



FRANKE TOBEY JONES

Enjoy your age

HOLISTIC WELLNESS PROGRAM

SARAH DOERNER

SDOERNER@FRANKETOBEYJONES.COM

(253) 756- 3241



REFLECTION

July reminds us that rest is not the absence of motion — it is the choice to be still on purpose. A hammock swaying. A conversation that needed no conclusion. A day without agenda, without apology. As the heat settles in and asks nothing of us, may we ask nothing of ourselves we do not truly need to carry. Here's to deliberate pause, to pleasure without performance, and to the radical act of simply being enough.

MONTHLY CHALLENGE

For the entire month of July, your core challenge is to set one boundary you've been avoiding for a long time.

Write the boundary down and sit with the discomfort of holding it. You don't owe anyone an apology for your needs; you only owe yourself the honesty of protecting your peace.

WELLNESS WIN

I think I am going to live!

—Resident, 97



ADVENTURE ON THE SOUND: Youth Marine Foundation Cruise

Join us for an exciting morning on the water! We are heading out for a scenic cruise around Commencement Bay. This is a wonderful opportunity to enjoy the breathtaking views of our local coastline, connect with neighbors, and support a fantastic cause through our Holistic Wellness programming, in partnership with the Youth Marine Foundation.

Details:

- Date: August 5th
- Time: 10:00 AM – 12:00 PM (Departing from Point Defiance)
- Cost: \$45 per person
- Snacks and beverages will be provided onboard.

Getting There: We want to make getting to the docks as easy as possible! You are welcome to walk or carpool down to Point Defiance on your own. Alternatively, we are providing a shuttle bus that will depart the Bistro promptly at 9:15 AM.

Registration & Payment: Space is limited, so please sign up early to reserve your spot. Please note that payment is required at the time of sign-up. We are accepting cash or check. We look forward to sharing this beautiful morning on the water with you!

**Entrance to the boat is not ADA accessible. You must be able to climb stairs to access the boat.*

Please RSVP with Sarah Doerner: sdoerner@franketobeyjones.com by July 31.

Message from Sarah

Your life is not a countdown, but a collection of experiences that continue to shape who you are today. You are the architect of your own joy, and your story: with all its wisdom and depth—is far from finished.



SHINRIN- YOKU "FOREST BATHING"
TUESDAY, JULY 7, 14 & THURSDAY, JULY 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.

LET'S MAKE SUNCATCHERS
WEDNESDAY, JULY 8
1 PM FTJ WELLNESS CENTER

Design and assemble your own custom crystal suncatcher in this hands-on workshop, learning the art of color and light to create a piece that brings rainbows and positive energy into your home. Join us for an afternoon of mindful crafting and leave with a sparkling, handmade treasure to brighten your space.

RESTORATIVE YOGA & LIVE CELLO
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
THURSDAY, JULY 9
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.

DOUBLE BASS SHOW & TELL PERFORMANCE
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
FRIDAY, JULY 10
1 PM FTJ WELLNESS CENTER

Join local double bass performer and educator, Tommy Hawthorne, for this exciting recital event where you will hear amazing music you may not have known that the bass was capable of. Come with your curiosity at the ready, as Mr. Hawthorne will also open up a conversation to answer any and all questions about the double bass, the music performed, and anything that may come to mind during the performance. Works by Johann Sebastian Bach, Mieczyslaw Weinberg, and David Anderson will be a part of this very special event!

SOUND JOURNEY WITH MATTHEW PETERS: AN IMMERSIVE LISTENING EXPERIENCE
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
MONDAY, JULY 13
1 PM FTJ WELLNESS CENTER

Participants are invited into a calming sound immersion designed to encourage deep listening, relaxation, and presence. Using Himalayan singing bowls, gongs, and gentle chimes, the experience offers an opportunity to slow down, rest the mind, and connect more fully with the subtle textures of sound and vibration. Guests are welcome to simply listen, relax, and receive.

ACRYLIC POUR- PEARL
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
WEDNESDAY, JULY 15
1 PM TJ CRAFT ROOM

The acrylic pour pearl technique is a fluid art method that creates lacy, spherical cells without silicone. It relies on a specific, thin mixture layered with other colors to produce a reactive and delicate effect. No experience needed.

UNITED WAY PIERCE COUNTY-PRESENTATION & BAGGING
THURSDAY, JULY 16
2 PM FTJ WELLNESS CENTER

Join us for a meaningful session with United Way of Pierce County to learn about their vital work in our community. Immediately following the presentation, we'll come together for a hands-on service project to pack 50 emergency kits for those in need—let's turn our inspiration into action!

LAVAENDAR FESTIVAL
FRIDAY, JULY 17
MEET AT BISTRO, BUS DEPARTS AT 8:30 AM AND RETURNS AROUND 4:30 PM

We are going to the Sequim Lavender Festival! Join us as we visit various lavender fields, take a tour of the distillery process of making lavender oils, stop by a cidery, and enjoy lunch and a street festival in downtown Sequim. Please sign up at the LP Front Desk: 253-752-6621.

A PATH FOR HEALING PEOPLE & PLANET: A COMMUNE COURSE
TUESDAY, JULY 21, 28
2PM TJ PARLOR

In this co-hosted course with Senior University and Holistic Wellness, watch pre-recorded presentations over 6 weeks (running July 21 – August 25). For millions of years, humans were nourished by and lived in deep symbiosis with a beautifully biodiverse ecosystem. But we have lost our way. We have systematically sterilized our environment and isolated ourselves from nature. Now we are on the brink of a total collapse in our global food system. We are engineering the sixth grade extinction on this planet – but it doesn't have to be that way. This program gathers together thought leaders and changemakers centered on regenerative agriculture, because healthy soil, communities, economies, and people all form one essential ecosystem.

EXPLORE VASHON ISLAND
WEDNESDAY, JULY 22
MEET AT BISTRO AT 10AM

Join Senior University and Holistic Wellness for an exploratory trip to Vashon Island. Plan to bring lunch or buy one while there.

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

PUGET SOUND BOOK ARTISTS ANNUAL EXHIBIT
FRIDAY, JULY 24
MEET AT BISTRO, BUS DEPARTS AT 10AM
RETURNS AROUND NOON

Join co-curator Lucia Harrison for a guided tour of the Puget Sound Book Artists' 15th Anniversary 2026 exhibit that includes 67 artist books that celebrate the theme "fifteen". To RSVP please contact Jana Wennstrom at (253) 756-6219 or jwennstrom@franketobeyjones.com

ACRYLIC POURS- OPEN STUDIO
THURSDAY, JULY 30
1 PM TJ CRAFT ROOM

An acrylic pour open studio is a flexible, creative session where artists use fluid painting techniques in a shared space to create abstract art using provided materials.