

GARDEN GAZETTE

OCTOBER 2022

APPLICATIONS FOR SENIOR HOUSING WAITING LIST



SPRING GARDENS *62 YEARS AND OLDER*

Application open: October 17, 2022
Application Close: October 31, 2022

Applications must be received in our office no later than 4:00 p.m. on October 31, 2022.

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 October 11TH and 25th
Bingo will be in the center dining room.

10:00am

AIR FILTERS

**Maintenance will change air filters in SPRING
GARDENS this month.**

(P.E.P. RALLY)

PEOPLE ENCOURAGING PEOPLE

BIBLE STUDY WITH KAREN

Weekly in the crafts/ceramics room

TUESDAYS
10-12



PAPARAZZI JEWELRY
CENTER DINING ROOM 10:00AM
OCTOBER 4TH 2022

TRUE VINES MINISTRIES

(Worship Service)

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



CHURCH OF THE HIGHLANDS

FUN AND LUNCH OCTOBER 1ST 10:00AM

**THE CENTER DINING ROOM DOORS WILL
OPEN AT 10:00AM**

FLU SHOTS *and* 2nd COVID BOOSTERS



Mills Pharmacy will be administering vaccines on
October 20th at 10:00
(Center's Dining Room)

Call Ardrea for an appointment (205-841-5032-Ext#1105)

Bring the following with you to your appointment:

1. Completed vaccination form
2. One of the following:
Insurance Card with the RX number, Medicare Card or
Medicaid Card



Anyone wishing to issue a complaint must do so in writing.
Complaint forms are always available at the Senior Center.

UAB NURSING STUDENTS

Blood Pressure Checks

October 5th at 10:00am
Center Dining Room

QDS BOUTIQUE

OCTOBER 5THTH 2022

10:00

(Center's dining room)



Chris Germany will here on OCT. 17th with a presentation on Medicare and to answer any question you may have. He will also play Trivial Pursuit. Come join us.

**CENTER DINING ROOM
10AM**

NO LUNCHES

**THERE WILL BE NO LUNCHES OCTOBER 10TH.
THE CENTER WILL BE OPEN 8:00AM TO 4:00PM.**

**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.


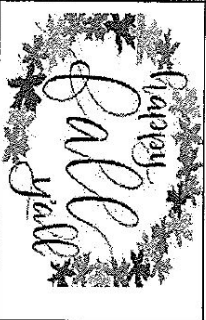
Lunches will be provided, under these circumstances, to anyone signed up by 10:30 am.

**** 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.) ****

OCTOBER 2022

ADSS NUTRITION PROGRAM

FALL FY23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu 1 Apple Juice Mac & Cheese Speckled Butter Beans Okra and Tomatoes Dinner Roll Strawberry Fruited Gelatin Milk Margarine</p>	<p>Menu 2 Smoked Sausage Link/Bun Golfic Mashed Potatoes Green Peas Fresh Apple or Fresh Fruit Fruit Tofl Milk Mustard/Ketchup/Mayonnaise</p>	<p>Menu 3 Blended Juice Honey Mustard Chicken Breast Parfried Rice Mixed Greens Cornbread Apple Spice Cookie Milk/Buttermilk Margarine</p>	<p>Menu 4 Beef Tacos Seasoned Ground Beef Shredded Lettuce/Cheese/ Tomato Corn Chips Pinto Beans Banana Pudding Milk</p>	<p>Menu 5 Broiled Beef Patty/Bun Baked Beans Potato Salad Shredded Lettuce/Onion/Tomato Sponge Cake Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise</p>
<p><i>No Lunches</i> Columbus Day Holiday Happy Columbus Day</p>	<p>Menu 7 Apple Juice Herb Roasted Chicken Breast Cheesy Mashed Potatoes Steamed Sliced Carrots Wheat Bread Red Velvet Cake Milk Margarine</p>	<p>Menu 8 Beef and Bean Chili Parfried Corn Coleslaw Crackers (2 pkgs) Fresh Apple or Fresh Fruit Sugar Cookie Milk Margarine</p>	<p>Menu 9 Blended Juice Saltisbury Steak w/ Brown Gravy Collard Greens Hot Cinnamon Applesauce Cornbread Fudge Round Milk/Buttermilk Margarine</p>	<p>Menu 10 Spaghetti/Meat Sauce Mixed Vegetables Mixed Green Salad Dinner Roll Banana or Fresh Fruit Vanilla Pudding Milk Margarine Italian/Ranch Dressing</p>
<p>Menu 11 Blended Juice Brunswick Stew Parfried Rice Italian Rai Beans Crackers (2 pkgs) Orange Fruited Gelatin Milk Margarine</p>	<p>Menu 12 Apple Juice Medicil/Tomato Gravy Mashed Potatoes Green Peas and Carrots Texas Bread Chocolate Cake Milk Margarine</p>	<p>Menu 13 Pork Loin/Apple Brown Gravy Mashed Sweet Potatoes Mixed Greens Cornbread Banana or Fresh Fruit Butterscotch Pudding Milk/Buttermilk Margarine</p>	<p>Menu 14 Chicken Fajita Spanish Rice Corn Flour Tortilla Fresh Apple or Fresh Fruit Fruit Tofl Milk Sour Cream</p>	<p>Menu 15 Orange Juice Beef Dog/Bun Baked Beans Coleslaw Chopped Onion Oatmeal Raisin Cookie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise</p>
<p>Menu 16 Apple Juice Chicken Parmesan Bake Green Limos Buttermil Squash Wheat bread Watermelon Fruited Gelatin Milk Margarine</p>	<p>Menu 17 BBQ Pork Riblet Parfried Mashed Potatoes Collard Greens Cornbread Sliced Peaches Yellow cake Milk/Buttermilk Margarine</p>	<p>Menu 18 Egg Salad Sandwich Vegetable Soup Lettuce/Tomato Wheat Bread (2 sl) Fresh Apple or Fresh Fruit Gingerbread Cookie Milk</p>	<p>Menu 19 Orange Juice Hearty Ham Stew Glazed Carrots Dinner Roll Banana or Fresh Fruit Chocolate Pudding Milk Margarine</p>	<p>Menu 20 Blended Juice Mexican Cheesy Beet Bake Corn with Peppers Flour Tortilla Nutty Buddy Milk/Chocolate Milk Margarine</p>
<p>Menu 1 Apple Juice Mac & Cheese Speckled Butter Beans Okra and Tomatoes Dinner Roll Strawberry Fruited Gelatin Milk Margarine</p>				
31	24	25	26	27
				28

October 2022

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sep 25	26	27	28	29	30	Oct 1 10:00am CHURCH OF THE HIGHLANDS
	3	4	5	6	7	8
2	10:00am Ceramics 10:00am GAMES	4 PEST CONT/OUTSIDE 10:00am Bible Study 10:00am PAPERZAI JEWELRY	9:00am UAB NURSING STUDENTS 10:00am Ceramics 10:00am QDS	9:30am DEVOTED HEALTH 2:00pm True Vines	OFFICE CLOSED/DINING ROOM OPEN 9-1 10:00am Mobile Market	
9	10 10:00am Ceramics	11 PEST CONT/OUTSIDE 10:00am Bible Study 10:00am BINGO	12 9:30am MUSIC/OLDIES 10:00am Ceramics	13 9:30am DEVOTED HEALTH 2:00pm True Vines	14 OFFICE CLOSED/DINING ROOM OPEN 9-1	15
16	17 10:00am ARCHWELL HEALTH/IRIVA 10:00am Ceramics	18 PEST CONT/OUTSIDE 10:00am Bible Study 10:00am GAMES	19 9:30am EXERCISE VIDEO 10:00am Ceramics	20 9:30am DEVOTED HEALTH 10:00am Flu Vaccines 2:00pm True Vines	21 OFFICE CLOSED/DINING ROOM OPEN 9-1 10:00am Mobile Market	22
23	24 9:30am MUSIC/OLDIES 10:00am Ceramics	25 PEST CONT/OUTSIDE 10:00am BINGO	26 9:30am EXERCISE VIDEO 10:00am Ceramics	27 9:30am DEVOTED HEALTH	28 OFFICE CLOSED/DINING ROOM OPEN 9-1	29
30	31 10:00am Ceramics	Nov 1	2	3	4	5

Tammy Worble