



October 2024 Holistic Wellness

The Younger You Method with Dr. Kara Fitzgerald (A Collaboration with Senior University)

Tuesday, October 1

10am

Tobey Jones Parlor

- The Younger You Method is a Commune Video course based on Dr. Kara Fitzgerald's groundbreaking clinical trial that shaved more than 3 years off participants' biological age in just 8 weeks.

THINKIE Tank

10/2, 10/3, 10/9, 10/10, 10/16, 10/17, 10/28, 10/29

1-3pm

FTJ Wellness Center

- Experience an innovative brain training system by Thinkie! Thinkie is a safe and scientifically proven system that's designed to improve mental speed, memory, and concentration. Join us for a Thinkie Tank in the Wellness Center and explore a variety of brain games that stimulate cognitive function and sharpen mental agility. With staff on hand to assist and guide, you can enjoy a fun and supportive environment while working on key areas of brain fitness. Please sign up, space is limited. Each person will have a 30-minute slot.

Sound Bath

(Made possible by a generous donation to the Holistic Wellness program)

Tuesday, October 8

2pm

FTJ Wellness Center

- This 60-minute sound bath with *Julia Francis* is a restorative, meditative experience that invites you to lie down or sit back, close your eyes and listen to resonant, rejuvenating sounds that penetrate and impact your body at the cellular level. As a lifelong professional vocalist and singer-songwriter, Julia utilizes her voice accompanied by crystal singing bowls, drum, flute, gongs, guitar and more to create transformative soundscapes. Many of her clients experience stress reduction, assistance in processing emotions, and alignment of the energetic centers of the body.

Acrylic Pours- Functional Art - 2 for 1 Pumpkin

(Made possible by a generous donation to the Holistic Wellness program)

Thursday, October 10

2pm

TJ Craft Room

- In this class we will use the dirty pour technique to pour over a plastic pumpkin using Glow in the Dark acrylic paint. As the paint flows over the pumpkin it will be flowing on to a canvas! All materials will be provided.

Acrylic Pours- Trivets using String, chains and/or beads

(Made possible by a generous donation to the Holistic Wellness program)

Wednesday, October 16

2pm

TJ Craft Room

- Fluid Art Pulling Techniques using Mardi Gras Beads, String and/or Chains on 6x6 tiles for Trivets. All materials will be provided.

Cultural Cuisine- Trick or Treats from Around the World!

Friday, October 18

2pm

Bristol View 1st Floor Bowditch Room

- Join us for a Cultural Cuisine class where we explore an exciting variety of treats, sweets, and candies from different cultures and countries! From traditional desserts to unique confections, you'll discover the flavors and histories behind beloved sweets from around the globe. Taste your way through an assortment of cultural delicacies while learning the stories, ingredients, and techniques that make each one special. This class is perfect for those with a sweet tooth and a curiosity for the world's diverse culinary traditions!



PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up:

Contact Sarah Doerner

253-756-3241

sdoerner@franketobeyjones.com



October 2024 Wellness

2024 Wellness Week

Monday, October 21- Friday, October 25
FTJ Wellness Center

**Details and times on Wellness Week brochure*

- Join us for our very first Wellness Week, a celebration of health and wellbeing featuring guest speakers, interactive workshops, the launch of an exciting new class, and local vendors from our community. Throughout the week, you'll have opportunities to learn, connect, and explore new ways to enhance your wellness journey. We'll wrap up with a Member Appreciation Potluck, where you can relax, enjoy great food, and build friendships with fellow wellness members. Come celebrate your commitment to health, happiness, and a vibrant community!



Ongoing Weekly Classes in the Wellness Center

Mondays

1-2pm

Line Dance

Besides being just plain fun, line dancing has some amazing benefits to our health. Studies have shown that participating in line dancing classes may help reduce the risk of falls as you learn to harmonize the senses and spatial awareness of the hands, eyes, legs and ears. In addition, it may help lower the risk of cognitive disorders like Alzheimer's or early on-set dementia by creating new synapses between neurons in the brain through memorizing steps and coordinating movements to music. This is a low- to- moderate impact dance class aimed at improving cardiovascular health, muscular strength, flexibility, coordination and balance.

Tuesdays & Thursdays

9-9:45am

'The Power of Qi' (pronounced chee)

10-week live series every Tuesday & Thursday

Experience how Qigong and Tai Chi engage mind, body, and spirit through coordinated movements and focused breathing moving gracefully and effortlessly, always allowing energy to flow freely throughout the body for more energy, vitality, and wellbeing.

11am- 12pm

Gentle Flow Yoga

Slow steady paced postures & conscious movement with breath and mat exercises.

Fridays

12-12:30pm

Meditation

Meditation can relieve stress, anxiety and help to manage pain. It can improve focus, memory, sleep, mood and even digestion! The guided sessions are done by sitting comfortably in a chair with no movement required.

Support Group For People Whose Partners Have Dementia

Wednesday, October 23

3pm

- Join us for a gathering of a support group focused specifically for those who are assisting a loved one with Dementia. You must RSVP with Sarah Doerner to reserve your spot and receive the location. This meeting is capped at 12 people.

Mindfulness Walk in the Park

Tuesday, October 29

10am

Meet at Bistro

- Starting in front of the Bistro, we will venture to Point Defiance then across the Wilson bridge down to the Dune Peninsula at Point Defiance Park and back. You must be able to walk this distance without staff assistance. *Optional detour: On our way back we will stop at the Wren's Nest Baking Co. for a delicious treat & conversation.*

Tea Tasting - Boba

Wednesday, October 30

2pm

Bristol View 1st Floor Bowditch Room

- Join us for a fun and interactive tea-tasting class where we dive into the world of Boba! Discover what this chewy tapioca is, where it originated, and how it became a global sensation. We'll explore the history behind Boba, learn how it's made, and, most importantly, how to enjoy it in your favorite teas and drinks. This month we will be enjoying our Boba in a Matcha Latte!

FRANKE TOBEY JONES

100TH
Anniversary
2024