

# GARDEN GAZETTE

JUNE 2022



ATTN: TENANTS

I am writing this to remind ALL the Tenants that you MAY NOT plant in the yard. This includes the front and back yard. This also includes artificial flowers being placed in the yard and the decorative lighting. All items listed above is causing problems for the landscapers to cut and trim your yard. This could also cause damage if the lawn equipment were to hit these items. If you have any of these items in your yard, please remove them promptly. Thank you in advance.

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
Ardrea Johnson-Service Center Coordinator	Ext. 1105



Come join us. Play bingo for prizes on JUNE 17<sup>TH</sup> and 28<sup>TH</sup>.  
Bingo will be in the center dining room.

10:00am

### **Ceramics And Crafts**

Ceramics and Crafts will meet every Monday and Wednesday at 10 am to 2pm. Unless the center is closed on those days.

Jackie Harland/ Instructor

### **TRUE VINES MINISTRIES (Worship Service)**

Meets in the dining room every Thursday at 2:00 PM

### **LUNCH TIME**

Everyone at lunch please pour coffee, tea,  
milk, and juice in the gray bucket sitting next  
to the garbage can.  
Thank you

### **QDS BOUTIQUE**

*Boutique*

**JUNE 8TH at 10:00 AM**  
Center Dining Room

**(P.E.P. RALLY)**  
PEOPLE ENCOURAGING PEOPLE

**BIBLE STUDY WITH KAREN**

Weekly in the crafts/ceramics room

TUESDAYS  
10-12



**CHURCH OF THE HIGHLANDS**

SERVICE AND LUNCH

JUNE 4<sup>TH</sup>  
CENTER OPENS AT 10 AM

**MEDICARE ONE ON ONE**

Robert Ballard will do a presentation, for Medicare One on One and to answer any questions you may have. Also, he will be doing a DRAWING, please come join us.

JUNE 14<sup>TH</sup> CENTER DINING ROOM 10 AM

**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 the guidelines of the United Way Area Agency on Aging.) \*\***

## PENNY AUCTION

Will be hosted by AMEDISYS HOSPICE. Debbie Logan will be hosting this event please come join us and have some fun.

Center Dining Room 10 AM

JUNE 13TH

## SPECIAL BUS TRIPS



Bus departs from the Senior Center dining room and will drop you off as close to your apartment as possible, upon returning to the property.

**Grand River Outlet (Leeds) / Buc-ee's**

June 6            12:00 p.m.

**Goodwill Thrift Store / Lunch / Foundry Thrift Store**

June 27            10:00 a.m. – 3:30 p.m.

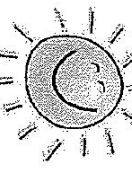
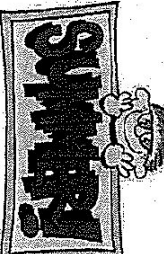
Sign-up sheet is located in the Center's dining room.

Seats limited to 15

JUNE 2022

ADSS NUTRITION PROGRAM SPRING MENU

Spring FY22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>HAPPY FATHER'S DAY</b></p>  <p><b>State Holiday</b></p>	<p><b>June</b></p>	<p>Menu 4 Orange Juice Spaghetti/Meat Sauce Italian Flat Beans Mixed Green Salad Italian Bread Nutty Buddy Milk Margarine Italian/Ranch Dressing</p>	<p>Menu 5 Pork Chop Patty/Mushroom Gravy Black Eyed Peas Collard Greens Cornbread Applesauce White Cake Milk/Buttermilk</p>	<p>Menu 6 Blended Juice Beef Dog/Bun Baked Beans Coleslaw Chopped Onion Cherry Fruit Pie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise</p>
<p>Menu 12 Orange Juice Chicken Cacciatore Cavatappi Pasta/Sauce Green Lima Beans Dinner Roll Strawberry fruited Gelatin Milk Margarine</p>	<p>Menu 8 Apple Juice Southwestern Turkey &amp; Rice Bake Green Beans Fiesta Corn Wheat Bread Oatmeal Cream Pie Milk Margarine</p>	<p>Menu 9 Lemon Pepper Chicken Drum Mac and Cheese Mixed Greens Cornbread Sliced Peaches Yellow Cake Milk/Buttermilk Margarine</p>	<p>Menu 10 Blended Juice Egg Salad Mixed Green Salad/Tomatoes Banana or Fresh Fruit Wheat Bread (2 sl.) Chocolate Chip Cookie Milk Italian/Ranch Dressing</p>	<p>Menu 11 Orange Juice White Chicken Chili Brown Rice Parried Carrots Croakers (2 pkg) Oatmeal Raisin Cookie Milk/Chocolate Milk Margarine</p>
<p>Menu 13 Mexican Cheesy Beef Bake Pinto Beans Mixed Green Salad Croakers (2 pkg) Apple or Fresh Fruit Chocolate cake Milk Margarine Italian/Ranch Dressing</p>	<p>Menu 14 Italian/Ranch Dressing</p>	<p>Menu 14 Apple Juice BBQ Pork Riblet Creamed Corn Collard Greens/Cabbage Cornbread Banana Pudding Milk/Buttermilk Margarine</p>	<p>Menu 15 Baked Beef Patty/Bun Baked Beans Potato Salad Lettuce/Onion/Tomato Apple Fruit Pie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise</p>	<p>Menu 16 Blended Juice Chicken Alfredo Green Peas Butternut Squash Wheat bread Fudge Round Milk Margarine</p>
<p><b>NO LUNCH</b></p>	<p>Menu 18 Orange Juice Meatloaf/Onion Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Lemon Cookie Milk Margarine</p>	<p>Menu 19 Seasoned Ground Beef Lettuce/Cheese/Tomato Corn Chips Pinto Beans Fresh Orange Milk/Chocolate Milk Sour Cream/Mild Taco Sauce</p>	<p>Menu 20 Apple Juice Mac and Cheese Black Eyed Peas Mixed Greens Cornbread Iced Orange Cake Milk/Buttermilk Margarine</p>	<p>Menu 1 Sausage Patties (2 each) Cheese Grits Stewed Tomatoes Biscuit/Cheese (1 slice) Fresh Orange Oatmeal Raisin Cookie (or assorted flavors) Milk/ Margarine/Jelly</p>
<p>Menu 2 Apple Juice Swedish Meatballs (5 each) Egg Noodles/Gravy Mixed Vegetables Dinner Roll Peach fruited Gelatin (or assorted flavors) Milk Margarine</p>	<p>Menu 3 Chicken Breast/Poultry Gravy Washed Sweet Potatoes Orec and Tomatoes Wheat Bread Apple or Fresh Fruit Butterscotch Pudding (or assorted flavors) Milk Margarine</p>	<p>Menu 4 Orange Juice Spaghetti/Meat Sauce Italian Flat Beans Mixed Green Salad Italian Bread Nutty Buddy (or assorted snack cake) Milk Margarine Italian/Ranch Dressing</p>	<p>Menu 5 Pork Chop Patty/Mushroom Gravy Black Eyed Peas Collard Greens Cornbread Applesauce White Cake (or assorted flavor) Milk/Buttermilk</p>	

# June 2022

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 29	30	31	Jun 1	2	3	4
	6 NO LUNCH 10:00am Ceramics 12:00pm Grand River Outlet/Bucees	7 PEST CONT/OUTSIDE 10:00am Bible Study 10:00am FAMILY SELF SUFFICIENCY	9:30am EXERCISE VIDEO 10:00am Ceramics	12:15pm Banks/W-Mart/Public mall 2:00pm True Vines	OFFICE CLOSED/DINNING ROOM 9 TO 1 10:00am MUSIC /OLDIES	10:00am CHURCH OF THE HIGHLANDS
5	13 10:00am Ceramics 10:00am PENNY AUCTION	14 PEST CONT/OUTSIDE 10:00am Bible Study 10:00am MEDICARE ONE ON ONE	15 9:30am MUSIC/OLDIES 10:00am Ceramics	16 12:15pm Wal-Mart/Doll Tree 2:00pm True Vines	17 OFFICE CLOSED/DINNING ROOM OPEN 9 TO 1 10:00am BINGO	18
12	19	20 CLOSED	21 PEST CONT/OUTSIDE 9:30am MUSIC/OLDIES 10:00am Bible Study	22 9:30am EXERCISE VIDEO 10:00am Ceramics	23 NO BIBLE STUDY 12:15pm Foodland/Aldi/Thrift Store	24 OFFICE CLOSED/DINNING OPEN 9 TO 1 10:00am PUZZLE DAY
19	26	27 9:30am MOVIE 10:00am Ceramics 10:00am Goodwill/Lunchy/Foundry Thrift Store	28 PEST CONT/OUTSIDE 9:30am BINGO 10:00am Bible Study	29 10:00am Ceramics	30 12:15pm Wal-Mart/Doll Tree 2:00pm True Vines	Jul 1
					Jul 1	2

Tammy Womble