



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 Board Member Process

The Franke Tobey Jones Board of Directors will have an opening next year for a resident Board member. Applications are **due by September 15th**, and interviews will take place in October. Please contact Melissa Dempsey at mdempsey@franketobeyjones.com or 253-756-6366 for application materials and requirements.

New This Fall: A Writing Circle, By and For Our Community

Starting September 1, we're launching a new weekly writing group — created because our popular guest-led writing classes fill up fast and always leave people on the waiting list. This one is different: it's peer-led, runs for 9 weeks, and welcomes anyone who wants to write, whether you've taken a class here before or have never picked up a pen for this kind of thing.

When: Tuesdays, 10:00 a.m. – 12:00 p.m., September and October

Where: Bascom Library in the Lillian Pratt Building

Cost: Free

Space is limited to 10 participants. To reserve your spot, have questions answered and receive the writing assignment for September 1 meeting, email CynthiaHammer@hotmail.com

I hope you'll join us — no experience necessary, just a willingness to write and to listen.

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



FRANKIE
TOBEY
JONES

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

DATE September 7th – September 13th Week 2

Morrison
LIVING

MONDAY BREAKFAST

Fresh Fruit Cup
Oatmeal
Over Easy Egg
Applewood Bacon
Blueberry Muffin

TUESDAY BREAKFAST

Fresh Fruit Cup
Cream of Wheat
Scrambled Eggs
Breakfast Ham
Home Fries
Wheat Toast

WEDNESDAY BREAKFAST

Fresh Fruit Cup
Grits
Spinach and Tomato
Frittata
Applewood Bacon
Texas Sticky Buns

THURSDAY BREAKFAST

Fresh Fruit Cup
Oatmeal
Sausage Links
Banana Bread

FRIDAY BREAKFAST

Fresh Fruit Cup
Cream of Wheat
Ham and Potato
Casserole
Coffee Cake

SATURDAY BREAKFAST

Fresh Fruit Cup
Oatmeal
Poached Egg
Sausage Links
Buttermilk Pancakes

SUNDAY BREAKFAST

Fruit Cup
Grits
Cheesy Scrambled Egg
Applewood Bacon
Hashbrowns w/ Onions
Cinnamon Roll

MONDAY LUNCH

Beef Barley & Mushroom
Soup
Garden Salad
Kale Caesar Salad
Fennel Crusted Pork
Tenderloin
Tandoori Chicken
Steamed Rice
Roasted Herb Tomatoes
Coconut Creamed Spinach
Naan Bread
Brownie Oreo Cake

TUESDAY LUNCH

Cream of Spinach Soup
Garden Salad
Relish Plate with Dip
Chicken Toscana w/ Beans
Beef Meatloaf
Mashed Potatoes w/ Garlic
Steamed Broccoli
Roasted Cauliflower
Wheat Bread
Coconut Cake

WEDNESDAY LUNCH

Grilled Corn and Potato Bisque
Garden Salad
Carrot Pineapple Salad
Maple Roasted Turkey
Herb Crusted Sole
Sage Bread Dressing
Rice Pilaf
Parsley Carrots
Steamed Peas & Pearl Onions
Parmesan Focaccia Roll
Blueberry Cheesecake Bar

THURSDAY LUNCH

Mexican Chicken Soup
Garden Salad
Beet and Onion Salad
Garlic Oregano Chicken
Roast Beef
Orzo with Goat Cheese
Ratatouille Eggplant
Braised Red Cabbage
Fresh Biscuit
Lemon Ricotta Cake

FRIDAY LUNCH

New England Clam Chowder
Garden Salad
Apple Craisin Salad
Pan Seared Salmon
w/ Fruit Salsa
Baked Ham
Wild Rice
Sesame Carrots
Collard Greens
Wheat Roll
Pineapple Upside Down Cake

SATURDAY LUNCH

Chunky Vegetable Soup
Garden Salad
Cottage Cheese & Peaches
Spinach Lasagna
Turkey Cutlet Marsala
Maple Sage Sweet
Potatoes
Grilled Zucchini
Roasted Broccoli
Garlic Bread
Chocolate Pudding

SUNDAY LUNCH

Tomato Basil Soup
Garden Salad
Marinated Cucumbers
Apple Sage Stuffed
Chicken Breast
Swedish Meatballs
Buttered Egg Noodles
Seasoned Green Peas
Sautéed Spinach
Cornbread
Strawberry Cloud Cake

MONDAY DINNER

Black Bean Soup
Garden Salad
Roast Beef & Cheddar
Melt
Italian Antipasto Salad
Steak Fries
Seasoned Green Beans
Breadstick
Peanut Butter Cookies

TUESDAY DINNER

Potato Bacon Soup
Garden Salad
Chicken Pasta Salad
Shaker Pork Sandwich
Apple Coleslaw
Wheat Roll
Smores Bar

WEDNESDAY DINNER

Split Pea Soup
Garden Salad
Cheese Enchiladas
Chicken Ceasar Salad
Cilantro Rice
Refried Beans
Garlic Bread
Pumpkin Bread
Pudding

THURSDAY DINNER

Minestrone Soup
Garden Salad
Cheeseburger
Chunky Turkey Chili
Fresh Potato Fries
Broccoli w/ Garlic
Cornbread
Assorted Desserts

FRIDAY DINNER

Clam Chowder Soup
Garden Salad
Pulled BBQ Pork on Bun
Chicken Pesto Pizza
Roasted Corn
Creamy Cucumbers
Sundried Focaccia
Apple Crisp

SATURDAY DINNER

Beef Cabbage Soup (GF)
Garden Salad
Reuben Sandwich
Shrimp Stir Fry
Homemade Potato Chips
Jasmine Rice
Asian Mixed Vegetables
Ice Cream Sundae &
Toppings

SUNDAY DINNER

Homemade Chicken &
Rice Soup (GF)
Garden Salad
Egg Salad/ Pita Plate
Beer Battered Cod
Steak Fries
Stewed Tomatoes
Rice Pudding No
Raisins