



FRANKE  
TOBEY  
JONES

*Enjoy your age*

### Chaplain Services Change

Starting January 1st, Adelia Nunn will be taking on campus chaplain responsibilities. This means that she will be leading weekly services in all of the care areas and bi-monthly services for Independent Living. Additionally, she will act as a spiritual resource on campus for residents. If you notice that a fellow resident is struggling emotionally and think they could benefit from some visitation, please contact Adelia at [anunn@franketobeyjones.com](mailto:anunn@franketobeyjones.com) or 253-756-6278.

### Celebration of Life Bell Ringing

The Celebration of Life Bell Ringing will be held on January 17th in the TJ Parlor. For residents who have passed in December and January, we will be honoring them **Friday January 17th at 1:30pm in the TJ Parlor.**



### WEEKLY RIDDLE

Though I don't wear pants I do have some suits. I have royal blood well within my roots.  
 Though I'm not a phone I do get some calls. I know of a house without any walls.  
 I do like to draw but never use paint. There can be jesters but mostly there ain't.



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

**How to Play Soduko:** 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.

		<b>MENU</b>	
<i>Menu subject to change due to supply shortages</i>		<b>Jan-06 To Jan-12</b>	<b>Cajun Turkey Wrap</b>
	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
<b>M</b>	Chilled Fruit	Cream of Chicken with Wild Rice Soup	Roasted Red Pepper & Basil Soup
<b>O</b>	Orange Juice	Fruit Salad	Mixed Green Salad
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<b>D</b>	Belgian Waffles	Ancho Mango BBQ Glazed Chicken Breast	Quiche Lorraine
<b>A</b>	Scramble Eggs	Pork Chop with Sauerkraut	Thai Shrimp Napa Noodle Bowl
<b>Y</b>	Grilled Ham	Brown Rice & Barley Pilaf	Sweet Potato Fries
	Whole Milk	Squash & Carrot Medley	Grilled Eggplant
<b>06</b>	Coffee	Coconut Cream Pie	Bakers Choice
	Chilled Fruit	Split Pea Soup with Ham	Split Pea Soup with Ham
<b>T</b>	Orange Juice	Cole Slaw	Turkey and Rice Soup
<b>U</b>	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
<b>E</b>	Apple Cinnamon Muffin	Horseradish Crusted Trout	Cole Slaw
<b>S</b>	Fried Cage Free Egg	Vegetable & Black Bean Quesadilla	Roasted Butternut & Farro Salad
<b>D</b>	Bacon	Garlic Roasted Potato Wedges	Cuban Sandwich
<b>A</b>	Whole Milk	Peas & Onions	Potato Chips
<b>Y</b>	Coffee	Roasted Cauliflower	California Mixed Vegetables
<b>07</b>		Yellow Cake with Fudge Icing	Boston Cream Pie
<b>W</b>			
<b>E</b>	Chilled Fruit	Chicken Gumbo	Chicken Gumbo
<b>D</b>	Orange Juice	Cucumber Sour Cream Salad	Potato Leek Soup
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b>E</b>	Blueberry Coffee Cake	Asian Roast pork Loin	Cucumber Sour Cream Salad
<b>S</b>	Scramble Eggs	Garlic Beef and Broccoli	Fried Chicken patty Sandwich
<b>D</b>	Sausage Patty	Asian Noodle	Baked Pasta Carbonara
<b>A</b>	Whole Milk	Sesame Garlic Stir Fried Vegetables	Capri Mixed vegetables
<b>Y</b>	Coffee	Bread Pudding	French Fries
<b>08</b>			Chocolate Brownie
<b>T</b>	Chilled Fruit	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
<b>H</b>	Orange Juice	Fruited Jello Salad	Cream of Fresh Broccoli Soup
<b>U</b>	Cream of Wheat	Mixed Green Salad	Fruited Jello Salad
<b>R</b>	Eggs to Order	Baked Cod with Lemon Butter Sauce	Mixed Green Salad
<b>S</b>	Whole Wheat French Toast	Chicken Alfredo	Cheese Enchiladas
<b>D</b>	Bacon	Linguine	Ham & Swiss Croissant
<b>A</b>	Whole Milk	Baja Roasted Vegetables	Cilantro Lime Rice Brown
<b>Y</b>	Coffee	Crispy Brussels Sprouts	Roasted Corn
<b>09</b>		Bakers Choice	Cookies & Cream Cupcake
<b>F</b>	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<b>R</b>	Orange Juice	Mixed Green Salad	Carrot Raisin Salad
<b>I</b>	Old Fashioned Oatmeal	Carrot Raisin Salad	Mixed Green Salad
<b>D</b>	Fried Cage Free Egg	Beef Tri-Trip Roast	Cheese Pizza
<b>A</b>	Sausage Link	Roasted Turkey Breast	Zesty Basil Tuna Sandwich
<b>Y</b>	Mixed Berry Wheat Pancakes	Steamed Red Potatoes	Potato Chips
	Whole Milk	Broccoli & Cauliflower	Mixed Vegetables
<b>10</b>	Coffee	Herb Roasted Carrots	Pound Cake
		Devil's Food Cake with Fudge Icing	
<b>S</b>			
<b>A</b>	Chilled Fruit	French Onion Soup	Loaded Baked Potato Soup
<b>T</b>	Orange Juice	Cottage Cheese & Tomato	Sweet Potato and Black Bean Chili
<b>U</b>	Cream Of Wheat	Mixed Green Salad	Mixed Green Salad
<b>R</b>	Scrambled Egg	Moroccan Lamb Stew	Cottage Cheese & Tomato
<b>D</b>	Bacon	Buttermilk Fried Chicken Thighs	Cheese Tortellini in Marinara Sauce
<b>A</b>	Whole Milk	Smashed Yukon Potatoes	Open Faced Roast Beef Sandwich
<b>Y</b>	Coffee	Green Beans Almondine	Mashed Potato
<b>11</b>		California Mixed Vegetables	Steamed Fresh Zucchini
		Angel Food Cake with Strawberry Sauce	Butterscotch Pudding
<b>S</b>	Chilled Fruit	Chicken Ditalini Soup	Tomato Basil Soup
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Carolina Chopped Slaw
<b>N</b>	Poached egg	Carolina Chopped Slaw	Mixed Green Salad
<b>D</b>	Turkey Sausage Patty	B.B.Q Glazed Salmon	Veggie Burrito Bowl
<b>A</b>	Hash Browned Potatoes	Korean Grilled Pork Loin	Classic Grilled Cheese Sandwich
<b>Y</b>	Cinnamon Roll	Wild Rice Pilaf	Steamed Broccoli and Red Peppers
	Whole Milk	Steamed Green Peas	Sweet potato Fries
<b>12</b>	Coffee	Mixed Vegetables	Oatmeal Raisin Cookie
		Coffee Ice Cream	