



FRANKE
TOBEY
JONES

Enjoy your age



FTJ Umbrellas

It's that rainy time of the year again! If you have a black and white FTJ umbrella in your apartment, please kindly put it in one of the umbrella holders near the front door in your building so we can all use them.



Senior Living Tour – March 13

We will once again be hosting the Senior Living Tour at FTJ. It will be on Wednesday, March 13 from 9:30 to 3:00. Attendees will meet in the Wellness Center, then tour BV, DU, GA and TJ. Participants from eliseo and Heron's Key will be coming here throughout the day as well. Last year we added three more communities to the tour and split it into two days, so we may not see as many people on campus during the TOUR as in the past, but are expecting 50 to 60. On March 20, the other five communities (Weatherly Inn, Merrill Gardens Tacoma, Merrill Gardens Wright Park, Cogir at the Narrows and GenCare) will hold their tour. March 13 are the CCRCs/Not For Profit communities, and March 20 are the For Profit (not CCRC) communities.

Tacoma Opera Change

Unfortunately Tales of Hoffman has been canceled and will be replaced by Madame Butterfly. The performance date is changed to **Sunday April 21st at 2:00pm**. If you are a season ticket holder, your tickets have automatically been reassigned. If you purchased individual tickets, the Opera has refunded your ticket. If you want to attend the performance of Madame Butterfly and were a single ticket holder, please call or email Heidi and she will purchase tickets for you. FTJ will provide transportation to the April 21st 2:00pm performance.

Covid Update

Here is an update on the COVID status at Franke Tobey Jones. After testing this week in Assisted Living, there are no new COVID positive results. Currently, there are no active COVID cases. Masks are encouraged but no longer required for staff, visitors and residents. There are no longer any restrictions on visitation location. All group dining and activities will continue as scheduled. There is no further testing scheduled unless there is a new positive case or known exposure.

If you have any questions, please do not hesitate to reach out via email to me (jdunn@franketobeyjones.com) or Bob Beckham (bbeckham@franketobeyjones.com) or by phone at 253-752-6621.

Judy Dunn, President and CEO

		<i>MENU</i>	
	<i>Menu subject to change due to supply shortages</i>	<i>Mar- 11 To Mar- 17</i>	<i>Veggie & Cheese Frittata Sandwich</i>
	<i>BREAKFAST</i>	<i>DINNER</i>	<i>SUPPER</i>
<i>M</i>	Chilled Fruit	Chicken Mulligatawny Soup	Chicken Mulligatawny Soup
<i>O</i>	Assorted Fruit Juice	Fruit Salad	Tomato Basil Soup
<i>N</i>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<i>D</i>	Poached Cage Free Egg	Chicken Lemon butter	Linguine With Clam Sauce
<i>A</i>	Turkey Sausage Link	Zucchini, Bacon & Swiss Frittata	Roast Beef & Cheddar Panini
<i>Y</i>	Blueberry Muffin	Buttered Egg Noodles	Sweet Potato Fries
	Whole Milk	Sauteed Spinach	Roasted Cauliflower
<i>11</i>	Coffee	Steamed Vegetable Medley	French Roll
		Strawberry Shortcut cake	Bakers Choice
<i>T</i>	Chilled Fruit	Sweet Potato and Black Bean Chili	Sweet Potato and Black Bean Chili
<i>U</i>	Assorted Fruit Juice	Mixed Green Salad	Gingered Carrot Soup
<i>E</i>	Cream of Wheat	Coleslaw	Mixed Green Salad
<i>S</i>	Scrambled Eggs	Grilled Pork Chop & Chili Lime Sauce	Tuna Salad Croissant
<i>D</i>	Buttermilk Pancakes	BBQ Pot Roast	General Tso's Chicken Bowl
<i>A</i>	Grilled Ham	Baked Potato	Asian Steamed Vegetables
<i>Y</i>	Whole Milk	Peas And Carrots	Potato Chips
<i>12</i>	Coffee	Steamed Broccoli	Blueberry Cheese Cake Bar
		Banana Cake	
<i>W</i>	Chilled Fruit	Cream of Mushroom Soup	Cream of Mushroom Soup
<i>E</i>	Assorted Fruit Juice	Cucumber Sour Cream Salad	Navy Bean Soup
<i>D</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<i>N</i>	Western Scrambled Eggs	Fried Oysters	Mixed Green Salad
<i>E</i>	Bacon	Chicken Adobo	Thai Beef Salad
<i>S</i>	Coffee Cake	Barley Pilaf with Carrots and Lemon	Cape Codder Turkey Sandwich
<i>D</i>	Whole Milk	Corn O'Brien with Peppers	Sauteed Zucchini
<i>A</i>	Coffee	Grilled Asparagus	French Fries
<i>Y</i>		Chunky Monkey Brownie	Orange Cardamom Coffee Cake
<i>13</i>			
<i>T</i>	Chilled Fruit	Vegetarian Lentil Soup	Vegetarian Lentil Soup
<i>H</i>	Assorted Fruit Juice	Mixed Green Salad	Chicken Orzo Soup
<i>U</i>	Cream of Wheat	Fruited Jello	Mixed Green Salad
<i>R</i>	French Toast	Tarter Tot Casserole	Mushroom Lasagna
<i>S</i>	Eggs to Order	Crispy Parmesan Tilapia	Turkey Ala King w/ Biscuit
<i>D</i>	Sausage Link	Garlic Mashed Potato	Steamed Vegetable Medley
<i>A</i>	Whole Milk	Yellow Squash, Red Pepper & Pea	Garlic Breadstick
<i>Y</i>	Coffee	Steamed Brussels Sprouts	Baker's Choice
<i>14</i>		Peach Pie	
<i>F</i>	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<i>R</i>	Assorted Fruit Juice	Mixed Green Salad	Mixed Green Salad
<i>I</i>	Old Fashioned Oatmeal	Carrot Raisin Salad	Carrot Raisin Salad
<i>D</i>	Scrambled Egg	Shrimp Scampi	Mushroom & Butternut Squash Pizza
<i>A</i>	Bacon	Spaghetti & Meat sauce	French Dip Sandwich
<i>Y</i>	Apple Cinnamon Muffin	Spaghetti w Parsley	Steak Cut Fries
<i>15</i>	Whole Milk	Broccoli & Carrots	California Mix Vegetables
	Coffee	Garlic Bread	Lemon Blueberry Cake
		Raspberry Sorbet	
<i>S</i>	Chilled Fruit	Split Pea Soup	Split Pea Soup
<i>A</i>	Assorted Fruit Juice	Mixed Green Salad	Cheese Soup
<i>T</i>	Old Fashioned Oatmeal	Cottage Cheese	Mixed Green Salad
<i>U</i>	Fried Cage Free Egg	Fried Chicken	Salmon Tzatziki Burger
<i>R</i>	Eggs Benedict	Pork Roast	Kielbasa Sausage
<i>D</i>	Sausage Patties	Mashed Potatoes	Home Fried Potatoes
<i>A</i>	Whole Milk	Green Beans w Tomatoes	Steamed Cauliflower
<i>Y</i>	Coffee	Grilled Yellow Squash	Vanilla Pudding Cup
<i>16</i>		Banana Split	
	Chilled Fruit	Irish Potato Leek Soup	Irish Potato Leek Soup
	Assorted Fruit Juice	Waldorf Salad	Bacon & Corn Chowder
<i>S</i>	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
<i>U</i>	Poached Egg	Corned Beef & Cabbage	Italian Sub Sandwich w Pasta Salad
<i>N</i>	Bacon	Instant pot Irish Lamb Stew	Cumin Shrimp Quesadilla
<i>D</i>	Cinnamon Roll	Green Cabbage	Potato Chips
<i>A</i>	Whole Milk	Red Potato & Carrots	Steamed Vegetable Medley
<i>Y</i>	Coffee	Braised Collard Greens	Oatmeal Raisin Cookie
<i>17</i>		Chocolate Guinness Cake	