FRANKE TOBEY JONES
Enjoy your age

Call to Veterans

Each year on Veterans Day we acknowledge FJT residents who served in the armed forces. If you have moved into the community in the last year, served in the armed forces and would like your name recognized, please reach out to Heidi White at hwhite@franketobeyjones.com or 253-756-6284. Please give your name and the branch of service you were in.



Holiday Market

Join us on **Friday November 6th** from **10am to 2pm** in the **Wellness Center**.

Come check out all the new vendors this year along with some of your old favorites.

We'll see you there!



Grief Group
Wednesday, November 4th
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. This month we will be talking about Dia De Los Muertos and engaging in acts of remembrance. Please note that this is a confidential group that has no particular religious affiliation. To RSVP or find out more, contact Adelia Stackler (Campus Spiritual Support) at astackler@franketobeyjones.com or 253-756-6278.

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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 Books Are Available at the Bascom Library

Several new books have been added to the Bascom Library and are now on the shelves ready to be checked out. See below for the titles and the genres of these new books.



Chris Pavone. **The Doorman** (mystery)
Louise Penny. **Miss Wolcott's Ghost** (mystery)
John Grisham. **The French Illusion** (mystery)
Mimi Montgomery. **Murder Bites** (mystery)
Caro Claire Burke. **Yesteryear** (fiction)
Maggie O'Farrell. **Land** (set in 19th century Ireland) (historical fiction)
Lois Romano. **An Inconvenient Widow: The Torment, Trial and Triumph of Mary Todd Lincoln**. (biography)
Tamiko Nimura. **A Place for What We Lose: a Daughter's Return to Tule Lake** (biography)
Merryl Goldberg. **Notes of Deception: How a Quartet of American Musicians Outwitted KGB** (history)
Seven Rasmussen. **Cloudy With a Chance of Starships**: How the Drake Equation Reveals the Odds of Life in the Cosmos) (science)
Merritt R. Turestsky. **Bogland: the Secret World that Defies Death and Protects Life**. (environment)
Dali Lama and Tutu, Desmond. **The Book of Joy: Lasting Happiness in a Changing World**. (Religion)

FRANKE TOBEY JONES

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

DATE November 2nd – November 8th Week 2

Morrison LIVING

MONDAY BREAKFAST	TUESDAY BREAKFAST	WEDNESDAY BREAKFAST	THURSDAY BREAKFAST	FRIDAY BREAKFAST	SATURDAY BREAKFAST	SUNDAY BREAKFAST
Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fruit Cup
Oatmeal	Cream of Wheat	Grits	Oatmeal	Cream of Wheat	Oatmeal	Grits
Over Easy Egg	Scrambled Eggs	Spinach and Tomato	Scrambled Eggs	Ham and Potato	Poached Egg	Cheesy Scrambled Egg
Applewood Bacon	Breakfast Ham	Frittata	Sausage Links	Casserole	Sausage Links	Applewood Bacon
Blueberry Muffin	Home Fries	Applewood Bacon	Banana Bread	Coffee Cake	Buttermilk Pancakes	Hashbrowns w/ Onions
	Wheat Toast	Texas Sticky Buns				Cinnamon Roll
MONDAY LUNCH	**TUESDAY LUNCH**	**WEDNESDAY LUNCH**	**THURSDAY LUNCH**	**FRIDAY LUNCH**	**SATURDAY LUNCH**	**SUNDAY LUNCH**
Beef Barley & Mushroom Soup	Cream of Spinach Soup	Grilled Corn and Potato Bisque	Mexican Chicken Soup	New England Clam Chowder	Chunky Vegetable Soup	Potato Leek Soup
Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Kale Caesar Salad	Relish Plate with Dip	Carrot Pineapple Salad	Beet and Onion Salad	Apple Craisin Salad	Cottage Cheese & Peaches	Marinated Cucumbers
Fennel Crusted Pork Tenderloin	Baked Fish Almondine	Maple Roasted Turkey	Garlic Oregano Chicken	Pan Seared Salmon w/ Fruit Salsa	Spinach Lasagna	Apple Sage Stuffed Chicken Breast
Tandoori Chicken	Beef Meatloaf	Garlic Rosemary Lamb Tips	Roast Beef	Pork Stew	Turkey Cutlet Marsala	Swedish Meatballs
Steamed Rice	Mashed Potatoes w/ Garlic	Sage Bread Dressing	Orzo with Goat Cheese	Wild Rice	Maple Sage Sweet Potatoes	Buttered Egg Noodles
Roasted Herb Tomatoes	Steamed Broccoli	Scalloped Potatoes	Ratatouille Eggplant	Buttered Carrots	Grilled Zucchini	Seasoned Green Peas
Coconut Creamed Spinach	Roasted Cauliflower	Parsley Carrots	Braised Red Cabbage	Collard Greens	Roasted Broccoli	Sauteed Spinach
Naan Bread	Wheat Bread	Steamed Peas & Pearl Onions	Fresh Biscuit	Wheat Roll	Garlic Bread	Cornbread
Brownie Oreo Cake	Coconut Cake	Parmesan Focaccia Roll	Lemon Ricotta Cake	Pineapple Upside Down Cake	Chocolate Pudding	Strawberry Cloud Cake
		Blueberry Cheesecake Bar				
MONDAY DINNER	**TUESDAY DINNER**	**WEDNESDAY DINNER**	**THURSDAY DINNER**	**FRIDAY DINNER**	**SATURDAY DINNER**	**SUNDAY DINNER**
Black Bean Soup	Potato Bacon Soup	Split Pea Soup	Minestrone Soup	New England Clam Chowder	Beef Cabbage Soup (GF)	Homemade Chicken & Rice Soup (GF)
Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Roast Beef & Cheddar Melt	Egg Salad	Mushroom Quiche	Cheeseburger	Sloppy Joe on Bun	Chicken Enchilada Casserole	Tuna Salad Plate
Italian Antipasto Salad	Vegetable Quesadilla	Chicken Ceasar Salad	Chunky Turkey Chili	Pepperoni Pizza	Shrimp Stir Fry	Grilled Swiss and Tomato
Steak Fries	Cilantro Rice	Sweet Potato Fries	Fresh Potato Fries	Homemade Potato Chip	Homemade Potato Chips	Steak Fries
Seasoned Green Beans	Black Bean Salad	Roasted Yellow Squash	Broccoli w/ Garlic	Coleslaw	Jasmine Rice	Stewed Tomatoes
Breadstick	Wheat Roll	Garlic Bread	Cornbread	Apple Crisp	Asian Mixed Vegetables	Rice Pudding No Raisins
Peanut Butter Cookies	Smores Bar	Pumpkin Bread Pudding	Assorted Desserts		Ice Cream Sundae & Toppings	

If you have any questions, please email Kaye at kdolphus-sewell@franketobeyjones.com