



FRANKE
TOBEY
JONES

Enjoy your age

Vaccine Clinic Save the Date

The annual vaccine clinic at FTJ will be on **Thursday October 22nd**. You can receive the COVID, flu and/or RSV vaccines. More details to follow in the coming weeks.

Resident Art Gallery Reception!

Join us on **Tuesday October 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 was created by current resident Ron Patterson and will be on display through December.

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



Grief Group

**Wednesday, October 7th 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 discussion, meditation, and reflection. 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

Wanted: Grocery Bags

The Food Bank at Mason Methodist Church needs big brown grocery bags or heavy-duty plastic bags in good condition. Please bring your excess bags to the Bascom Library where they will be collected and brought to the Food Bank. Look for a receptacle marked for receiving the bags.



New Check in System in the Wellness Center

At the end of September, the Franke Tobey Jones Wellness Center is switching over to an electronic check in system. This will allow members to sign up for and check into Wellness classes, programs and appointments more efficiently and allow staff to send out announcements that are more easily accessible. By streamlining these processes, it will allow Wellness staff to use their time more efficiently.

All residents who currently use the Wellness Center **must** be set up on this system. The last week of September we will use some of our regular class times to offer assistance to get everyone signed up as well as a drop in day at the end of the week. The times are listed below. If you can't make it during these times, please let Wellness staff know and we can arrange a different time.

You will receive a welcome email prior to these meetings that walks you through the set up process. You are more than welcome to sign up ahead of time. Please bring your phone to the meeting as you may need it for set up. If you have any questions, please let us know and we will do our best to answer. Thank you for your patience and understanding as we navigate this new system.

Monday, Sept. 28th 8:00 am, 9:00 am, 10:00 am, 11:00 am

Tuesday, Sept. 29th 10:00 am

Wednesday, Sept. 30th 8:00 am, 9:00 am, 10:00 am, 11:00 am

Thursday, Oct. 1st 10:00 am

Friday, Oct. 2nd Drop-ins from 8:00 am – 12:00 pm

-FTJ Wellness Team



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hello
FALL

Welcome to Fall Mocktails!
Join us on Fridays from
October 2nd - October 30
during lunch service in the LP
and TJ dining rooms.
Enjoy a refreshing seasonal
mocktail with your meal!
Come in and have a sip!





October 8th

FALL
fest

Chef’s Buffet
Fall Fest!

Thursday, October 8th.
More Details To Come!



Bistro Hours

Be sure to come between the
hours of 9AM – 2PM to enjoy
your favorite drink or snack.
Closed daily: 11:15-11:45am
for staff breaks.





FRANKIE
TOBEY
JONES

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

DATE September 28th – October 4th Week 1

Morrison
LIVING

MONDAY BREAKFAST

Fresh Fruit Cup
Oatmeal
Scrambled Eggs
Sausage Links
Home Fries
Cranberry Muffin

TUESDAY BREAKFAST

Fresh Fruit Cup
Cream of Wheat
Poached Eggs
Applewood Bacon
Plain Bagel

WEDNESDAY BREAKFAST

Fresh Fruit Cup
Grits
Fried Eggs
Corn Beef Hash
Wheat Toast

THURSDAY BREAKFAST

Fresh Fruit Cup
Oatmeal
Scrambled Eggs
Applewood Bacon
Hash Brown Patty
Texas French Toast

FRIDAY BREAKFAST

Fresh Fruit Cup
Cream of Wheat
Fresh Over Egg
Sausage Patty
Buttermilk Pancakes

SATURDAY BREAKFAST

Fresh Fruit Cup
Oatmeal
Denver Scramble
Sausage Links
Chocolate Chip Quick
Bread

SUNDAY BREAKFAST

Fruit Cup
Grits
Eggs Benedict
Applewood Bacon
Cinnamon Rolls
Wheat Toast

MONDAY LUNCH

Turkey Noodle Soup
Garden Salad
Spinach Orange Salad
w/Dressing
Pork Chop w/ Apples
Chicken Etouffee
Vegetable Rice
Edamame Succotash
Sautéed Fresh Spinach
Wheat Roll
Deep Dish Peach Cobbler

TUESDAY LUNCH

Cream of Mushroom Soup
Garden Salad
Cucumber Dill Salad
Rosemary Chicken
Manicotti with
Spinach Cream Sauce
Herb Couscous
Green Beans w/ Red Peppers
Sautéed Zucchini
Garlic Bread
Carrot Cake

WEDNESDAY LUNCH

Beef and Rice Soup
Garden Salad
Cranberry Fruit Gelatin
Marinated Flank Steak
Crab Cakes
Wild Rice w/ Vegetables
Sautéed Bok Choy
Buttered Carrots
Wheat Roll
Black Forest Cake

THURSDAY LUNCH

Broccoli and Cheese Soup
Garden Salad
Carrot Salad
Shrimp Tikka Masala
Eggplant Cutlet with
Red Pepper Pesto
Jasmine Rice
Curry Roasted Cauliflower
Roasted Yellow Squash
Garlic Bread
Assorted Desserts

FRIDAY LUNCH

New England Clam
Chowder
Garden Salad
Broccoli Coleslaw
Parmesan Baked Cod
Fall Chicken and Pears
Baked Potato
Grilled Rainbow Carrots
Braised Greens &Peppers
Cheese Biscuit
Pumpkin Mousse

SATURDAY LUNCH

Chicken Noodle Soup
Garden Salad
Zucchini and Corn Salad
Turkey Meatloaf
Liver and Onions
Whipped Potatoes
Garden Blend Vegetables
Cauliflower & Red Peppers
Dinner Roll
White Raspberry Cake

SUNDAY LUNCH

Butternut & Apple Soup
Garden Salad
Apple Grape Salad
Beef Pot Roast
Herbed Baked Chicken
Scalloped Potatoes
Roasted Root Vegetables
Steamed Peas &
Mushrooms
Wheat Roll
Applesauce Cake

MONDAY DINNER

Scotch Barley Soup
Garden Salad
Tuna Salad Plate with
Biscuit
Turkey Stroganoff
Buttered Egg Noodles
Mushrooms Onions &
Peas
Pineapple Crisp

TUESDAY DINNER

Pasta Fagioli Soup
Garden Salad
Cuban Sandwich
Beef Taco Salad
Black Beans and Rice
Homemade Potato
Chips
Bananas Foster
Pudding

WEDNESDAY DINNER

Navy Bean Soup
Garden Salad
Chicken Jambalaya
Spinach & Tomato
Frittata
Portobella Potato Hash
Wheat Roll
Butterscotch Square

THURSDAY DINNER

Creamy Tomato Soup
Garden Salad
Philly Cheesesteak
Sandwich
Apricot Glazed Chicken
Roasted Potato Wedges
Broccoli with Garlic
Dutch Apple Pie

FRIDAY DINNER

Clam Chowder Soup
Garden Salad
Beef and Lamb Greek
Casserole
Shrimp Salad Croissant
Homemade Potato
Chips
Lemon and Oregano
Roasted Zucchini
Garlic Roll
Classic Chocolate Cake

SATURDAY DINNER

Cream of Celery Soup
Garden Salad
Oven-Fried Chicken
Monte Cristo
Macaroni and Cheese
Seasoned Green beans
Cornbread
Tapioca Pudding

SUNDAY DINNER

Lentil and Ham Soup
Garden Salad
Baked Ziti Sausage and
Mushrooms
Baked Fish on Bun
Fresh Potato Fries
Sautéed Fresh Spinach
Breadstick
Banana Split Sundae