



Seabury School Student Visit

The Seabury School is teaming up with FTJ for the school year and will be visiting different areas and residents each month. In January they will be here on **Tuesday the 9th at 12:45pm** and will be in the Garden Apartments. The students are hoping to chat with residents about changes you’ve seen in your lifetime, including what kinds of changes you’ve seen in Tacoma over the years. If you are interested in helping these children with their history and story gathering, please come to the Garden Apartment Living Room on the 1st floor on January 9th.

Friendly Reminder

Please keep your doors locked even if you are in your apartment and especially if you leave your apartment for any reason. Keep your valuables locked away in a secure place. While FTJ has several safety features in place, it’s still possible for things to be taken from rooms or common areas. Report anyone or anything suspicious to security, the Front Desk and or 911.

archaeopteryx	duck		nene	rhea
bill	emu		nest	roadrunner
birds	falcon	kiwi	oriole	robin
bluebird	goldfinch	kookaburra	ostrich	sparrow
canary	flamingo	jay	owl	swan
cassowary	goose	junco	parakeet	tern
chicks	gull	macaw	parrot	toucan
cockatoo	hawk	meadowlark	pigeon	turkey
crane	hen	moa	plover	vulture
crow	hummingbird	mockingbird	puffin	xenops
dodo	ibis	mynah	quail	wings
dove	kakapo	nandu	quetzal	woodpecker

R E N A R C D R I B G N I M M U H
O Q U E T Z A L P U F F I N E O H
A U C A N A R Y R A W O S S A C A
D A X B I R D S P A R R O W D D G
R I B L U E B I R D K H F G O F G
U L C O C K A T O O C O E V W J O
N C M N O C L A F I U H E A L D L
N G O O S E T E R N D Z I H A G D
E V C S Z P I T O R R A P C R F F
R B K K R D S K W A H T H X K F I
A P I G E O N K U A S V A E D S N
S W N C R O W A O E C C N E N E C
O I G L I W I K N O D A Y R K Y H
G N B B D L J A Y D K E M U T U V
N G I W S T C P Y O U A S T E L B
I S R S P U F O G D G N B L L I B
M W D U O R I O L E L Q J U N C O
A A I T N K P L O V E R G V R B B
L N H T E E K A R A P N I B O R R
F X F K X Y R E T P O E A H C R A

		<i>MENU</i>	
	<i>Menu subject to change due to supply shortages</i>	<i>Jan- 08 To Jan-14</i>	<i>Lemon Tarragon Tuna Salad on Whole Wheat</i>
	<i>BREAKFAST</i>	<i>DINNER</i>	<i>SUPPER</i>
<i>M</i>	Chilled Fruit	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
<i>O</i>	Assorted Fruit Juice	Fruit Salad	Cream of Fresh Broccoli Soup
<i>N</i>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<i>D</i>	Scrambled Egg	Crispy Baked Pork Chop	Egg Salad Sandwich
<i>A</i>	Bacon	Grilled Liver & Onions	Cheese Enchiladas
<i>Y</i>	Egg, Sausage & Cheese Burrito	Grilled Fish Cakes	Red Beans & Rice
	Whole Milk	Mashed Potatoes	Potato Chips
	Coffee	Harvard Beets	Baker's Choice
<i>08</i>		Pineapple Upside Down Cake	
<i>T</i>	Chilled Fruit	Italian Wedding Soup	Italian Wedding Soup
<i>U</i>	Assorted Fruit Juice	Cole Slaw	Pumpkin Bisque
<i>E</i>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<i>S</i>	Fried Cage Free Egg	Baked Ziti w Vegetables	Turkey Harvest Salad Plate
<i>D</i>	Biscuits & Gravy	Chicken Scallopini	Maple Brussel Sprout Cheddar Burger
<i>A</i>	Sausage Patty	Steamed Brown Rice	Tatar Tots
<i>Y</i>	Whole Milk	Steamed Vegetable Medley	Dinner Roll
	Coffee	Crisp Banquette	Maple Bacon Cookie
<i>09</i>		Spumoni Ice Cream	
<i>W</i>	Chilled Fruit	Cream of Vegetable Soup	Cream of Vegetable Soup
<i>E</i>	Assorted Fruit Juice	Mixed Green Salad	Chicken Ditalini Soup
<i>D</i>	Old Fashioned Oatmeal	Cucumber Sour Cream Salad	Cucumber Sour Cream Salad
<i>N</i>	Raisin Muffin	Lemon Sage Chicken	Grilled Ham & Swiss Melt
<i>E</i>	Eggs to Order	Braised Beef Tips	Hula Hula Chicken Tacos
<i>S</i>	Bacon	Egg Noodles	Cilantro Brown Rice
<i>D</i>	Whole Milk	Steamed Spinach	Sauteed Zucchini
<i>A</i>	Coffee	Baker's Choice	Potato Chips
<i>Y</i>			Chocolate Pudding Parfit
<i>10</i>			
<i>T</i>	Chilled Fruit	Minestrone Soup	Minestrone Soup
<i>H</i>	Assorted Fruit Juice	Hummus Plate	Lentil Soup
<i>U</i>	Cream of Wheat	Mixed Green Salad	Hummus Plate
<i>R</i>	Donuts	Maple Glazed Pork Loin	Mixed Green Salad
<i>S</i>	Fried Cage Free Egg	Horseradish Crusted Trout	Chicken Pot Pie w Biscuit Topping
<i>D</i>	Grilled Ham	Garlic Mashed Potatoes	French Dip
<i>A</i>	Hashbrowns	Cauliflower Au Gratin	Steamed Vegetables
<i>Y</i>	Whole Milk	Spice Cake	French Fries
<i>11</i>	Coffee		<i>Applesauce Bar</i>
	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<i>F</i>	Assorted Fruit Juice	Carrot Raisin Salad	Carrot Raisin Salad
<i>R</i>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<i>I</i>	Omelet	Chopped Beef Steak	Meat Lovers Pizza
<i>D</i>	Blueberry Muffin	Baked Cod w Lemon Butter	Roasted Vegetable Lasagna
<i>A</i>	Sausage Link	Rice Pilaf	Bread Stick
<i>Y</i>	Whole Milk	Steamed Broccoli	Asst Cookies
	Coffee	Mixed Berry & Apple Crisp	
<i>12</i>			
<i>S</i>	Chilled Fruit	Loaded Potato Chowder	Loaded Potato Chowder
<i>A</i>	Assorted Fruit Juice	Cottage Cheese	Butternut Squash Soup
<i>T</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese
<i>U</i>	French Toast	Chicken & Dumplings	Beefy Macaroni Casserole
<i>R</i>	Poached Egg	Apple Cider Pork Tenderloin	Cranberry Turkey Wrap
<i>D</i>	Bacon	Roasted Red Potatoes	Mixed Vegetables
<i>A</i>	Whole Milk	Peas & Onions	Potato Chips
<i>Y</i>	Coffee	Ice Cream Sundae	Pound Cake w Strawberry Sauce
<i>13</i>			
<i>S</i>	Chilled Fruit	Mushroom Bisque	Mushroom Bisque
<i>U</i>	Orange Juice	Deviled Eggs	Navy Bean Soup
<i>N</i>	Cream of Wheat	Mixed Green Salad	Deviled Eggs
<i>D</i>	Scrambled Egg	Swiss Steak	Spinach Mushroom Strata
<i>A</i>	Sausage Link	Cranberry-Glazed Cornish Game hen	Chicken Fried Steak
<i>Y</i>	Cinnamon Rolls	Wild Rice Pilaf	Caramelized Leek Mashed Potatoes
	Whole Milk	Steam Broccoli	French Cut Green Beans
	Coffee	Lemon Cake	Rice Pudding w/ Raisins
<i>14</i>		Dinner Roll	Dinner Roll