



FRANKE TOBEY JONES

Enjoy your age

HOLISTIC WELLNESS PROGRAM

SARAH DOERNER

SDOERNER@FRANKETOBeyJONES.COM

(253) 756- 3241



REFLECTION

August reminds us that abundance has a quiet sound. The low hum of something full, something ripened, something that has been tended long enough to finally offer itself. As the season tilts toward its ending, may we notice what we have grown, in our days, in ourselves — without waiting for someone else to name it first. Here's to harvesting what we planted in hope, to receiving what we have earned, and to the grace of recognizing a good thing while it is still in our hands.

MONTHLY CHALLENGE

Share Your Story

Everyone has a story, and this month, we're celebrating the threads that connect us all. We invite you to share a meaningful piece of your story with someone new and encourage them to share a piece of theirs in return. Let's create a space where every voice is heard and every experience is honored.

WELLNESS WIN

It was because of this program that I was able to go on my trip to Europe!
-Community Member



Aging Is Growth

Aging is often framed as a process of decline, a slow subtraction of abilities and time. But when we shift our perspective, we see that aging is actually the ultimate form of growth. A process of accumulation, refinement, and deepening. If life is a garden, youth is the planting of seeds, but the later years are the harvest, where the roots run deepest and the harvest is most seasoned.

True growth in later life isn't measured by productivity or physical milestones, but by the expansion of perspective. It is the wisdom gained from weathering storms, the clarity that comes from letting go of what no longer matters, and the quiet power of knowing exactly who you are. As we age, we gain the unique ability to integrate a lifetime of experiences into a cohesive, meaningful story.

To embrace aging as growth is to stop fighting the clock and start honoring the person we have become. It is the shift from "what can I achieve" to "how can I contribute," and the beautiful realization that while our bodies may change, our capacity to learn, connect, and evolve remains as vibrant as ever. Aging is not the end of the journey; it is the stage where the journey finally makes sense.

Message from Sarah

Our Holistic Wellness program has become a cornerstone of community life, made possible by your generous support. If you would like to help us sustain this unique local program, please reach out to any member of our Wellness Staff.

Thank you for making this possible.



SHINRIN- YOKU "FOREST BATHING"**TUESDAY, AUGUST 4, 11, 18 & 25****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.

A PATH FOR HEALING PEOPLE & PLANET: A COMMUNE COURSE**TUESDAY, AUGUST 4, 11, 18, 25****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.

ADVENTURE ON THE SOUND: YOUTH MARINE FOUNDATION CRUISE**WEDNESDAY, AUGUST 5****MEET AT BISTRO. BUS DEPARTS BISTRO AT 9:15 AM.**

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.

**** For more information or to RSVP please contact Sarah at sdoerner@franketobeyjones.com**

CHINESE MAH JONG**FRIDAY, AUGUST 7, 14, 21****10 AM- NOON BRISTOL VIEW 1ST FLOOR BOWDITCH ROOM**

Learn the rich history and intricate rules of traditional Chinese Mahjong in this hands-on class, where you'll learn tile recognition, gameplay strategies, and cultural etiquette. Please sign up, space is limited.

UKELELE SINGALONG IN MEMORY CARE**(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)****THURSDAY, AUGUST 13****10 AM MEMORY CARE**

Join us for a nostalgic ukulele singalong! We'll be strumming through the golden oldies, and connecting through the power of music.

CULTURAL CUISINE- ANDALUSIA SPAIN**(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)****FRIDAY, AUGUST 14****1 PM BRISTOL VIEW 1ST FLOOR BOWDITCH ROOM**

Do you know a popular dish that will cool you down and is associated with healthier aging, better cardiovascular health and improve brain health?

We'll use summer's harvest of peppers, tomatoes, and cucumbers. Join Mag Secretario as he teaches us how to make Spain's iconic Gazpacho Andaluz, a refreshing, healthy soup for the summer with a few tapas

ACRYLIC POUR**(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)****WEDNESDAY, AUGUST 19****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.

SUPPORT GROUP FOR PEOPLE WITH LOVED ONES WITH DEMENTIA**WEDNESDAY, AUGUST 19****3 PM (PLEASE RSVP FOR EXACT LOCATION)**

In this month's support group we will be hearing from Kathy Teyler Jarrett, Author of *You Are Not Alone: Dealing with Lewy Body Dementia*. She will be sharing some of her insights and resources for caregivers and family for the second most common dementia, Lewy Body Dementia.

RESTORATIVE YOGA & LIVE CELLO**(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)****WEDNESDAY, AUGUST 26****12:30 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.

PACIFIC BONSAI MUSEUM**FRIDAY, AUGUST 28****10AM MEET AT BISTRO. BUS DEPARTS BISTRO AT 10 AM.**

Join Senior University and Holistic for a peaceful and inspiring visit to the Pacific Bonsai Museum, where art and nature come together in beautifully curated bonsai displays from around the world. Enjoy a relaxing stroll through the outdoor exhibits and learn about the history and artistry behind these living sculptures. To RSVP please contact Jana Wennstrom at (253) 756-6219 or jwennstrom@franketobeyjones.com

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

(253) 756-3241 SDOERNER@FRANKETOBeyJONES.COM