



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 Franke 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!

MENU

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