



FRANKE
TOBEY
JONES

Enjoy your age

Centennial Book Signing and Time Capsule Burial

DATE CHANGE

Wednesday, January 29



1:15pm Book Signing

Tobey Jones Dining Room

If your photo is anywhere in the book please join us to sign books. If you are not in the book but would like your book signed by anyone in the book, please come!

3:00pm Time Capsule Burial

Please join us as we bury the Centennial Time Capsule! Gather at the current front entry of the Tobey Jones Building

If you have questions, please contact Chris Hall at 253-756-6350, or ext. 1350 or at chall@franketobeyjones.com

The Grand Cinema Movie Outing

The first monthly Movie Bus to Tacoma's beloved Grand Cinema on **Wednesday, Jan. 22**, will feature **The Room Next Door**, a thoughtful and sensitive new film about friendship and the right to decide when it is time to die. The film is directed by the acclaimed Spanish director Pedro Almodovar and is in English with on-screen captions. It features Oscar-winning actresses Tilda Swinton and Julianne Moore.



The trip is limited to 20 people and will **leave the Bistro entrance at 1:30 p.m.** Register by Monday, Jan. 20 by contacting the LP Front Desk and signing up.

Matinee ticket prices are \$10. If you are a member of the Grand, matinee tickets are \$7.50 plus free popcorn.

A Call to Resident Artists!

It's time to change the Resident Art Gallery and put new artwork in its place.



For this art display we are looking for Acrylic Pours on Canvas. Many of you have participated in Holistic or Senior University acrylic pours classes. All residents are invited to submit Acrylic Pours artwork they have created to be placed in the Resident Art Gallery for the upcoming exhibit.

Please contact Joy Drewfs at 503-807-0016 via voice call or text, to submit your art work **no later than January 23rd**. Once your art work is approved for the Gallery, you will need to deliver it to the old REZ store in Lillian Pratt between January 24th to 28th, between the hours of 9am to 2pm.

On February 3rd at 3:00pm FTJ will hold a Resident Art Gallery Reception with wine and refreshments to open the new exhibit. Any questions, please contact Joy.

		MENU	
<i>Menu subject to change due to supply shortages</i>		Jan- 20 To Jan- 26	
BREAKFAST		DINNER	
		Hawaiian BBQ Chicken Pizzetta	
		SUPPER	
M	Chilled Fruit	Chicken Noodle Soup	Chicken Noodle Soup
O	Assorted Fruit Juice	Fruit Salad	Tomato Basil Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
D	Poached Cage Free Egg	Basil Lemon Chicken Breast	Spinach Salad with Beets and Goat Cheese
A	Turkey Sausage Link	Braised Pork	Grilled Cheese & Tomato on White Bread
Y	Blueberry Muffin	Roasted Garlic Red Potato	Sweet Potato Fries
	Whole Milk	Sautéed Spinach	Roasted Cauliflower
20	Coffee	Steamed Vegetable Medley	Chocolate Chip Cookie
		Apple Pie	
T	Chilled Fruit	Turkey Black Bean Chili	Turkey Black Bean Chili
U	Assorted Fruit Juice	Mixed Green Salad	Mushroom & Roasted Garlic soup
E	Cream of Wheat	Apple Fennel Slaw	Apple Fennel Slaw
S	Scrambled Eggs	Crispy Baked Cod	Lentil Stew
D	Buttermilk Pancakes	Beef And Mushroom Meatloaf	Chicken Salad on Wheat
A	Grilled Ham	Garlic Mashed Potato	California Mixed Vegetables
Y	Whole Milk	Peas And Carrots	Potato Chips
21	Coffee	Steamed Broccoli	Black forest Cobbler
		Bakers Choice	
W			
E	Chilled Fruit	Chicken Pozole Soup	Chicken Pozole Soup
D	Assorted Fruit Juice	Blue Cheese Slaw	Navy Bean Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Blue Cheese Slaw
E	Western Scrambled Eggs	Sesame Pork Loin	Mixed Green Salad
S	Bacon	Buffalo Turkey Casserole	Sausage & Cheddar Quiche
D	Apple Cinnamon Pecan Muffin	Garlic Rice	Tuna Melt Sandwich
A	Whole Milk	Balsamic Grilled Vegetables	Sautéed Zucchini
Y	Coffee	Cheesecake	French Fries
22			Tres Leches Cake
T			
H	Chilled Fruit	Vegetarian Lentil Soup	Vegetarian Lentil Soup
U	Assorted Fruit Juice	Mixed Green Salad	Chicken Orzo Soup
R	Cream of Wheat	Fruited Jello	Mixed Green Salad
S	French Toast	Carolina Pulled BBQ Chicken	Sloppy Joe Sandwich
D	Eggs to Order	Impossible Meatballs	Cheese Ravioli with Marinara Sauce
A	Sausage Link	Garlic Roasted Potato Wedges	Garlic Roasted Green Beans
Y	Whole Milk	Roasted Marinated Vegetables	Potato Chips
	Coffee	Glazed Carrots	Pecan Pie Bars
23		Blueberry White Chocolate Blondie	
F	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
R	Assorted Fruit Juice	Cottage Cheese	Mixed Green Salad
I	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese
D	Scrambled Egg	Balsamic Grilled Flank Steak	Cheese Pizza
A	Bacon	Orange Baked Salmon	Chicken Caesar Salad
Y	Apple Cinnamon Muffin	Orzo with Lemon & Herbs	Garlic Bread
24	Whole Milk	Capri Mixed Vegetables	California Mix Vegetables
	Coffee	Banana Cream Pie	Bread Pudding
S	Chilled Fruit	Split Pea Soup	Split Pea Soup
A	Assorted Fruit Juice	Mixed Green Salad	Cheese Soup
T	Old Fashioned Oatmeal	Cottage Cheese	Mixed Green Salad
U	Fried Cage Free Egg	Grilled Pork Tenderloin with Gorgonzola	Thai Shrimp Cake Bao
R	Eggs Benedict	Buttermilk Fried Chicken	Grilled Kielbasa Sausage
D	Sausage Patties	Mashed Potatoes	Home Fried Potatoes
A	Whole Milk	Peas & Pearl Onion	Blanched Broccoli Floret
Y	Coffee	Grilled Yellow Squash	Vanilla Pudding
25		Chocolate Ice Cream	
	Chilled Fruit	Potato Leek Soup	Potato Leek Soup
	Assorted Fruit Juice	Waldorf Salad	Bacon & Corn Chowder
S	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
U	Poached Egg	Braised Pot Roast	Fresh Mozzarella & Red Pepper Rollup
N	Bacon	Fish Cakes	Penne alla Carbonara
D	Cinnamon Roll	Scalloped Potatoes	Potato Chips
A	Whole Milk	Garlic Roasted Green Beans	Creamed Spinach
Y	Coffee	Steamed Fresh Baby Carrots	
26		Dutch Apple Pie	Oatmeal Raisin cookie