



# Holistic Wellness

December 2022

## Art Expressions

**Monday, December 12, 2022**

**2:30pm**

**Wellness Center**

- As the holidays approach we may be feeling all kinds of emotions. Sometimes simply stating what you're experiencing or feeling isn't enough. In order for emotions to move through us freely, they must be accepted and expressed. Doing so fuels our creativity. One way to do this is by expressing emotion through Art by whatever creative means allows you to open up and bare your soul. This month I challenge you to express yourselves through art and writing, as you share new ideas and uncover different ways to express yourself. No experience necessary.

## Cultural Cuisine (Art of Salsa)

**Thursday, December 15, 2022**

**2pm**

**Bristol View Bowditch Room**

- An experience to empower you to explore new recipes from diverse cultures. Whether you are cooking for one or for friends and family, our goal is to expand your use of ingredients and techniques to increase confidence in cooking new and diverse recipes.

*"Food contributes to an individuals' physical & mental wellbeing and expresses ones' cultural identity through preparation, sharing and consumption."*

## Acrylic Pours

**Tuesday, December 20, 2022**

**2pm**

**TJ Hobby Craft Room**

- Explore the art of fluid painting. Learn different acrylic pouring techniques; clean pour, dirty pour, flip cup, straight pull, dutch pour etc. Whether you are creating dreamscape scenery, coasters or other home décor such as faux marble countertops; acrylic pouring can be liberating and fun. Join us once a month for a creative, healthy and fun outlet.

## Tea Tasting

**Wednesday, December 21, 2022**

**1pm**

**Wellness Center**

- Create delicious, easy-to-make craft cocktails! Learn about the health and wellness benefits of each ingredient. These infusion kits can make a unique gift. If you aren't interested in alcohol, no problem! We will demonstrate ways you can bring a little holiday spirit to your water, tea or non alcoholic beverages. Join us as we nurture our social connection and wellbeing as we share, develop and sustain meaningful relationships.

\*Alcohol not included.

## Sound Bath

**Friday, December 30, 2022**

**1:30pm**

**Wellness Center**

- Sound bathing is one of the oldest forms of healing, used by every culture for thousands of years. Using crystal singing bowls to stimulate the brain, we can promote deep sleep and tranquility. We will guide you on a 45 minute journey to relax the body, calm the mind, and activate the body's natural healing systems.

\*Seated or lying down- mats & blankets will be provided.

**PLEASE REGISTER FOR ALL CLASSES**

For questions or to sign up: Contact Sarah Doerner.

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## Ongoing Weekly Classes in the Wellness Center

### **Mondays**

**12pm**

#### **Monday 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.

**1pm**

#### **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**

**12pm**

#### **Restorative Yoga**

Restorative Yoga is gaining in popularity and used by athletes during rest/recovery days and by individuals healing from illness and injuries. This is a gentle, slow-paced practice meant to release tension from the body and mind through deep relaxation, rest, and meditation in passive poses held for extended periods of time. There are no standing poses in the Restorative tradition of Yoga, so the entire class is practiced on the floor with the aid of supportive props, like bolsters and blankets.



FRANKE TOBEY JONES

*Enjoy your age*