

GARDEN GAZETTE

JANUARY 2022



OFFICE OPEN

**MONDAY THRU THURSDAY
8AM TO 4PM**

Documents may be left at the front desk, during business hours, or in the black drop box at the front door of the office building. Rent may be put in the drop box outside the front door of the office building or the drop box next to the library door, during business hours. If you need to see a staff member, please call and make an appointment.

SPRING GARDENS
201 SPRING GARDENS RD.
BIRMINGHAM, AL 35217
205-841-5032
MAINTENANCE: 205-808-4177

STAFF DIRECTORY

Nita Clark - Property Manager	Ext. 1102
Tammy Womble - Asst. Property Manager	Ext. 1104
Annie Thomas - Senior Center Manager	Ext. 1108

(P.E.P. RALLY)

PEOPLE ENCOURAGING PEOPLE

BIBLE STUDY WITH KAREN

Weekly in the crafts/ceramics room

TUESDAYS

10-12

FARMER'S MARKET COUPONS

In mid January, 2022 anyone 60 years of age, or older, is eligible to apply for coupons by using the website address below:

http://fma.alabama.gov/seniornutrition/offseason_default.aspx

There will be no one in our offices available to assist with this process.

TRUE VINES MINISTRIES

Worship Service



WILL MEET IN THE DINING ROOM

(Every Thursday at 2:00 PM)

BUS TRIPS



The Spring Gardens bus is now making weekly trips. All locations will be on your monthly calendar, which is included in the Spring Gardens Gazette.

A sign-up sheet, for each trip, is located in the Center's dining room. The deadline for signing up is 1:00 PM on the day before the scheduled trip.

Any trip with less than 5 riders signed up, by the deadline, will be cancelled.

TBA COVERAGE SERVICES

Tamara R. Brown, Local Licensed Insurance Agent, will be here Jan. 20th. She will discuss life and health insurance, with and will answer any questions, you may have.

10am Center Dining Room



Come join us. Play bingo for prizes on Jan.10th and 18th. Bingo will be in the center dining room.

10:00am

**HOT LUNCHESES ARE SERVED DAILY AT 11:30
PLEASE SIGN IN BY 10:30 FOR SEATING**



Lunches are provided by United Way Area Agency on Aging. Donations, in any amount, are appreciated but not required. This is a nutrition program and not something you may “show up” to occasionally. **Regular participation is required to receive hot, congregate, meals.**

The food items, drinks, flatware and cups that are provided by United Way Area Agency are the only items allowed in the dining room. **NO EXCEPTIONS.** Condiments are allowed as long as they are store bought and labeled.

No one under the age of 60 years of age (unless it is a resident) is allowed to be present during lunch or participate in any other activity held at the Center during business hours. This includes children.

Policy on Foods Taken Away from the Center

Participants receiving a congregate meal shall be allowed to take home fresh fruit, unopened cartons of fruit juice; wrapped cakes, cookies and snack cakes, individually wrapped portions of corn chips or potato chips. All other leftover foods shall be discarded at the end of the serving day.

****Take only one serving of milk, juice, fruit, snack cakes & cookies with your meal. If there are leftover items, after everyone is served, you may help yourself to one additional serving. The milk must be consumed at the center.**

If you would like to purchase an additional meal after everyone is served, they are available for \$3.73.

Hot lunches are ordered based on the number of people that support the center **regularly** and are served at 11:30, on a first come, first serve basis. The lunch tickets are limited to the number of meals ordered for any given day. Be sure to sign in daily by 10:30 to get yours before they’re all gone. You must sign in and have a ticket to receive a meal. Please do not sign other people on the meal list unless they are in the building. We cannot hold meals for people who have a ticket and are not present at the time lunch is served. No lunches will be served after 12:00.

If, for some unforeseen reason, GA Foods is unable to provide food or the food is delivered and doesn’t meet temperature requirements, we will provide a hot lunch from another source.

Lunches will be provided, under these circumstances, to anyone signed up by 10:30 am.

****If you receive frozen meals at your apartment, you are not eligible to receive the hot congregate meals served at the Center Dining Room. (Based on guidelines of United Way Area Agency on Aging)**

QDS BOUTIQUE



Lashan Johnson will have clothing, handbags, wallets and much more, for your shopping pleasure.
You don't want to miss out on this cute stuff!

**JANUARY 5TH AT 10:00AM
(CENTER DINING ROOM)**



Keep that smile on your face
For a new year is going to start
With all the cheer and all the grace
All your dreams and your wishes
Will get fulfilled in the coming year
May you get what you desire
Because it's the time for a new year
Smile and do spread the cheer
Wish you a great New Year!
With love and blessings for you!

WishAFriend.com

The use of Electric Motorized Devices (“EMDs”), which include Electric Wheelchairs, Electric Scooters and Electric Carts, has increased dramatically over the past few years. While the use of EMDs is necessary and reasonable for many mobility impaired individuals, EMDs present unique and novel safety issues. Because of these issues, many of which have been evident in our own property, to help ensure the safety of all residents and guests, and to avoid unnecessary damage to our property, our House Rules will be amended to contain the following rules regarding the use of EMDs:

1. To help ensure the safe operation of EMDs, EMDs must be operated on “low speed” at all times.
2. The only person authorized to operate an EMD on the premises is the owner/operator who, if requested, must provide a physician’s verification of his/her need for the EMD; no one else is authorized to operate an EMD on the premises.
3. EMDs must be parked inside the owner/operator’s apartment or the apartment of the resident he/she may be visiting; EMDs must not be left unattended in the hallways, stairways, or other common areas.
4. EMDs must be recharged only within the owner/operator’s apartment.
5. Pedestrians must be given the right of way at all times; ample notice must be provided before passing pedestrians in the hallways.
6. Owner/operators are solely responsible for all upkeep and repairs on their EMDs.
7. Owner/operators are responsible for any damage caused by their EMD in excess of normal wear and tear.
8. Management is not responsible for any damage to EMDs caused by other owners, residents or guests.
9. Use of EMDs in certain areas of the building and at certain times of the day may be restricted because of congestion in the hallways and common areas. Such restrictions will be posted separately on the bulletin board at least 24 hours beforehand.
10. If an owner/operator drives an EMD in an unsafe manner, causes injury to other residents or creates excessive damage to the property, the owner/operator may be required to provide third party verification of his/her ability to operate the EMD in a safe manner. Continued violation of this rule may result in loss of EMD privileges. Under certain circumstances these rules may be further modified to reasonably accommodate the needs of individual owners.

January 2022

January 2022							February 2022						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29
30	31												

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 26	27	28	29	30	31	Jan 1, 22
	2	3	4	5	6	7
	10	11	12	13	14	15
	17	18	19	20	21	22
	24	25	26	27	28	29
30	31	Feb 1	2	3	4	5

JANUARY 2022

ADSS NUTRITION PROGRAM WINTER MENU

WINTER FY22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><i>closed</i></p>	<p>4</p> <p>Menu 3 Orange Juice Brunswick Stew Brown Rice Green Beans w/ Red Peppers Crackers (3 pkg) Nutty Buddy Milk/Chocolate Milk Margarine</p>	<p>5</p> <p>Menu 4 Blended Juice Pork Chop Potly/Mushroom Gravy Mixed Greens Black Eyed Peas Cornbread Apple Spice Cookie Milk/Buttermilk Margarine</p>	<p>6</p> <p>Menu 5 Italian Seasoned Chicken Breast Cavatappi Pasta Marinara Green Lima Beans Wheat Bread Sliced Peaches Yellow Cupcake Milk Margarine</p>	<p>7</p> <p>Menu 6 Apple Juice Meatloaf/Tomato Gravy Mashed Potatoes Green Peas Dinner Roll Banana Pudding Milk Margarine</p>
<p>10</p> <p>Menu 7 Orange Juice BBQ Pork Riblet/Bun Potato Onion Bake Coleslaw Lemon Fruited Gelatin Milk Margarine</p>	<p>11</p> <p>Menu 8 Grape Juice Turkey Vegetable Stew Seasoned Diced Potatoes Mixed Green Salad Texas Bread Iced Orange Cake Milk Margarine Italian/Ranch Dressing</p>	<p>12</p> <p>Menu 9 Seasoned Ground Beef Shredded Lettuce/Cheese/Tomatoes Corn Chips Pinto Beans Fresh Orange Milk/Chocolate Milk Sour Cream/Mild Taco Sauce</p>	<p>13</p> <p>Menu 10 Apple Juice Sweet and Sour Meatballs (5 each) Brown Rice Steamed Cabbage & Collard Greens Cornbread Oatmeal Cream Pie Milk/Buttermilk Margarine</p>	<p>14</p> <p>Menu 11 Lemon Pepper Chicken Drum Butternut Squash Mixed Vegetables Wheat Bread Fresh Fruit Vanilla Pudding Milk Margarine</p>
<p>17</p> <p>"Life's most persistent and urgent question is, what are you doing for others?" ~Dr. Martin Luther King, Jr. Martin Luther King, Jr. Day/Holiday</p>	<p>18</p> <p>Menu 13 Orange Juice Turkey and Rice Bake Mashed Sweet Potatoes Italian Flat Beans Wheat Bread Oatmeal Raisin Cookie Milk Margarine</p>	<p>19</p> <p>Menu 14 Beef and Bean Chili Whole Kernel-Corn/Peppers Crackers (3 pkg) Applesauce White Cupcake Milk Margarine Italian/Ranch Dressing</p>	<p>20</p> <p>Menu 15 Apple Juice BBQ Chicken Breast Garlic Mashed Potato Mixed Greens Cornbread Chocolate Pudding Milk/Buttermilk Margarine</p>	<p>21</p> <p>Menu 16 Broiled Beef Potly/Bun Baked Beans Chips Shredded Lettuce/Onion/Tomato Fresh Fruit Coconut Pie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise</p>
<p>24</p> <p>Menu 17 Seasoned Chicken Thigh Diced Potatoes California Blend Vegetables Wheat Bread Fresh Fruit Strawberry Fruited Gelatin Milk Margarine</p>	<p>25</p> <p>Menu 18 Orange Juice Beef Frank/Bun Baked Beans Coleslaw Chopped Onion Pecan Pie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise</p>	<p>26</p> <p>Menu 19 Blended Juice Mac and Cheese Black Eyed Peas Collard Greens Cornbread Chocolate Cupcake Milk/Buttermilk Margarine</p>	<p>27</p> <p>Menu 20 Salsbury Steak with Brown Gravy Parsiled Mashed Potatoes Glazed Carrots Texas Bread Fresh Orange Butterscotch Pudding Milk Margarine</p>	<p>28</p> <p>Menu 1 Grape Juice Spaghetti/Meat Sauce Green Beans Mixed Green Salad Dinner Roll Snickerdoodle Cookie Milk Margarine Italian/Ranch Dressing</p>
<p>31</p> <p>Menu 2 Stoopy Joe/Bun Diced Sweet Potatoes Chips Fresh Fruit Cherry Fruited Gelatin Milk Margarine</p>				<p>29</p> <p><i>Happy New Year</i></p>