



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**.

We will be celebrating the artwork of Ron Patterson, and you are invited to a wine and cheese reception in honor of his artwork.



Vaccine Clinic

Thursday, October 22, 2026, 10:00am—12:00; 1:00—2:00pm
Care Center Gathering Room

The vaccination schedule is as follows:

Tobey Jones Building	10:00am—11:00am
Garden Apartments	11:00am—12:00pm
Bristol View & Duplexes	1:00pm — 2:00pm

Skilled Nursing, Memory Care and Assisted Living—

NO RSVP Required Vaccinations will happen in resident rooms throughout the day



You must RSVP by October 15 to sign up

We'll fill out the forms and questionnaire with you over the phone, so all you have to do is sign the form at the clinic.

You can receive the Covid, Flu and RSV vaccine at this clinic.

BV & DU residents: RSVP to Janel at 253-756-3248

Tobey Jones residents: RSVP to Shirley at 253-756-3242

Garden Apartment residents: RSVP to Adelia at 253-756-6278

Please be prepared to answer some questions on the form. You can sign the form on the day of vaccination.



**FRANKE
TOBEY
JONES**

Enjoy your age

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

New Check in System in the Wellness Center

At the end of September, the Wellness Center switched over to an electronic check in system. This allows members to sign up for and check into Wellness classes, programs and appointments online.

All residents who currently use the Wellness Center **should** be set up on this system as of last week. If you have any questions or didn't get set up on the system, please let a member of the wellness team know and they can help you. Thank you for your patience and understanding as we navigate this new system.

Massage Therapy on Campus

Massage services include 30-60-90-120 minute massages ~ warm hand dips with hand massage ~ foot soaks with foot massage~ Royal hand & Foot Treatment which includes both services ~ neck & back session~

Massage Options Available:

50-Minute Session: \$60

80-Minute Session: \$90



Gift Certificates Available ~ Never too soon to think about the Holidays!

Credit ~ Debit ~ Apple Pay~ Venmo~ Zelle ~ Cash ~ Check

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



FRANKE
TOBEY
JONES

Enjoy your age

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.



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!**

Resident Council Meeting

Resident council for October will be held in the Activity Terrace in the Lillian Pratt Building.
Please join us at **9:30am** on **Monday October 12.**

If you have questions, please reach out to Melissa Dempsey at 253-756-6366 or mdempsey@franketobeyjones.com.



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

DATE October 5th – October 11th Week 2



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
Scrambled Eggs
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
Buttered 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

Potato Leek Soup
Garden Salad
Marinated Cucumbers
Apple Sage Stuffed Chicken Breast
Swedish Meatballs
Buttered Egg Noodles
Seasoned Green Peas
Sauteed 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
Sweet Potato Fries
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