



FRANKE
TOBEY
JONES

Enjoy your age

Resident Council Meeting

Resident council for January will be held in the Activity Terrace in the Lillian Pratt Building.

Please join us at **9:30am** on **Monday January 12.**

If you have questions, please reach out to Kelly Maxfield at 253-756-6366 or kmaxfield@franketobeyjones.com.

Grief Support Group

Wednesday, January 7 at 1pm - Garden Apartments 2nd Floor Lounge

The first Wednesday of every month at 1pm, Adelia Stackler hosts a grief support group. This group creates a space for residents to share their experiences of grief. The group is not religiously affiliated. All residents are welcome to attend, whether you are grieving a new loss or wanting connection after years of grief. You do not need to attend every month.

If you would like more information, please contact Adelia at 253-756-6278 or astackler@franketobeyjones.com

Resident Art Gallery Reception!

Join us on **Tuesday January 6th 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 artwork on display has been created by past residents of Frankie Tobey Jones and will be part of the new permanent collection at FTJ.

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



Mahjong Group

If you are interested in playing American Mahjong, a group of residents meet every Tuesday in the Garden Apartment's lounge on the 2nd floor from 1:15pm to 3:30pm.

If you enjoy Mahjong they welcome new players. Contact Cynthia Hammer for more information or just come on Tuesday.

Knit Wits Group

The Knit Wits is a sewing, knitting, embroidery group that is open to anyone who has any kind of craft project that you sit for...and you'd like to be in the company of others while doing it. The Knit Wits meet in the **Tobey Jones Parlor** on Thursdays at 2:00pm. They'd love for you to join them!

		<i>MENU</i>	
	<i>Menu subject to change due to supply shortages</i>	<i>Jan- 5 To Jan- 11</i>	<i>Mediterranean Chicken & Red Quinoa Salad</i>
	<i>BREAKFAST</i>	<i>DINNER</i>	<i>SUPPER</i>
<i>M</i>	Chilled Fruit	Cream of Broccoli Soup	Chunky Vegetable Orzo Soup
<i>O</i>	Assorted Fruit Juice	Mixed Green Salad	Mixed Green Salad
<i>N</i>	Old Fashioned Oatmeal	Fruit Salad	Beef Taco Salad
<i>D</i>	Fried Egg	Crispy Parmesan Flounder	Three Cheese Quiche
<i>A</i>	Pork Sausage Links	Cheese Ravioli with Marinara	Baja Black Beans
<i>Y</i>	Blueberry Muffin	Roasted Red Potatoes	Summer Squash Medley
	Whole Milk	Whole Green Beans	Tres Leches Cake
<i>5</i>	Coffee	Glazed Carrots	
		Blueberry Cobbler With Biscuit Topping	
<i>T</i>	Chilled Fruit	Navy Bean Soup	Chicken Noodle Soup
<i>U</i>	Assorted Fruit Juice	Mixed Green Salad	Mixed Green Salad
<i>E</i>	Cream of Wheat	Apple Fennel Slaw	Glazed Baked Ham
<i>S</i>	Poached Egg	Jerk Chicken Thigh	Jack Daniels Glazed Turkey Carvery Sandwich
<i>D</i>	Buttermilk Pancakes	Farmer's Salisbury Steak	Confetti Couscous
<i>A</i>	Grilled Ham	Mashed Sweet Potatoes	Roasted Beets with Thyme
<i>Y</i>	Whole Milk	Collard Greens	Lemon Pudding Cake
<i>6</i>	Coffee	California Mixed Vegetables	
		Peach Crisp	
<i>W</i>			
<i>E</i>	Chilled Fruit	Vegetarian Lentil Soup	Beef Barley Soup
<i>D</i>	Assorted Fruit Juice	Mixed Green Salad	Mixed Green Salad
<i>N</i>	Old Fashioned Oatmeal	Spinach salad	Grilled Huli Huli Chicken
<i>E</i>	Scrambled Eggs	BBQ Pulled Pork	Pepper Jack Bacon Cheeseburger
<i>S</i>	Bacon	Turkey Meatloaf	French Fries
<i>D</i>	Apple Caramel Muffin	Mashed Potatoes	Spinach & Caramelized Shallots
<i>A</i>	Whole Milk	Green Peas	Cherry Crumble
<i>Y</i>	Coffee	Balsamic Grilled Vegetables	
<i>7</i>		Salted Caramel Chocolate Cake	
<i>T</i>			
<i>H</i>	Chilled Fruit	Tomato Florentine Soup	Fire Roasted Corn Soup
<i>U</i>	Assorted Fruit Juice	Mixed Green Salad	Mixed Green Salad
<i>R</i>	Cream of Wheat	Fruited Jello	Tuna Salad Sub
<i>S</i>	French Toast	Beef Barbacoa	Margherita Pizza
<i>D</i>	Eggs to Order	House Lemon Basil Chicken Breast	Garlic Roasted Green Beans
<i>A</i>	Sausage Link	Mexican White Rice	Potato Chips
<i>Y</i>	Whole Milk	Corn O'Brien with Peppers	Lemon Cheesecake Bar
	Coffee	Blanched Broccoli Floret	
<i>8</i>		Orange Cardamom Coffee Cake	
<i>F</i>	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<i>R</i>	Assorted Fruit Juice	Mixed Green Salad	Mixed Green Salad
<i>I</i>	Old Fashioned Oatmeal	Carrot Raisin Salad	Baked Rigatoni with Tomatoes & Italian Cheeses
<i>D</i>	Scrambled Egg	Herb Roasted Pork Loin with Pan Gravy	Crispy Chicken Wrap
<i>A</i>	Bacon	Cajun Salmon	Sweet Potato Fries
<i>Y</i>	Apple Cinnamon Muffin	Oven Roasted Potato Wedges	Baja Roasted Vegetables
<i>9</i>	Whole Milk	Roasted Balsamic Brussels Sprouts	Tiramisu Cake
	Coffee	Italian Blend Vegetables	
		Chocolate Cream Pie	
<i>S</i>	Chilled Fruit	Split Pea Soup	Mushroom & Roasted Garlic Soup
<i>A</i>	Assorted Fruit Juice	Mixed Green Salad	Mixed Green Salad
<i>T</i>	Old Fashioned Oatmeal	Carolina Slaw	Monterey Black Bean Burger
<i>U</i>	Eggs Benedict	Tequila Shrimp	Chicago Style Hot Dog
<i>R</i>	Sausage Patty	Buttermilk Fried Chicken	French Fries
<i>D</i>	Hash Browned Potatoes	Golden Rice Pilaf	Steamed Peas and Carrots
<i>A</i>	Whole Milk	Cauliflower	Vanilla Pudding
<i>Y</i>	Coffee	Balsamic Grilled Yellow Squash	
<i>10</i>		Chocolate Ice Cream	
		Garden Vegetable Soup	
	Chilled Fruit	Mixed Green Salad	Bacon & Corn Chowder
<i>S</i>	Assorted Fruit Juice	Cottage Cheese & Peaches	Mixed Green Salad
<i>U</i>	Cream of Wheat	Braised Beef Brisket	Italian Sub
<i>N</i>	Cheese Omelet	Golden Fried Catfish	Meat Lasagna
<i>D</i>	Bacon	Roasted Sweet Potatoes	Potato Chips
<i>A</i>	Cinnamon Roll	Steamed Fresh Baby Carrots	Garlic Bread
<i>Y</i>	Whole Milk	Fresh Mixed Vegetables	Sauteed Broccoli & Garlic
<i>11</i>	Coffee	Peach Pie	Carnival Cookie