



FRANKE
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Art Opportunity

Every Thursday morning an informal group of artists gathers in the Craft/Art Room in the Tobey Jones Basement from 10.a.m. until noon. This group is self-managed and does not have an instructor. Each person works independently on his/her own project, whether oil, acrylic, watercolor or ink. If you would like to participate or want more information, please call Kristie Langlow at 206.985.1221

The Grand Cinema Movie Outing

The Movie Bus to Tacoma's beloved Grand Cinema on **Wednesday, January 28**, features **The Testament of Ann Lee**. It is an epic historical musical drama chronicling the life of Ann Lee, the 18th-century founder of the Shaker movement. Starring Amanda Seyfried as the irrepressible leader, the well-reviewed film explores the ecstasy and agony of her quest to establish a utopian, celibate, and gender-equal society in America.

The trip is limited to 20 people and will **leave the Bistro entrance at 12:55 p.m.** Register by Tuesday, January 27 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.

Sneak Peek at February's Lunch Bunch

"McMenamins Pub at Elks Temple"

Friday, February 6 Bus departs at 11:15 am. **Cost: Meal**

Join us as we go to McMenamins in the historic Elks Temple.

The 1916 Elks Temple has been restored and reimagined into a vibrant gathering place for out-of-town guests and locals alike.

Threads of art, history and elements of the local community are woven into the structure. We will be eating in the McMenamins Pub where they serve classic Pacific Northwest fare in a room with a spectacular view facing the Foss Waterway.

Please sign up at LP Front Desk. This trip is capped at 19 people





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Making A Difference Recognition



Jason Fifer – Building Services

He is always willing to help everyone. He is respectful and nice. He does a great job. He makes every day meaningful for the team and residents. (Co-worker)



Hilary Bertrand – Life Enrichment

Hilary brings so much kindness to the residents. From her first day here, I could tell how much she cared. She goes out of her way, checking on individual residents and giving hand massages. I can tell she enhances the lives of our SN residents. (Co-worker)



Melissa Murphy – ARR

Her hard work, dedication and attention to detail does not go unnoticed. She maintains her work performance while taking on more and yet remains thoughtful and kind to others around her and goes the extra mile. (Contractor)



Suzanna Pulk – Dining

She is excellent at remembering what everybody usually has or is not interested in. She is friendly and capable and I'm glad we have her! (Resident)

Kitchen Staff – Dining

To all the unsung heroes of the kitchen staff. I don't know many of you, but I see you pushing and pulling "carts" up and down the hill in rain and shine and in daylight and darkness. Real dedication! (Resident)



Shelley Harris – Philanthropy

Kudos to Shelley Harris for taking the time and extra effort to present a Greek cooking demonstration for the FTJ community, ably assisted by Sarah Doerner and Katie Baker. Telling stories of life in Greece while chopping carrots, chicken, and other preparatory activities, we were charmed by her humor and stories. (Resident)

		<i>MENU</i>	
	<i>Menu subject to change due to supply shortages</i>	<i>Jan- 26 To Feb- 1</i>	<i>Portobello Rustico</i>
	<i>BREAKFAST</i>	<i>DINNER</i>	<i>SUPPER</i>
<i>M</i>	Chilled Fruit	Chicken Gumbo	Split Pea Soup with Ham
<i>O</i>	Orange Juice	Pickle Beet Salad	Mixed Green Salad
<i>N</i>	Old Fashioned Oatmeal	Mixed Green Salad	Spinach Quiche
<i>D</i>	Belgian Waffles	Pot Roast	Hot Open Face Turkey Breast Sandwich
<i>A</i>	Scramble Eggs	Stuffed Chicken Breast	Mashed Sweet Potato
<i>Y</i>	Grilled Ham	Orzo with Lemon & Herbs	Green Peas
	Whole Milk	Summer Squash & Carrot Medley	Bakers Choice
<i>26</i>	Coffee	Italian Vegetable Blend	
		Cherry Coconut Bars	
<i>T</i>	Chilled Fruit	Chicken Mulligatawny Soup	Turkey and Rice Soup
<i>U</i>	Orange Juice	Minty Cucumber Salad	Mixed Green Salad
<i>E</i>	Cream of Wheat	Mixed Green Salad	Soft Carne Asada Tacos
<i>S</i>	Apple Cinnamon Muffin	General Tso's Shimp	Chicken Pesto Panini
<i>D</i>	Fried Egg	Baked Pork Chop	Refried Pinto Beans
<i>A</i>	Bacon	Garlic Roasted Potato Wedges	Mexican Rice
<i>Y</i>	Whole Milk	Asparagus with Lemon Garlic Vinaigrette	Potato Chips
<i>27</i>	Coffee	Roasted Cauliflower	Pumpkin Cheesecake Bar
		Yellow Cake with Fudge Icing	
<i>W</i>			
<i>E</i>	Chilled Fruit	Thai Pea Soup	Potato Leek Soup
<i>D</i>	Orange Juice	Asian Pineapple Slaw	Mixed Green Salad
<i>N</i>	Old Fashioned Oatmeal	Mixed Green Salad	Santa Fe Patty Melt
<i>E</i>	Café Mocha Muffin	Ginger Orange Chicken	Roasted Portobello Cobb Salad with Pita
<i>S</i>	Scramble Eggs	Garlic Beef and broccoli	Capri Mixed vegetables
<i>D</i>	Sausage Patty	Asian Noodles	French Fries
<i>A</i>	Whole Milk	Sesame Garlic Stir Fried Vegetables	Chocolate Brownie
<i>Y</i>	Coffee	Spice Cake with Cream Frosting	
<i>28</i>			
<i>T</i>	Chilled Fruit	Hearty Beef Vegetable Soup	Vegetable Chili
<i>H</i>	Orange Juice	Fruit Jello Salad	Mixed Green Salad
<i>U</i>	Cream of Wheat	Mixed Green Salad	Mushroom & Spinach Lasagna
<i>R</i>	Eggs to Order	Shepherds Pie	Ham & Swiss Croissant
<i>S</i>	Whole Wheat French Toast	Baked Cod with Lemon Butter Sauce	French Fries
<i>D</i>	Bacon	Mashed Potato	Grilled Marinated Zucchini
<i>A</i>	Whole Milk	Baja Roasted Vegetables	Irish Cream Bar
<i>Y</i>	Coffee	Crispy Brussels Sprouts	
<i>29</i>		Apple Crisp	
<i>F</i>	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<i>R</i>	Orange Juice	Mixed Green Salad	Mixed Green Salad
<i>I</i>	Old Fashioned Oatmeal	Carrot Raisin Salad	Penne Pasta With Grilled Shrimp
<i>D</i>	Scramble Eggs	BBQ Glazed Salmon	Sausage Pizza
<i>A</i>	Sausage Link	Beef Brisket	Garlic Bread
<i>Y</i>	Blueberry Pancakes	Oven Roasted Home Fries	Mixed Vegetables
	Whole Milk	Broccoli & Cauliflower	Bakers Choice
<i>30</i>	Coffee	Herb Roasted Carrots	
		Fruit of the Forest Pie	
<i>S</i>			
<i>A</i>	Chilled Fruit	French Onion Soup	Cream of Vegetable Soup
<i>T</i>	Orange Juice	Cottage Cheese & Tomato	Mixed Green Salad
<i>U</i>	Classic Grits	Mixed Green Salad	Open Faced Roast Beef Sandwich
<i>R</i>	Scrambled Egg	Chopped Beef Steak with Onions	Cheese Tortellini in Marinara Sauce
<i>D</i>	Turkey Sausage Link	Roasted Chicken	Mashed Potatoes
<i>A</i>	Whole Milk	Rice and Peas	Green Beans with Oregano
<i>Y</i>	Coffee	Grilled Asparagus	Vanilla Pudding
<i>31</i>		Cauliflower Florets	
		Angel Food Cake with Strawberry Sauce	
<i>S</i>	Chilled Fruit	Chicken Ditalini Soup	Tomato Basil Soup
<i>U</i>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<i>N</i>	One Poached Egg	Carolina Chopped Slaw	Penne Carbonara with Chicken
<i>D</i>	Bacon	Grilled Cod	Grilled Cheese
<i>A</i>	Hash Browned Potatoes	Korean Grilled Pork Loin	Steamed Broccoli and Red Peppers
<i>Y</i>	Whole Milk	Steamed Jasmine Rice	Sweet Potato Fries
	Coffee	Asian Vegetables	Asst Dessert
<i>01</i>		Baby Bok Choy	
		Rocky Road Ice Cream	