



FRANKE TOBEY JONES
Enjoy your age

HOLISTIC WELLNESS PROGRAM

SARAH DOERNER

SDOERNER@FRANKETOBeyJONES.COM

(253) 756- 3241



REFLECTION

February invites us into a softer kind of becoming. It's a month of patience, connection, and quiet care—where growth happens beneath the surface, even when it isn't yet visible. As we move through these shorter days together, may we tend to what needs warmth, offer kindness to ourselves and others, and trust the steady unfolding of what we've begun. Here's to gentle momentum, meaningful connection, and the promise taking root.

MONTHLY CHALLENGE

Three Moments of Care

Each day, pause to notice three small ways you offered or received care—toward yourself, another person, or your surroundings. This gentle practice deepens awareness of connection and reminds us that growth is nurtured through everyday acts of kindness.

WELLNESS WIN

"By attending the classes and offerings I have improved my social skills by meeting and becoming friends with so many great people which gives me a feeling of being accepted into a friendly family."

-Community Member, age 83

Aging as Adaptation, Not Decline

We are often taught to see aging as a list of losses—less strength, less speed, less certainty. But there is another, truer story.

Aging is adaptation.

The body becomes wiser about its limits. The nervous system learns what truly matters. Energy is spent more intentionally. This is not weakness—it is refinement.

Wellness in later life isn't about returning to who you were. It's about supporting who you are becoming. Gentle movement, nourishing food, restorative rest, creative expression, and moments of joy all play a role in this process.

This month, instead of asking, What can't I do anymore? try asking, What am I learning to do differently—and more wisely?

That shift alone can change how aging feels in the body and the heart.



Message from Sarah

When so much feels out of our control, one thing remains within reach: how we care for ourselves and choose to move through this time. Lead with compassion and an open mind, and tend to your mind, body, and soul with intention.



CREATIVE EXPRESSION: PEACE POLES
WEDNESDAY, FEBRUARY 4
1 PM FTJ WELLNESS CENTER

Join us for a community art project created for times like these. Together, we'll design and create peace poles as a shared expression of hope, reflection, and unity—using creativity as a way to process, connect, and plant something meaningful in the midst of uncertainty. (Space is limited, please sign up.)

INTRODUCTION TO MEDITATION: MUNDANE, MEDIUM, AND MAGNIFICENT
THURSDAY, FEBRUARY 5
1 PM FTJ WELLNESS CENTER

Meditation is for everyone—especially when it's grounded in real life. This class is thoughtfully designed with seniors in mind, blending gentle meditation practice with time for conversation and connection. The instructor is a 71-year-old former monk of 21 years and a meditation teacher with over 50 years of experience, having taught in the U.S., Europe, and India across corporate, military, and community settings, and remains an active and trusted presence in the Tacoma community.

ACRYLIC POURS ART (MADE POSSIBLE BY A GENEROUS DONATION)
FRIDAY, FEBRUARY 6
1 PM TJ CRAFT ROOM

A puddle pour is a fluid painting technique that involves creating puddles of paint and tilting the canvas to create an effect. It's a simple technique that's suitable for both beginners and experienced painters.

CONNECTION CABARET
THURSDAY, FEBRUARY 12- PRE-SHOW
THURSDAY, FEBRUARY 19- PERFORMANCE
1 PM FTJ WELLNESS CENTER

Queen Time Entertainment proudly presents Connection Cabaret, a joyful, community-centered experience featuring Miss Community Tacoma Melody MVP! The show celebrates connection, kindness, and joy- brought to life through the art of drag and design to welcome an audience of all ages.

CULTURAL CUISINE- BAKLAVVA
FRIDAY, FEBRUARY 13
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.

DRUMMING WITH TACOMA YOUTH SYMPHONY
WEDNESDAY, FEBRUARY 18
10 AM MEMORY CARE

Drumming engages the mind through rhythm and music—no experience needed. All instruments are provided as participants take part in a real drum circle, explore a variety of drums, and build connection and community through shared rhythm.

SUPPORT GROUP FOR PEOPLE WITH LOVED ONES WITH DEMENTIA
WEDNESDAY, FEBRUARY 18
3PM 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.

GENTLEMEN'S NOOK- BRUNCH AT HOB NOB
FRIDAY, FEBRUARY 20
BUS LEAVES BISTRO AT 10 AM

The FTJ bus will be taking the Gentlemen's Nook group on a delicious outing to Hob Nob. FTJ will not cover the cost of your meal. For any questions or to sign up, please contact Sarah Doerner.

RESTORATIVE YOGA & LIVE CELLO
FRIDAY, FEBRUARY 20
1 PM FTJ WELLNESS CENTER

Enjoy a calming and restorative yoga class with live cello & singing by Karen Laura Peters. This class will begin with gentle movements to ease into the practice. Then we will build several restorative yoga poses and rest in each for 5-10 minutes. The restorative poses will be accompanied by live cello and singing.

LIFE BY DESIGN PLAY SHOP- WHO DO YOU WANT TO BE WHEN YOU GROW UP?
WEDNESDAY, FEBRUARY 25
1 PM FTJ WELLNESS CENTER

An introduction to how design can help us create a better life. In this play shop, we'll learn and engage with new tools to help us create a life that truly aligns with you today. No design experience needed, just an open mind and heart to imagine your favorite hero or heroine!

ETHICAL WILLS: HOW TO PASS ALONG YOUR MOST IMPORTANT ASSETS
THURSDAY, FEBRUARY 26
1 PM FTJ WELLNESS CENTER

Wealth purposefully transferred from one generation to the next is not limited to your material assets. Some of your greatest wealth resides within you and is too valuable to be lost. An Ethical Will is an excellent and easy way to share this wealth. Join Sara Elward to explore what an Ethical Will is and is not and take some initial steps towards creating one. Transferring your values and beliefs to those you love is just as important as transferring your financial assets.