



FRANKE
TOBEY
JONES

Enjoy your age

Grief Support Group

**Wednesday, June 3rd at 4pm - Garden Apartments
2nd Floor Lounge**

FTJ's campus grief group meets on the first Wednesday of every month. Even if you have not participated so far, you are welcome to join us for this time of grounding and sharing. Please note that this is a confidential group that has no particular religious affiliation. To RSVP, contact Adelia Stackler (Campus Spiritual Support) at astackler@franketobeyjones.com or 253-756-6278.

Raffle Basket Winners

Thank you everyone who participated in the raffle baskets to raise money for FTJ "where the need is greatest" fund. Congratulations to our winners !!!

Lauren Keltgen, LP Receptionist won the small picture basket
Pat Smith, TJ Resident won the Wine basket
Rebecca Carver, LP Nurse won the Seahawks basket

The total amount raised from the three baskets is \$282.00...Awesome !

Massage Therapist

LeAnn "Lee" Heath is a licensed Massage Therapist with over 17 years of experience in massage therapy. Lee is offering massage therapy sessions on Saturdays and Sundays from 8:00 AM to 6:00 PM in Lillian Pratt Building, Room 338.

Massage Options Available:

50-Minute Session: \$60

80-Minute Session: \$90



Lee offers both Table Massage and Chair Massage, giving you the flexibility to choose the type of massage that's most comfortable for you. Whether you're looking to relieve tension, reduce stress, or simply relax, LeAnne will tailor each session to meet your needs.

Please note:

- Lee is currently a private pay provider and does not accept insurance.
- Lee accepts Apple Pay, Venmo, Zelle, credit cards, and cash.
- Special through end of June is \$10 off the 90-minute massage.
- \$10 off any massage service during your birthday month.

To Book an Appointment: Call **253-365-4645** to schedule your session and experience the benefits of massage therapy!



Hello! Here is this week's menu. We think you will love it!

DATE **June 1st – June 7th**



MONDAY BREAKFAST
 Fruit Cup
 Cream of Rice
 Scrambled Eggs w/
 Cheese and Chives
 Belgian Waffle
 Applewood Bacon

MONDAY LUNCH
 Turkey Rice Soup
 Garden Salad
 Spinach Strawberry
 Salad
 Braised BBQ Brisket
 Peperonata Pollock
 Mashed Potatoes
 Rainbow Carrots
 Seasoned Green Beans
 Wheat Roll
 Strawberry Ice Cream

MONDAY DINNER
 Pasta Fagioli Soup
 Garden Salad
 Chicken Salad Croissant
 Hamburger Macaroni
 Casserole
 Potato Chips
 Zucchini and Red
 Onions
 Wheat Roll
 Snickerdoodle Cookie

TUESDAY BREAKFAST
 Fruit Cup
 Oatmeal
 Scrambled Eggs
 Texas French Toast
 Breakfast Ham

Tuesday Lunch
 Chicken Tortilla Soup
 Garden Salad
 Mexican Street Corn
 Pulled Pork Carnitas
 Cilantro Lime
 Chicken Thighs
 Borracho Beans
 Mexican Rice
 Sauteed Chayote
 Flour Tortilla
 Tres Leche Cake

TUESDAY DINNER
 Pistou Vegetable
 Garbanzo Soup
 Garden Salad
 Beef Patty Melt
 Pesto Tortellini
 Potato Fries
 Yellow Squash
 Parmesan
 Breadstick
 Banana Cream Pie

WEDNESDAY BREAKFAST
 Fruit Cup
 Cream of Rice
 Ranchero Scrambled Eggs
 Sausage Links
 Zucchini Bread

WEDNESDAY LUNCH
 Sausage Vegetable Orzo
 Soup
 Garden Salad
 Sweet Potato Kale Salad
 Sweet and Sour Chicken
 Baked Cod
 Miso Ginger Marinade
 Asian Fried Rice
 Moroccan Carrots
 Cabbage and Bok Choy
 Wheat Roll
 Carnival Cookies

WEDNESDAY DINNER
 Chicken & Sausage
 Gumbo Soup
 Garden Salad
 Grilled Chicken
 Burger
 Steak Caesar Salad
 Potato Wedges
 Sweet and Sour
 Beets
 Wheat Roll
 Cherry Oat Bar

THURSDAY BREAKFAST
 Fruit Cup
 Oatmeal
 Fresh Over Egg
 Applewood Bacon

THURSDAY LUNCH
 Avgolemono Chicken
 Soup
 Garden Salad
 Watermelon Mint Salad
 Honey Glazed Pork
 Tenderloin
 Baked Chicken
 Yukon Smashed Potatoes
 Steamed Green Peas
 Au Gratin Cauliflower
 Breadstick
 Peach Cobbler Cake

THURSDAY DINNER
 Cream of
 Mushroom Soup
 Garden Salad
 Vegetable Fajitas
 Reuben Sandwich
 Cilantro Rice
 Mexican Corn
 Assorted Desserts

FRIDAY BREAKFAST
 Fruit Cup
 Cream of Rice
 Poached Egg
 Breakfast Ham
 Apple Muffin

FRIDAY LUNCH
 New England Clam
 Chowder
 Garden Salad
 Zucchini & Corn
 Salad
 Stuffed Bell Pepper
 Grilled Salmon
 Cajun Rice
 California Mix
 Vegetable
 Lemon Garlic Broccoli
 Cornbread
 Chocolate Mousse

FRIDAY DINNER
 New England Clam
 Chowder
 Garden Salad
 Italian Hoagie
 Spinach Feta Pie
 Homemade Potato Chips
 Seasoned Green Beans
 Wheat Roll
 Apple Pie

SATURDAY BREAKFAST
 Fruit Cup
 Oatmeal
 Spanish Scrambled Eggs
 Sausage Links
 Lemon Poppy Seed
 Muffin

SATURDAY LUNCH
 Creamy Tomato Soup
 Garden Salad
 Spring Parmesan Pea Salad
 Honey Ginger Chicken
 Thighs
 Swiss Steak
 Parmesan Roasted
 Potatoes
 Yellow Squash and Red
 Onions
 Okra & Tomatoes
 Wheat Roll
 Pound Cake w/
 Strawberries

SATURDAY DINNER
 Chunky Vegetable Soup
 Garden Salad
 Tuna Melt on Wheat
 BLT Salad
 Rosemary Potato
 Wedges
 Pesto Root Vegetables
 Wheat Roll
 Lemon Pudding

SUNDAY BREAKFAST
 Fruit Cup
 Cream of Rice
 Scrambled Eggs
 Applewood Bacon
 Cinnamon Roll

Sunday Lunch
 Cream Asparagus Soup
 Garden Salad
 Citrus Kale Salad
 Honey Apple Pork Loin
 Shrimp & Sausage
 Jambalaya
 Jasmine Rice
 Glazed Carrots
 Maple Brussel Sprouts
 and Squash
 Ciabatta Roll
 Raisin Cookies

SUNDAY DINNER
 Beef Barley Soup
 Garden Salad
 Baked Fish Sandwich
 Turkey Tetrazzini
 Baked Potato Waffle
 Fries
 Seasoned Peas and
 Carrots
 Multigrain Roll
 Banana Split Sundae