



FRANKE TOBEY JONES
Enjoy your age

HOLISTIC WELLNESS PROGRAM

SARAH DOERNER

SDOERNER@FRANKETOBeyJONES.COM

(253) 756- 3241



REFLECTION

April reminds us that bloom is not a single moment – it is the accumulation of all the small acts of showing up. A softening in the chest. A door left ajar. A quiet yes to something that once felt too tender to reach for. As the warmth finds its footing, may we let ourselves be found too – not polished, not finished, but fully present. Not waiting until we're ready, but trusting that we already are. Here's to tender arrivals, to roots deepening unseen, and to the version of you that finally lets spring in.

MONTHLY CHALLENGE

● The Slow Win

Each day, name one thing that is better than it was a month ago. Just one. Let that be enough.

WELLNESS WIN

"The classes at the Wellness Center give me so much...above and beyond! They make the offerings so fun. We are all here doing this together, and we become family. I am so much stronger and feel confident in my daily routine. Thank you for inspiring us!"- Community Member



What You're Growing in the Quiet

We live in a world that mistakes speed for progress. But the most important things, trust, healing, and wisdom, have never once arrived in a hurry. April knows this. It does not force the blossom. It simply creates the right conditions – warmth, water, time – and trusts that what is meant to grow, will. Patience is not passivity. It is an active, steady faith that the effort you are putting in, even quietly, even slowly, is already doing something. You may not see it yet. That does not mean it is not happening.

Wellness this month is about creating conditions, not forcing outcomes.

- Resting without calling it laziness.
- Nourishing your body as an act of long-term care.
- Moving in ways that build, rather than deplete.
- Returning to a habit you abandoned – without shame.
- Trusting the process even when the results aren't visible yet.

Message from Sarah

Trust the process, trust yourself, and know that good things, including you, are always worth the time.



LIVE MUSIC WITH KAREN LAURA PETERES & CARRIE JENNINGS
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
FRIDAY, APRIL 3
1 PM FTJ WELLNESS CENTER

Half of the indie-soul band, Queen of Harts, 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.

SHINRIN- YOKU "FOREST BATHING"
TUESDAY, APRIL 7, 14, 21, 28
10 AM MEET OUTSIDE THE BISTRO

Join us for a forest bathing experience rooted in the Japanese practice of Shinrin-yoku, the art of mindfully immersing yourself in nature to restore the mind and body. Through intentional movement and exploring our senses, we will bathe in the wonders of nature. No experience needed. You must be able to walk without staff assistance.

ART EXPRESSIONS- TRADITIONAL HAWAIIAN FLOWER CROWNS
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
THURSDAY, APRIL 9
1 PM TJ CRAFT ROOM

Learn simple and beautiful Hawaiian Techniques for making flower crowns using raffia and fresh or dried flowers and leaves. The finished piece can be worn as a crown or used as a wreath or swag.

ACRYLIC POUR- MYSTERY
WEDNESDAY, APRIL 15
1 PM TJ CRAFT ROOM

This month, we're keeping things under wraps! Join us for a mystery acrylic pour where the project is a surprise until class begins. All materials are provided, so all you need to bring is yourself – no painting experience necessary. Come ready to have fun and leave with a one-of-a-kind masterpiece!

YOUTH MARINE FOUNDATION PRESENTATION
THURSDAY, APRIL 16
1 PM FTJ WELLNESS CENTER

In this presentation, we will learn more about the mission and vision of the Youth Marine Foundation and an exciting opportunity to board the ship for a special Holistic outing in August! Dan Moulton, the Business Development Manager for the Youth Marine Foundation, will be sharing more on this wonderful experience and how your participation can help the Youth Marine Foundation with the Sea Scouts programs.

RESTORATIVE YOGA & SOUND BATH WITH SHARI & JILL
FRIDAY, APRIL 17
1 PM FTJ WELLNESS CENTER

Join Shari and Jill for a practice of gentle restorative movement followed by the soothing sound vibrations from crystal bowls and a gong. This special practice is designed to calm the nervous system, release deep tension, quiet the mind, and promote profound rest. The first half of the practice will be gentle restorative movement accessible to everyone, both those accustomed to practicing in a chair and those comfortable on the floor, followed by relaxation (or gentle movement of your own) and a sound bath.

EXERCISE SAFELY WITH OSTEOPOROSIS WITH MARY HOAGLAND-SCHER
WEDNESDAY, APRIL 22
1 PM FTJ WELLNESS CENTER

For years, those newly diagnosed with weak bones were told to avoid lifting anything heavy and watch that they don't fall. It turns out that exercising, including lifting heavy. Weight is the key to avoiding fractures and possibly improving your bone health. But one needs to know how to do it safely. Let's review the dos and don'ts of exercising with low bone density in order to live fully despite it.

COFFEE SIPS & MEDICARE TIPS
THURSDAY, APRIL 23
10 AM TOBEY JONES PARLOR

Join us for a relaxed, no-pressure gathering where you can enjoy coffee, light snacks, and helpful conversation about Medicare. Hosted by Kristen with Voss Insurance Group, these sessions are designed to make Medicare easy to understand—covering topics like plan options, costs, enrollment timelines, and common questions.

TRANSFORMATION MAKEUP TUTORIAL
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
THURSDAY, APRIL 23
1 PM FTJ WELLNESS CENTER

Queen Time Entertainment presents a one-hour tutorial, giving you a behind-the-scenes look at how professional performers create dramatic, stage-ready looks. During this event, a drag performer demonstrates the step-by-step process of building a full makeup transformation.

LIFE BY DESIGN PLAYSHOP PART 1 OF 4
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
WEDNESDAY, APRIL 29
1 PM FTJ WELLNESS CENTER

Life by Design in February introduced us to the 5-phase framework that can help us create a more fulfilling life aligned with who we really are. Before we can design that life, we will first dive deeper into the first phase called EMPATHY to better understand ourselves in several engaging, interactive activities.

UNCOVERING OUR BODY WISDOM
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
THURSDAY, APRIL 30
1 PM FTJ WELLNESS CENTER

An InterPlay Workshop with Rev. Kawika Costa. Join us for a joyful and gentle workshop designed especially for seniors. Through simple movement, storytelling, and connection, we'll rediscover the wisdom our bodies carry from a lifetime of living. No experience needed. All movements can be done seated or standing.

FOR QUESTIONS OR TO SIGN UP FOR A CLASS PLEASE CONTACT: SARAH DOERNER

(253) 756-3241 SDOERNER@FRANKETOBeyJONES.COM