will explore your options for living or not living into advanced dementia, and the values you bring to assessing these options. Part 2 will examine actually acting on these various options, including the likelihood they will accomplish your personal goals, the ethical justification of these respective options, and their effects on family and caregivers.

HOLISTIC WELLNESS SERIES: METABOLIC HEALTH
THURSDAY, JANUARY 8
11AM BRISTOL VIEW 1ST FLOOR BOWDITCH ROOM

Holistic Wellness & Senior University join forces to host a class led by a professional metabolic health coach. We will learn how metabolism changes with age and discover practical ways to boost energy, maintain a healthy weight, and support longevity. We will explore how nutrition, movement, sleep, and stress impact our metabolic health and how small daily choices can make a big difference.

MEMORY WELLNESS
THURSDAY, JANUARY 8
3PM BRISTOL VIEW 1ST FLOOR BOWDITCH ROOM

Come to this energetic presentation on how to improve and maintain your memory with Matt Santelli, Education and Outreach Specialist at Pierce County Aging Disability Resource Center. Matt will provide you with practical steps that you can take to keep your brain healthy as you age. If you have questions, Matt will provide the answers!

PRACTICAL MYSTICISM: A COMMUNE COURSE
TUESDAY, JANUARY 13, 20, 27 & FEBRUARY 3
2PM BRISTOL VIEW 1ST FLOOR BOWDITCH ROOM

In this co-hosted course with Holistic Wellness and Senior University, we explore pre-recorded presentations over 4 weeks. Practical Mysticism with Michael B. Beckwith is a spiritual journey into the truth of who you are- without the worry and stress often caused by these turbulent times. Over the course of lessons and meditations, you will reconnect to and awaken eight divine inner states, including love, harmony, joy, abundance, and bliss.

CULTURAL CUISINE- BAKLAVA
WEDNESDAY, JANUARY 14
1PM BRISTOL VIEW 1ST FLOOR BOWDITCH ROOM

In this intimate cultural cuisine class, Gisela Taranovski, an FTJ resident will demonstrate a treasured baklava recipe—a tradition filled with memory, heritage, and the unmistakable aroma of home. Participants will learn how to prepare the fragrant nut filling, and master the syrup that brings it all together. Gisela will share family stories and cultural insights that make this dessert so much more than a sweet treat. Expect a warm, hands-on experience and a taste of baklava made with history, love, and care.

FITNESS ASSESSMENTS
JANUARY 19- 23 (SIGNUP SHEET IN WELLNESS CENTER)
FTJ WELLNESS CENTER

From Monday, January 19th – Friday, January 23rd the Wellness Staff will be conducting assessments. This is a chance for those taking our classes to be re-assessed to track fitness progress and for staff to gauge the effectiveness of the class programming. The re-assessments will be for those who participate in one of our Seniorcise Gold, Strength n' Flex or Strong n' Stable classes.

SUPPORT GROUP FOR PEOPLE WITH LOVED ONES WITH DEMENTIA
WEDNESDAY, JANUARY 21
LOCATION GIVEN UPON SIGN UP

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.

PRIVATE SHOW AT PIERCE COLLEGE SCIENCE DOME
WEDNESDAY, JANUARY 28
BUS WILL DEPART THE BISTRO AT 12:15PM

Join us for a private show at Pierce College Science Dome. Presentation includes:
30-minute live planetarium presentation
+ 30-minute full dome video. Must sign up; space is limited.

Get Involved!

Curious about trying a class or opportunities to lead a class? We'd love to hear your ideas and help bring your creative passion, skills, and unique talents to life!

FOR QUESTIONS OR TO SIGN UP FOR A CLASS PLEASE CONTACT: SARAH DOERNER
(253) 756-3241 SDOERNER@FRANKETOBEYJONES.COM