



FRANKE
TOBEY
JONES

Enjoy your age

Parkinson's Conference Invitation

American Parkinson Disease Association and the Health Care Providers Council have teamed up for this one day event. The conference is focused on health, wellness, movement and research. Live Well South Sound provides timely topics related to Parkinson's disease and provides an opportunity to learn, move and connect with others. Registration is now open, see link below. If you need FTJ transportation, please call Carole Velez 253-320-4216 or cvelez@franketobeyjones.com

**Friday May 5
10am to 3:30pm**

[Live Well South Sound](#) | [American Parkinson Disease Association \(apdaparkinson.org\)](http://American Parkinson Disease Association (apdaparkinson.org))

Party Bridge Opportunity

Our neighbors up the street, at Solstice, hold a Bridge Group each Thursday in the morning and are looking for more players. If you are interested in learning more or would like to participate in this group, please contact Kathy Wilkie at 425-239-2973 and leave a message.

Knit Wits Group

The Knit Wits is a sewing, knitting, embroidery group that is open to anyone who has any kind of craft project that you sit for... and you'd like to be in the company of others while doing it. The Knit Wits meet in the Tobey Jones Parlor on Thursdays at their new time of 2:30pm. They'd love for you to join them!

**Thursdays, 2:30 pm
Tobey Jones Parlor**



WEEKLY RIDDLE

I can sizzle like bacon; I am made from an egg. I have plenty of backbone, but lack a good leg. I peel layers like onions, but still remain whole. I can be long like a flagpole, yet fit in a hole.

How to Play Sudoku: Using only the numbers 1 through 9, complete the grid so that no number is repeated in any row, column or grid.

Each puzzle has one, and only one, unique solution, and each can be solved using pure logic - guessing and trial-and-error are never required.

			5			2		
			4		6	7		
1	4							
	5						8	4
				3				
2	8						3	
							5	7
		9	1		2			
		3			9			

MENU			
Apr 17th - Apr 23rd			
<i>Menu subject to change due to supply shortages</i>			
	BREAKFAST	DINNER	SUPPER
M	Chilled Fruit	Cream of Chicken & Wild Rice	Cream of Chicken & Wild Rice
O	Orange Juice	Fruit Salad	Tomato Florentine Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
D	Belgian Waffles	Horseradish Crusted Trout	Fruit Salad
A	Scramble Eggs	Bean, Pork Kielbasa & Chicken Casserole	Three Cheese Quiche
Y	Grilled Ham	Brown Rice & Barley Pilaf	Bruschetta Burger
	Whole Milk	Summer Squash & Carrot Medley	French Fries
18	Coffee	Coconut Cream Pie	Broccoli Cuts
			Bakers Choice
	Chilled Fruit	Split Pea Soup w Ham	Split Pea Soup w Ham
T	Orange Juice	Cole Slaw	Turkey Rice Soup
U	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
E	Apple Cinnamon Muffin	Pinto Bean & Potato Cheddar Quesadilla	Cole Slaw
S	Fried Cage Free Egg	Pork Chop & Sauerkraut	Baked Ziti
D	Bacon	Oven Brown Potatoes	Pastrami & Swiss on Rye
A	Whole Milk	Peas w Onions	Potato Chips
Y	Coffee	Yellow Cake with Fudge Icing	Garlic Bread
18			Chocolate Chip Cookie
W			
E	Chilled Fruit	Chicken Gumbo	Chicken Gumbo
D	Orange Juice	Cucumber Sour Cream Salad	Red Pepper & Basil Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
E	Blueberry Coffee Cake	Crispy Baked Cod	Cucumber Sour Cream Salad
S	Scramble Eggs	Swedish Meatballs	Chicken Pattie Sandwich
D	Sausage Patty	Buttered Noodles	Classic Mac & Cheese
A	Whole Milk	Roasted Butternut Squash	Stewed Tomatoes
Y	Coffee	Bread Pudding	Sweet Potato Waffle Fries
19			Chocolate Brownie
T	Chilled Fruit	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
H	Orange Juice	Fruited Jell-O Salad	Mexican Street Corn Chowder
U	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
R	Eggs to Order	Pork & Wild Mushroom Ragout	Mixed Green Salad
S	Whole Wheat French Toast	Chicken Alfredo	Cheese Enchilada Casserole
D	Bacon	Rotini Pasta	Ham & Cheddar Croissant Melt
A	Whole Milk	Yellow Squash, Red Pepper, Pea Medley	Cilantro Lime Brown Rice
Y	Coffee	Garlic Crostini	Potato Chips
20		Bakers Choice	Cookies & Cream Cupcake
F	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
R	Orange Juice	Mixed Green Salad	Carrot Raisin Salad
I	Old Fashioned Oatmeal	Carrot Raisin Salad	Mixed Green Salad
D	Fried Cage Free Egg	Roasted Turkey Breast	Cheese Pizza
A	Sausage Link	Sole Francese	Tuna Noodle Casserole
Y	Mixed Berry Wheat Pancakes	Steamed Red Potatoes	Mixed Vegetables
	Whole Milk	Steamed Cauliflower	Pound Cake
21	Coffee	Chocolate Cake	
S			
A	Chilled Fruit	Loaded Baked Potato Soup	Loaded Baked Potato Soup
T	Orange Juice	Cottage Cheese & Tomato	Lemon Chicken Orzo Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
R	Scrambled Egg	Meatloaf	Cottage Cheese & Tomato
D	Bacon	Buttermilk Fried Chicken Thighs	Zucchini, Bacon & Swiss Frittata
A	Whole Milk	Smashed Yukon Potatoes	Patty Melt Sandwich
Y	Coffee	Steamed Cauliflower	Steamed Vegetables
22		Angel Food Cake w Orange Sauce	French Fries
			Butterscotch Pudding
S	Chilled Fruit	Chicken Ditalini Soup	Chicken Ditalini Soup
U	Old Fashioned Oatmeal	Mixed Green Salad	Cream of Vegetable Soup
N	Eggs To Order	Deviled Eggs	Deviled Eggs
D	Sausage Link	Braised Beef Brisket	Mixed Green Salad
A	Hash Browned Potatoes	Honey Orange Pork Tenderloin	New England Shrimp Salad Roll
Y	Cinnamon Roll	Mashed Sweet Potatoes	Chicken Breast w Rice
	Whole Milk	Creamed Peas	Broccoli
23	Coffee	Cherry Pie	Oatmeal Raisin Cookie