



FRANKE TOBEY JONES

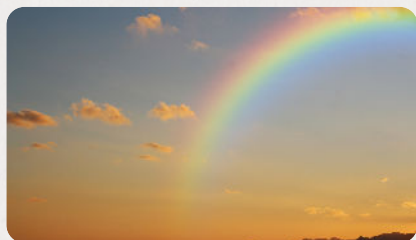
*Enjoy your age*

# HOLISTIC WELLNESS PROGRAM

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## REFLECTION

June reminds us that the days are longest now, and so are we. A willingness to be seen. A laugh that lingers in the right way. A choice to stay, to linger, to not rush toward the next thing. As the light holds on, may we hold on to what matters, to who matters, to the quiet fullness of this moment before we name it. Here's to open doors, unhurried evenings, and the beautiful weight of a life that is actually being lived.

## MONTHLY CHALLENGE

### ● Ask a Question

Each day, sit with one honest question. Not to answer it, but to hold it. What do I actually want? What am I afraid of? What would I do if no one was watching? Write the question down. Let it live with you for the day. You don't owe yourself an answer. You only owe yourself the honesty of asking.

## WELLNESS WIN

*The Wellness Program is the single most important thing in my life right now.*

- Resident



## Your presence, is the practice.

The world is longest in June. The light lingers past dinner, past dusk, past the hour when most of us have stopped paying attention. And still it holds on as if it knows something we've forgotten. That there is value in staying. In not rushing toward the next thing.

June is an invitation to be fully present in the life you are already living.

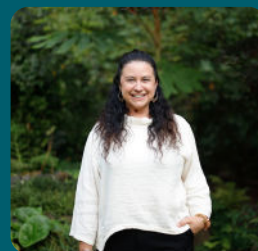
For our wellness community, this month is a reminder that connection is its own form of medicine. Research continues to tell us what our members have known all along: that laughter shared across a table, a walk taken with a friend, a conversation that goes somewhere unexpected — these are not small things. They are the architecture of a life well-lived.

This month, we invite you to linger a little longer. Stay for the whole conversation. Take the slower route. Let yourself be unhurried.

## Message from Sarah

Take the deepest inhale you can — filling belly, ribcage, then chest — top it off with one small sip of air, then release everything slowly and completely, giving that single breath your total attention.

It's a beautiful day to be alive.



**SHINRIN- YOKU “FOREST BATHING”****TUESDAY, JUNE 2, 9, 16, 23, & 30****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.

**INTERMITTENT FASTING: A COMMUNE COURSE****TUESDAY, JUNE 2, JUNE 9****2 PM BRISTOL VIEW 1<sup>ST</sup> FLOOR BOWDITCH ROOM**

In this co-hosted course with Senior University and Holistic Wellness, watch pre-recorded presentations over 4 weeks (running May 19 – June 9). Intermittent fasting is so much more than a weight-loss tool – it is a scientifically validated method to reduce inflammation, improve metabolism, and increase energy. When practiced mindfully, intermittent fasting also cultivates intuitive eating and “food peace.” Over the course of these presentations, Dr. Will Cole guides you through a simple, flexible approach, including what foods support your fast, how to best break your fast, and how to navigate common challenges. Also, learn how to personalize your fast to your unique biochemistry and use fasting as a spiritual practice.

**ACRYLIC POURS- CLOUD TECHNIQUE****(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)****WEDNESDAY, JUNE 10****1 PM TJ CRAFT ROOM**

The cloud technique is a specialized fluid art method that creates soft, hazy, and “pillowy” lacing, resembling clouds or nebulae, rather than distinct, bubbly cells. It’s a simple technique that’s suitable for both beginners and experienced painters. All materials will be provided.

**TECH HELP WITH TACOMA PUBLIC LIBRARY****THURSDAY, JUNE 11****2 PM FTJ WELLNESS CENTER**

Learn to use your iPhone or Android phone at your own pace. Tacoma Public Library staff will guide you through everyday tasks like opening apps, sending emails, searching the web, and using basic computer programs.

**MIKE REZNICK CONCERT****(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)****FRIDAY, JUNE 12****1 PM FTJ WELLNESS CENTER**

Join us for a fun-filled afternoon with the smooth sounds of Saxophone, Bass, Piano and Drums! This dynamic group 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!

**LET’S SPROUT!: A COMMUNE COURSE****TUESDAY, JUNE 16, 23, 30 & JULY 7****2 PM BRISTOL VIEW 1<sup>ST</sup> FLOOR BOWDITCH ROOM**

In this co-hosted course with Holistic Wellness and Senior University, watch pre-recorded presentations over 4 weeks (running June 16- July 7). Learn about all things sprouts in this course with Doug Evans, including why they’re so good for you and how to grow them in your own kitchen easily and affordably, and safely. Sprouts are one of the easiest foods you can learn to grow, with no backyard, green thumb, or garage full of tools required. And you really can’t eat anything fresher and more vibrantly alive and healing than what you harvest right from your countertop.

**BUILD YOUR OWN WELLNESS SMOOTHIE WITH THE HEALTH CONNECTION****THURSDAY, JUNE 18****1 PM FTJ WELLNESS CENTER**

Join us for a fun outdoor Wellness Smoothie Bar hosted by The Health Connection! You will have the chance to build your own smoothie by choosing from different Standard Process wellness blends SP vanilla, chocolate, and Power Mix. We’ll be mixing up refreshing smoothie flavors, enjoying the summer weather, and sharing simple ways to support overall wellness! through whole food nutrition. It’s meant to be a relaxed, social, picnic-style workshop where everyone can sip, mingle, and have some fun while learning a little more about healthy living!

**SYMPHONY WITHOUT WALLS****(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)****FRIDAY, JUNE 19****1 PM FTJ WELLNESS CENTER**

Enjoy an intimate afternoon of live chamber music featuring four Symphony Tacoma musicians, bringing the beauty and warmth of a strong quartet performance directly to you. Whether you’re a lifelong classical music lover or simply looking for a wonderful way to spend an afternoon, this is your personal invitation to sit back, relax, and let the music come to you. We can’t wait to see you there.

**LIFE BY DESIGN PLAYSHOP PART 3 OF 4****(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)****WEDNESDAY, JUNE 24****1 PM FTJ WELLNESS CENTER**

IDEATE is the phase where quantity over quality rules the day when it comes to generating possibilities! We’ll then discover our ‘IKIGAI’, our reason for being which will help us understand our deeper meaning and purpose before we narrow down the best ideas.

**RESTORATIVE YOGA & LIVE CELLO****THURSDAY, JUNE 25****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. The restorative poses will be accompanied by live cello and singing.

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

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