

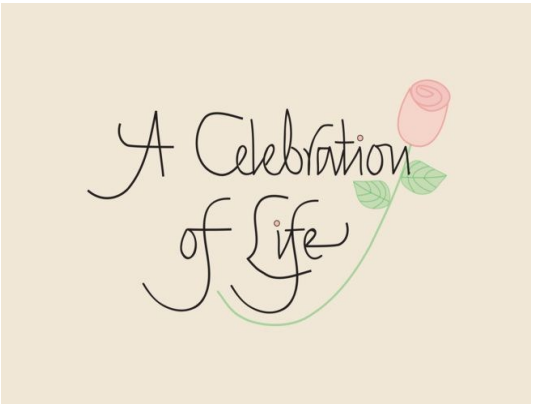


FRANKE
TOBEY
JONES

Enjoy your age

Elin Gratton’s family would like to share her memorial service information.

Saturday, October 11th at 2:00 p.m. Christ Episcopal Church 310 N. K St., Tacoma, WA



Sharing Winter Warmth Update



On behalf of the Pt. Defiance ~ Ruston Senior Center and Philanthropy, THANK YOU, THANK YOU! Your response to the Winter Warmth Clothing Drive has been overwhelming and filled bins, bags, and boxes! Kate Gray, Director of the Senior Center extends her deepest gratitude, “this clothing drive is beyond my wildest dreams and the enthusiastic response that came from our participants! Upon the first delivery, they flocked to the coats and other items; so excited to have access to warm clothing! Once again, FTJ residents always astonish me by going above and beyond with their support and generosity.”

If you would like to contribute, we are still collecting new or clean, gently used jackets, coats, shirts, sweaters, hats, and scarves to keep Kate’s winter clothing bank supplied! Your donations can be dropped off at our collection bins located in the Bistro, Care Center and Garden Apts. lobbies or the Philanthropy Office **through October**. Every item makes a difference!

Together, we can spread warmth across our community and ensure our neighbors are not facing winter alone. For questions, please contact Shelley in the Philanthropy Office at 253.756.6297 or sharris@franketobeyjones.com. As always, your kindness sends a heartfelt message of being valued and remembered. Many, many thanks!

Thank you!

Vaccine Clinic Save the Date

The annual vaccine clinic at FTJ will be on **Thursday October 23rd**. You can receive the COVID, flu and/or RSV vaccines. More details to follow in the coming weeks.

Shredding Event
Oct 13th Noon – 3PM
Bistro parking lot

FTJ will have a shredding truck on site for residents to bring paper documents they want shredded. Come any time between 12:00pm and 3:00pm. Please remove papers from all envelopes and any paper clips.

Resident Art Gallery Reception!



Join us on **Tuesday October 7th 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.

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



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Wellness Week (Oct. 6-10)

Franke Tobey Jones’ 2nd Annual Wellness Week is happening this week (Oct. 6-10). You should have received a Wellness Week brochure with your Wellness calendars this month. This brochure lists all the events happening during the week.

If you are interested in any of the offerings or have any questions, please contact the Wellness Staff at 253-756-6279 or cdeck@franketobeyjones.com.



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

BISCOTTI

BUTTER

CHEWY

CHOCOLATE CHIP

CRISPY

CRUNCHY

FORTUNE

FROSTED

GINGERSNAP

GIRL SCOUT

LINZER

MACARON

MILK

OATMEAL

OREO

PEANUT BUTTER

RAISINS

ROUND

SHORTBREAD

SNICKERDOODLE

SPRITZ

SUGAR

SWEET

WARM



		<i>MENU</i>	
	<i>Menu subject to change due to supply shortages</i>	<i>Oct-06 To Oct-12</i>	<i>Honey BBQ Ranch Chicken Sandwich</i>
	<i>BREAKFAST</i>	<i>DINNER</i>	<i>SUPPER</i>
<i>M</i>	Chilled Fruit	Creamy Broccoli and Cheddar Soup	Creamy Broccoli and Cheddar Soup
<i>O</i>	Orange Juice	Fruit Salad	Beef Mushroom & Barley Soup
<i>N</i>	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
<i>D</i>	Scrambled Egg	Grilled Salmon	Ancho Mango BBQ Glazed Chicken Breast
<i>A</i>	Bacon	Roast Beef	Grilled Cheese, Tomato & Bacon
<i>Y</i>	Double Chocolate Muffin	Horseradish Yukon Mashed Potatoes	Baked Beans
<i>06</i>	Whole Milk	Steamed Baby Carrots	Macaroni Salad
	Coffee	Garlic Roasted Green Beans	Blondie Bar
		Devil's Food Cake	
<i>T</i>	Chilled Fruit	Chicken Tortilla Soup	Chicken Tortilla Soup
<i>U</i>	Orange Juice	Cole Slaw	Garden Vegetable Soup
<i>E</i>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<i>S</i>	Eggs	Meatballs	Chicken BLT Wrap
<i>D</i>	Grilled Ham	Potato Crusted Cod	Pasta Primavera
<i>A</i>	Chocolate Chip Pancakes	Spaghetti Noodles	Potato Chips
<i>Y</i>	Whole Milk	Cranberry Brussel Sprouts	French Cut Green Beans
<i>07</i>	Coffee	Roasted Cauliflower	Chocolate Chip Cookie
		Strawberry Ice Cream	
<i>W</i>	Chilled Fruit	Golden Corn Chowder	Golden Corn Chowder
<i>E</i>	Orange Juice	Cucumber Sour Cream Salad	Onion Soup with Parmesan Crouton
<i>D</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
<i>N</i>	Scrambled Egg	Dijon Pork Tenderloin	All American Hot Dog
<i>E</i>	Sausage Link	Pan Fried Oysters	Classic Macaroni & Cheese
<i>S</i>	Apple Cinnamon Muffin	Baked Sweet Potato	Peas And Carrots
<i>D</i>	Whole Milk	Grilled Asparagus	French Fries
<i>A</i>	Coffee	Roasted Yellow Squash	Crème brûlée
<i>Y</i>		Cookies and Cream Blondie	
<i>08</i>			
<i>T</i>	Chilled Fruit	Cream Of Potato Soup	Cream Of Potato Soup
<i>H</i>	Orange Juice	Tossed Green Salad	Tomato Florentine Soup
<i>U</i>	Cream of Wheat	Fruited Jello Salad	Tossed Green Salad
<i>R</i>	French Toast	Meatloaf	Fruited Jello Salad
<i>S</i>	Scramble Eggs	Grilled Huli Huli Chicken	Cheeseburger
<i>D</i>	Bacon	Roasted Butternut Squash	Chicken Bruschetta Salad
<i>A</i>	Whole Milk	Sauteed Bok choy	Mixed Vegetables
<i>Y</i>	Coffee	Bakers Choice	Sweet Potato Fries
<i>09</i>			Assorted Desserts
<i>F</i>	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<i>R</i>	Orange Juice	Carrot Raisin Salad	Tossed Green Salad
<i>I</i>	Old Fashioned Oatmeal	Mixed Green Salad	Carrot Raisin Salad
<i>D</i>	Eggs	Maple Apple Roasted Turkey	Fish & Chips
<i>A</i>	Sausage Patty	Southwest BBQ Pork Loin	Pepperoni Pizza
<i>Y</i>	Donut Holes	Mashed Potato	Steamed Vegetable Medley
	Whole Milk	Sauteed Broccoli & Garlic	French Fries
<i>10</i>	Coffee	Glazed Carrots	Vanilla Pudding Cup
		Monster Cookie	
<i>S</i>	Chilled Fruit	Vegan Vegetable Soup	Vegan Vegetable Soup
<i>A</i>	Orange Juice	Cottage Cheese	Chicken Noodle Soup
<i>T</i>	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese
<i>U</i>	Eggs	Mediterranean Braised Lamb	Cheese Quesadilla
<i>R</i>	Bacon	Chicken Cacciatore	Meatball Sandwich
<i>D</i>	Blueberry Pancake	Buttered Egg Noodles	Home Fried Potatoes
<i>A</i>	Whole Milk	Green Beans w/ Bacon	California Mixed Vegetables
<i>Y</i>	Coffee	Balsamic Grilled Vegetables	Raspberry Yogurt Mousse
<i>11</i>		Apple Crumble	
<i>S</i>	Chilled Fruit	Carrot Bisque	Carrot Bisque
<i>U</i>	Orange Juice	Waldorf Salad	Beef Noodle Soup
<i>N</i>	Old Fashioned Oatmeal	Mixed Green Salad	Waldorf Salad
<i>D</i>	Eggs	Baked Lemon Garlic Catfish	Santa Fe Turkey Wrap
<i>A</i>	Bacon	Baked Ziti with Vegetables	Southwest Grilled Chicken Salad
<i>Y</i>	Hash Browned Potatoes	Roasted Red Potatoes	Potato Chips
	Cinnamon Rolls	Roasted Brussels Sprouts	Zucchini with Garlic & Basil
<i>12</i>	Whole Milk	Glazed Carrots	Banana Split
	Coffee	Carrot Cake	