



FRANKE TOBEY JONES
Enjoy your age

HOLISTIC WELLNESS PROGRAM

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REFLECTION

October reminds us that depth is its own kind of beauty. Not the blaze at the surface, but what lives underneath — in the amber, in the turning, in the texture of a life examined. As the light grows richer and shorter, may we turn inward to sit with what we've learned, to ask what still needs our attention, and to trust that introspection is not a retreat, but a return.

MONTHLY CHALLENGE

● Try Something New

Choose anything. A class you haven't taken before, a new rhythm, a different seat at lunch, or a fresh perspective. Engage with your hands, your voice, or your open heart, and resist the urge to judge the experience before it unfolds. Share it with a friend, or hold it as your own private moment of growth.

As we kick off Wellness Week, step into a class you wouldn't naturally gravitate toward. You just might discover a new favorite path to joy and vitality.



WELLNESS WEEK AT FRANKE TOBEY JONES! OCTOBER 12- 16, 2026

Mark your calendars for our 3rd Annual Wellness Week at Franke Tobey Jones! This is a special celebration for the FTJ Residents and Community Wellness Members.

This year's *Wellness Week* is dedicated to honoring the vibrant lives, wisdom, and rich legacies of our older adults. Through restorative therapies, joyful movement, shared stories, and community connection, every offering this week is crafted to celebrate **you**.

Each day offers something different, giving you plenty of opportunities to try something new, connect with others and enjoy yourself!

We invite you to pause, recharge, and nourish your mind, body, and spirit. Because your health, happiness, and presence enrich us all!

***Please refer to Wellness Brochure for more information or to sign up.**

Message from Sarah

Next time you're out in nature, take a moment to look closely at an old tree. The curves, dips, and unexpected turns in its limbs aren't flaws... they are the story of how it survived, adapted, and stayed standing. This month I invite you to explore how our own growth patterns shift over time.



SHINRIN- YOKU "FOREST BATHING"
TUESDAY, OCTOBER 6, 20, 27
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, OCTOBER 6, 13, 20, 27
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.

ACRYLIC POUR-SPOOKY SKULLS
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
WEDNESDAY, OCTOBER 7
1 PM TJ CRAFT ROOM

Pour acrylic paint over a ceramic 5 inch skull and let the paint pour onto a canvas! A skull for your window and canvas painting for your wall.

Join us for a fun Halloween class!

A POCKETFUL OF PEACE
THURSDAY, OCTOBER 8
1 PM FTJ WELLNESS CENTER

Join us for a relaxed, hands-on afternoon filling small fabric pouches with fragrant lavender, rose petals, and soothing herbs. As we work with our hands, we'll take a few quiet moments together to slow down and breathe. When finished, you'll have a lovely keepsake pouch to keep nearby — a gentle reminder to pause and take a comforting breath whenever you need one. All materials provided. No experience necessary — everyone is welcome to join at their own pace.

BALLROOM DANCE
WEDNESDAY, OCTOBER 21 & 28
1 PM FTJ WELLNESS CENTER

Join us for an afternoon of music and movement! Whether you're a seasoned dancer or just want to sway along, we'll enjoy classic ballroom tunes and simple steps together. All fitness levels welcome. Chairs available for those who'd like to sit and enjoy the music instead.

UKELELE SINGALONG IN MEMORY CARE
THURSDAY, OCTOBER 22
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.

MAKE A DIFFERENCE IN YOUR COMMUNITY
THURSDAY, OCTOBER 22
1 PM FTJ WELLNESS CENTER

Join us for an informational presentation on volunteer opportunities with Lutheran Community Services. Learn about the many programs offered through Lutheran Community Services and how volunteering just 4 hours a month can make a significant impact on individuals and the community. Rena Marken, Program Supervisor for the AmeriCorps Retired and Senior Volunteer Program (RSVP), and Pat Jenkins, Program Coordinator for Senior Friends, will be available to answer questions and provide guidance on how to get started as a volunteer and how you can assist someone in need.

PIERCE COLLEGE SCIENCE DOME
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
WEDNESDAY, OCTOBER 28
BUS DEPARTS THE BISTRO AT 10AM

Join Holistic Wellness & Senior University for a special outing to the Science Dome planetarium at Pierce College! We'll enjoy an immersive show exploring the night sky, stars, and wonders of our universe — all projected on a giant dome overhead.

RESTORATIVE YOGA & LIVE CELLO
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)
FRIDAY, OCTOBER 30
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.