

GARDEN GAZETTE

SEPTEMBER 2022



PET PARENTS BEWARE

We have been notified that someone may have put poison out on the property. One precious fur baby was taken to the veterinarian, and it was confirmed that it was poisoned, and unfortunately did not live.

Be vigilant while walking your pets and keep them on a leash.

If anyone knows who is responsible for this heinous act please contact the Spring Gardens Office.

UAB NURSING STUDENTS

Blood Pressure Checks

Sept. 28th at 10:00
Center's Dining Room

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 SEPTEMBER 15TH and 26th

Bingo will be in the center dining room.

10:00am

AIR FILTERS

Maintenance will change air filters in SPRING GARDENS the months of September and October.

(P.E.P. RALLY)

PEOPLE ENCOURAGING PEOPLE

BIBLE STUDY WITH KAREN

Weekly in the crafts/ceramics room

TUESDAYS

10-12

MEDICARE ADVISERS

Wanda Bledsoe and Susan Schmitz will be here to play bingo. They will answer any questions you may have.

CENTER DINING ROOM 10 AM
SEPTEMBER 6TH

TRUE VINES MINISTRIES

(Worship Service)

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



CHURCH OF THE HIGHLANDS

NO SERVICE THIS MONTH

QDS BOUTIQUE

SEPTEMBER 7TH 2022
(Center's dining room)



ARCHWELL HEALTH

Chris Germany will here on SEPT. 19TH. He will do a presentation on Medicare and answer any question you may have. He will also play bingo with you all. Come join us.

CENTER DINING ROOM 10AM



Mill's Pharmacy be will administering the influenza vaccine on October 20th at 10:00 a.m.

Watch your October newsletter for the registration form and information on appointments.

Spring Gardens Senior Center

FOUND RING

A ladies ring has been found at the Senior Center. Please call the Spring Gardens office and describe the ring to have it returned to you.

**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.) ****

September 2022



September 2022							October 2022						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
					1	2	3						1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aug 28	29	30	31	Sep 1 9:30am music/oldies 2:00pm True Vines	2 OFFICE CLOSED/DINING ROOM OPEN 9-1 9:30am MUSIC /OLDIES	3
4	5 CLOSED-LABOR DAY	6 Pest Cont/Pink 10:00am Bible Study 10:00am Maust. & Leone.medcare.ed	7 10:00am Ceramics 10:00am QDS Boutique	8 9:30am EXERCISE VIDEO 2:00pm True Vines	9 OFFICE CLOSED/DINING ROOM OPEN 9-1 9:30am EXERCISE VIDEO	10
11	12 9:00am oak street health/ screening 10:00am Ceramics	13 Pest Cont/Grn 10:00am Bible Study	14 10:00am AVON 10:00am Ceramics 10:00am DIGNITY MEMORIAL/COOKIES AND COFFEE	15 10:00am BINGO 2:00pm True Vines	16 OFFICE CLOSED/DINING ROOM OPEN 9-1 10:00am PUZZLE DAY	17
18	19 10:00am ARCHWELL HEALTH/BINGO 10:00am Ceramics	20 Pest Cont/Blue 10:00am Bible Study	21 9:30am MUSIC/OLDIES 10:00am Ceramics	22 10:00am PUZZLE DAY 2:00pm True Vines	23 OFFICE CLOSED/DINING ROOM OPEN 9-1 9:30am MOVIE	24
25	26 10:00am BINGO 10:00am Ceramics	27 Pest Cont/Yel 10:00am Bible Study	28 9:30am EXERCISE VIDEO 10:00am Ceramics 10:00am UAB NURSING STUDENTS	29 2:00pm True Vines	30 OFFICE CLOSED/DINING ROOM OPEN 9-1 9:30am MUSIC/OLDIES	Oct 1

SEPTEMBER 2022

ADSS NUTRITION PROGRAM

SUMMER FY22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Menu 5 Egg Salad/Wheat Bread (2 sl) Lettuce/Tomato Potato Chips Fresh Orange Oatmeal Cream Pie Milk/Chocolate Milk	Menu 6 Orange Juice BBQ Pork Riblet/Bun Potato Salad Black Eyed Pea/Corn Salad Cherry Cookie Milk
5  Labor Day Holiday	Menu 8 Sweet and Sour Pork Brown Rice Mixed Vegetables Wheat Bread Sliced Peaches Yellow Cake Milk Margarine	Menu 9 Broiled Beef Patty/Bun Baked Beans Corn/Tomato Salad Shredded Lettuce/Onion/Tomato Apple Pastry Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise	Menu 10 Apple Juice Mac and Cheese Mixed Greens Succotash Cornbread Sugar Cookie Milk/Buttermilk Margarine	Menu 11 Blended Juice Italian Chicken Pasta Salad Mixed Green Salad Wheat Bread Apple or Fresh Fruit Banana Pudding Milk Margarine Italian/Ranch Dressing
Menu 12 Blended Juice Meatloaf /Tomato Gravy Mashed Potatoes Green Peas Wheat Bread Watermelon Fruited Gelatin Milk Margarine	Menu 13 Honey Mustard Pork Loin Parslied Rice Tuscan Blend Vegetables Wheat Bread Fresh Orange Chocolate Cake Milk Margarine	Menu 14 Sliced Turkey/Wheat Bread (2 sl) Sliced Cheese Tomato/Lettuce Three Bean Salad Apple or Fresh Fruit Oatmeal Raisin Cookie Milk/Chocolate Milk Mustard/Mayonnaise	Menu 15 Apple Juice Salisbury Steak/Brown Gravy Collard Greens Mashed Potatoes Cornbread Butterscotch Pudding Milk/Buttermilk Margarine	Menu 16 Orange Juice Beef Dog/Bun Baked Beans Coleslaw Chopped Onion Cherry Pastry (or assorted flavors) Milk Mustard/Ketchup/Mayonnaise
Menu 17 Orange Juice Sloppy Joe/Bun Green Beans Corn Strawberry Fruited Gelatin Milk Margarine	Menu 18 Apple Juice Ham/Potato Bake Parslied Carrots Wheat Bread Apple or Fresh Fruit Sponge Cake Milk Margarine	Menu 19 Seasoned Ground Beef Shredded Lettuce/Cheese/Tomato Corn Chips Pinto Beans Fresh Orange Milk/Chocolate Milk Sour Cream/Mild Taco Sauce	Menu 20 Pork Chop Patty/Brown Gravy Black Eyed Peas Mixed Greens Cornbread Banana or Fresh Fruit Chocolate Pudding Milk/Buttermilk Margarine	Menu 1 Orange Juice Spaghetti/Meat Sauce Italian Flat Beans Mixed Green Salad Dinner Roll Nutty Buddy Milk Margarine Italian/Ranch Dressing
Menu 2 Smoked Sausage Link/Bun Garlic Mashed Potatoes Okra and Tomatoes Apple or Fresh Fruit Orange Fruited Gelatin (or assorted flavors) Milk Mustard/Ketchup/Mayonnaise	Menu 3 Orange Juice Chicken Chorizo Alfredo California Blend Vegetables Wheat Bread Banana or Fresh Fruit Vanilla Pudding (or assorted flavors) Milk Margarine	Menu 4 Blended Juice Meatballs/Apple Brown Gravy Brown Rice Collard Greens Cornbread Red Velvet Cake (or assorted flavors) Milk/Buttermilk Margarine	Menu 5 Egg Salad/Wheat Bread (2 sl) Lettuce/Tomato Potato Chips Fresh Orange Oatmeal Cream Pie (or assorted snack cakes) Milk/Chocolate Milk	Menu 6 Orange Juice BBQ Pork Riblet/Bun Potato Salad Black Eyed Pea/Corn Salad Cherry Cookie (or assorted cookies) Milk

5/26/2022