



FRANKE TOBEY JONES
Enjoy your age

HOLISTIC WELLNESS PROGRAM

SARAH DOERNER

SDOERNER@FRANKETOBeyJONES.COM

(253) 756- 3241



REFLECTION

September reminds us that release can be a form of love. A leaf that knows how to fall without failing. A chapter finished not because it was wrong, but because it was complete. As the air cools, may we release with gratitude what the summer carried and step forward lighter, clearer, more honestly ourselves. Here's to beautiful endings, to necessary transitions, and to the courage it takes to begin the next thing before we are certain it will hold.



Every September, something shifts.

The light changes its angle. The air carries a new intention. And quietly, we find ourselves in a reflective mood. Ready to look honestly at where we've been, and thoughtfully at where we're headed.

This is one of September's great gifts: the invitation to transition with awareness.

For many of us, transitions can feel unsettling, particularly when they involve changes in our health, our routines, or our sense of what we're capable of. But transitions are also where the most important growth tends to happen. Not in the stable seasons, but in the turning ones.

This month, our wellness community leans into that spirit of thoughtful transition. We ask ourselves what we are ready to release. A habit that no longer serves us, a story we've been telling ourselves for too long, a standard we've been holding that was never ours. And we ask what we want to carry forward, more intentionally, into the final chapter of the year.

September doesn't ask for reinvention. It asks for honesty. And honesty, held gently, is where renewal begins.

MONTHLY CHALLENGE

What has someone in your life taught you?

We asked one of our longtime members what she'd learned over the years, her answer: "Nothing worth having comes without patience...including peace of mind."

A beautiful reminder that wisdom often comes wrapped in simplicity.

WELLNESS WIN

This was the best day I had in years.
(On our August Cruise around Commencement Bay)
-Resident

Message from Sarah

My grandmother used to say that a slow morning was never wasted time, it was time spent noticing. She taught me that presence is its own kind of productivity, and that some of the richest moments in life happen when we finally stop hurrying long enough to feel them. I'm grateful every day for that lesson.



SHINRIN- YOKU "FOREST BATHING"
TUESDAY, SEPTEMBER 1, 8, 15, 22, 29
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.

AYURVEDIC NUTRITION: A COMMUNE COURSE
TUESDAY, SEPTEMBER 1, 8, 15, 22, 29
2 PM TJ PARLOR

In this co-hosted course with Senior University and Holistic Wellness, watch pre-recorded presentations over 9 weeks (running September 1- October 27). In this course, you'll discover the key elements of living well through the lens of both Ayurveda and your own personal health values. You will learn how to better time your meals and strengthen digestion, and you will explore the connection between what you eat and how you feel. By the end of the course, you'll have newfound clarity and an action plan for lasting health.... in a way that's right for you.

TECH HELP WITH TACOMA PUBLIC LIBRARY
FRIDAY, SEPTEMBER 4
2:15 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.

ACRYLIC POUR-STRING PULL TECHNIQUE
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
WEDNESDAY, SEPTEMBER 9
1 PM TJ CRAFT ROOM

Acrylic pour with a string, known as the string pull technique is a fluid art method where you dip a piece of string, yarn, or twine into fluid acrylic paint, lay it onto a prepared canvas, and pull it through the paint to create organic, symmetrical, or flower-like abstract designs.

MIND, BODY CONNECTION
WEDNESDAY, SEPTEMBER 16
1 PM FTJ WELLNESS CENTER

This presentation will focus on the importance of the mind-body connection when it comes to fitness and overall wellness. We'll explore how our mindset influences our physical health, how movement can improve mental wellbeing, and how practical ways to build sustainable habits can support both.

UKELELE SINGALONG IN MEMORY CARE
THURSDAY, SEPTEMBER 17
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.

TEA & ORIGAMI
FRIDAY, SEPTEMBER 18
1 PM FTJ WELLNESS CENTER

Learn beginner-friendly origami folds while enjoying a cozy cup of tea and great conversation. Perfect for anyone looking to unwind, get creative, and make new friends along the way.

RESTORATIVE YOGA & LIVE CELLO
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
THURSDAY, SEPTEMBER 24
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.

CULTURAL CUISINE - KOREAN SIDE DISHES
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
FRIDAY, SEPTEMBER 25
1 PM BRISTOL VIEW 1ST FLOOR GATHERING ROOM

Join Andre as we explore Korean culture through food! Learn the stories and traditions behind classic banchan (side dishes), then enjoy a tasting of authentic flavors. From kimchi to japchae. A delicious cultural journey for curious food lovers. Space is limited, please RSVP.