



FRANKE
TOBEY
JONES

Enjoy your age

Cards at the LP Front Desk

There are a variety of handmade cards available at the LP front desk that are available for donation. All donations for the cards will go to the "Where Need is Greatest" fund to be used for various projects at FTJ.

Resident Art Gallery Reception!



Join us on **Monday February 3th at 3:00 pm** for the opening of our newest exhibit in our Resident Art Gallery on the **Lillian Pratt 1st floor**.

All of the art work on display has been created and submitted by residents of Franke Tobey Jones. This exhibition is composed of various Acrylic Pours and photographic artwork.

We will be celebrating the artists and their work, and you are invited to a wine and cheese reception in honor of their achievements.

Occupational Therapy Doctoral Capstone Project

Hello, my name is Myah Firch and I am currently on the final stretch of finishing my doctoral degree in occupational therapy at the University of Puget Sound. For my final project, I am interested in coming to Franke Tobey Jones facility to **work one on one with individuals and their dogs**. Research indicates improvement in quality of life for older adults involved in pet care. Ideally, I would like to have participants and their dogs living on site to meet with me once a week for approximately 60 minutes.

The project will run for about 6-8 weeks, from February 2nd through March 28th, 2025. If you are interested in participating, contact me at: myahfirch@yahoo.com or call me at (916) 952-0216. Thank you so much and I look forward to meeting you and your dog!

Be Careful Out There!

Watch your step on the slippery walks and parking lots during this winter season. With the low temperatures expected this week, please limit your adventures to the outdoors. FTJ is prepared to deal with any ice or snowfall we get but, despite our best efforts the roads and sidewalks will be slippery.



MENU			
	<i>Menu subject to change due to supply shortages</i>	Feb- 3 To Feb- 9	<i>Hawaiian BBQ Chicken Pizzetta</i>
	BREAKFAST	DINNER	SUPPER
M	Chilled Fruit	Chunky Vegetable Orzo Soup	Chunky Vegetable Orzo Soup
O	Orange Juice	Fruit Salad	Beef Mushroom & Barley Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
D	Scrambled Egg	Grilled Salmon	BBQ Baked Chicken
A	Bacon	Roast Beef	Grilled Cheese, Tomato & Bacon
Y	Double Chocolate Muffin	Horseradish Yukon Mashed Potatoes	Baked Beans
3	Whole Milk	Steamed Baby Carrots	Macaroni Salad
	Coffee	Creamed Spinach	Blondie Bar
		Devil's Food Cake	
T	Chilled Fruit	Chicken and White Bean Chili	Chicken and White Bean Chili
U	Orange Juice	Cole Slaw	Garden Vegetable Soup
E	Cream of Wheat	Mixed Green Salad	Cole Slaw
S	Fried Large Cage Free Egg	Pork Cutlet with Herb Spaetzle	Crispy Chicken Tender Sandwich
D	Grilled Ham	Beef Stew	Farmer's Omelet
A	Chocolate Chip Pancakes	Golden Rice Pilaf	Potato Chips
Y	Whole Milk	Cranberry Brussel Sprouts	French Cut Green Beans
4	Coffee	Roasted Cauliflower	Chocolate Chip Cookie
		Strawberry Ice Cream	
W			
E	Chilled Fruit	Golden Corn Chowder	Golden Corn Chowder
D	Orange Juice	Cucumber Sour Cream Salad	Onion Soup with Parmesan Crouton
N	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
E	Scrambled Egg	Chicken Marsala	Chef Salad
S	Sausage Link	Baked Cajun Tilapia	Classic Macaroni & Cheese
D	Apple Cinnamon Muffin	Baked Sweet Potato	Peas And Carrots
A	Whole Milk	Grilled Asparagus	Garlic Breadstick
Y	Coffee	Roasted Yellow Squash	Crème brûlée
5		Cookies and Cream Blondie	
T			
H	Chilled Fruit	Cream Of Potato Soup	Cream Of Potato Soup
U	Orange Juice	Tossed Green Salad	Tomato Florentine Soup
R	Cream of Wheat	Fruited Jello Salad	Tossed Green Salad
S	Bananas Foster French Toast	Pork Lo Mein	Fruited Jello Salad
D	Scramble Eggs	Sweet and Sour Meatball	Cheeseburger
A	Bacon	Yakisoba Noodle	Tuna Mushroom Casserole
Y	Whole Milk	Asian Vegetables	Mixed Vegetables
6	Coffee	Bakers Choice	Sweet Potato Fries
			Assorted Desserts
F	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
R	Orange Juice	Carrot Raisin Salad	Tossed Green Salad
I	Old Fashioned Oatmeal	Mixed Green Salad	Carrot Raisin Salad
D	Poached Eggs	Maple Apple Roasted Turkey	Fish & Chips
A	Sausage Patty	Shepherd's Pie	Pepperoni Pizza
Y	Donut Holes	Mashed Potato	Steamed Vegetable Medley
	Whole Milk	Sauteed Broccoli & Garlic	French Fries
7	Coffee	Peppers & Onion Mix	Vanilla Pudding Cup
		Monster Cookie	
S	Chilled Fruit	Vegetarian Lentil & Spinach soup	Vegetarian Lentil & Spinach soup
A	Orange Juice	Cottage Cheese	Carrot Bisque
T	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese
U	Fried Cage Free Egg	Mediterranean Braised Lamb	Cheese Quesadilla
R	Bacon	Chicken Tikka Masala	Grilled Italian Sausage
D	Banana Chocolate Chip Muffin	Buttered Egg Noodles	Home Fried Potatoes
A	Whole Milk	Green Beans w/ Bacon	California Mixed Vegetables
Y	Coffee	Balsamic Grilled Vegetables	Raspberry Yogurt Mousse
8		Apple Crumble	
S	Chilled Fruit	Spring Pasta Fagioli	Spring Pasta Fagioli
U	Orange Juice	Waldorf Salad	Chicken Noodle
N	Old Fashioned Oatmeal	Mixed Green Salad	Waldorf Salad
D	Eggs To Order	Tuscan Herb Cod	Santa Fe Turkey Wrap
A	Bacon	Apricot Mustard Glazed Corned Beef	Teriyaki Chicken Fried Rice Bowl
Y	Hash Browned Potatoes	Cilantro Rice	Potato Chips
	Cinnamon Rolls	Roasted Brussels Sprouts	Zucchini with Garlic & Basil
9	Whole Milk	Glazed Carrots	Banana Split
	Coffee	Lemon Meringue Pie	