

GARDEN GAZETTE

NOVEMBER 2022



DAYLIGHT SAVING
TIME ENDS



**“FALL” back one hour
November 6, 2022**

Don't forget to set your clocks back

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 November 23rd
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
NOVEMBER 8TH 2022

TRUE VINES MINISTRIES

(Worship Service)

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



CHURCH OF THE HIGHLANDS

NOVEMBER 12TH 10:00AM

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



The fire department has recommended, in the event of a medical emergency, that it would be helpful for them to have access to as much information as possible.

For your convenience we have placed a form in the newsletter. After you have completed the form, place it in an envelope, label it ICE, and place it somewhere on your refrigerator, where it would be easily accessible to emergency personnel.

Please keep the information updated as your medical needs change.

SPECIAL BUS TRIP

Fultondale Mall

November 16

12:15 – 3:15

Seats are limited- Sign up sheet in dining room

MAUST & LEONE MEDICARE ADVISORS

Wanda Bledsoe and Susan Schmitz will be here on Nov. 1st to do a presentation on Medicare and answer questions.

Center Dining Room 10 am

QDS BOUTIQUE

NOVEMBER 9TH 2022

10:00

(Center's dining room)



Chris Germany will be here on NOV. 7th 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**

RESIDENT BINGO

Resident bingo is back. You must bring a new item for bingo. No used item will be excepted. Come have some fun.

Center Dining Room 10am
NOVEMBER 16TH

**HOT LUNCHES 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.) ****

November 2022


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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 30	31	Nov 1	2	3	4	5
	10:00am ARCHWELL HEALTH/TRIVIAL PURSUIT 10:00am Ceramics	PEST CONT/INSIDE PINK 10:00am Bible Study 10:00am MAUST & LEONE MEDICARE EDI	10:00am Oak Street Health Cookout (Spring Gardens) 10:00am Ceramics	9:30am DEVOTED HEALTH	OFFICE CLOSED/DINING ROOM OPEN 9-1	OFFICE CLOSED/DINING ROOM OPEN 9-1
6	7	8	9	10	11	12
	10:00am ARCHWELL HEALTH/TRIVIAL PURSUIT 10:00am Ceramics	PEST CONT/INSIDE BLUE 10:00am PAPPARAZZI	10:00am Ceramics 10:00am QDS	OFFICE CLOSED/DINING ROOM OPEN 9-1 9:30am DEVOTED HEALTH	CLOSED VETERAN'S DAY	10:00am CHURCH OF THE HIGHLANDS
13	14	15	16	17	18	19
	10:00am North American Senior Benefits 10:00am Ceramics	PEST CONT/INSIDE GREEN 10:00am Bible Study	10:00am Ceramics 10:00am RESIDENTS BINGO 12-15pm Eagle Mall	9:30am DEVOTED HEALTH	OFFICE CLOSED/DINING ROOM OPEN 9-1	
20	21	22	23	24	25	26
	9:30am PUZZLE DAY 10:00am Ceramics	PEST CONT/INSIDE YELLOW 9:30am MUSIC/OLDIES	121 10:00am BINGO 10:00am Ceramics	CLOSED-HAPPY THANKSGIVING	CLOSED	
27	28	29	30	Dec 1	2	3
	9:30am MOVIE 10:00am Ceramics	9:30am EXERCISE VIDEO	10:00am Ceramics			

NOVEMBER 2022

ADSS NUTRITION PROGRAM

FALL FY23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Menu 6 Orange Juice Beef Teriyaki Yellow Rice Green Beans Wheat Bread Cherry Fruited Gelatin Milk/Chocolate milk Margarine</p>	<p>Menu 2 Smoked Sausage Link/Bun Garlic Mashed Potatoes Green Peas Fresh Apple or Fresh Fruit Fruit Tart Milk Mustard/Ketchup/Mayonnaise</p>	<p>Menu 3 Blended Juice Honey Mustard Chicken Breast Porried 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 Sour Cream/Mild Taco Sauce</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>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 Porried Corn Coleslaw Crackers (2 pkgs) Fresh Apple or Fresh Fruit Sugar Cookie Milk Margarine</p>	<p>Menu 9 Blended Juice Salisbury Steak w/ Brown Gravy Colland Greens Hot Cinnamon Applesauce Cornbread Fudge Round Milk/Buttermilk Margarine</p>	<p>Menu 10 Blended Juice Salisbury Steak w/ Brown Gravy Colland Greens Hot Cinnamon Applesauce Cornbread Fudge Round Milk/Buttermilk Margarine</p>	<p>Veteran's Day Holiday</p>
<p>Menu 11 Blended Juice Brunswick Stew Porried Rice Italian Flat Beans Crackers (2 pkgs) Orange Fruited Gelatin Milk Margarine</p>	<p>Menu 12 Apple Juice Meatloaf/Tomato Gravy Mashed Potatoes Green Peas and Carrots Texas Bread Chocolate Cake Milk Margarine</p>	<p>Menu 13 Pork Loaf/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 Tart 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 Linas Buttermuf Squash Wheat bread Watermelon Fruited Gelatin Milk Margarine</p>	<p>Menu 17 BBQ Pork Riblet Porried Mashed Potatoes Colland Greens Cornbread Sliced Peaches Yellow cake Milk/Buttermilk Margarine</p>	<p>Thanksgiving Theme Meal Sliced Turkey/Gravy Cornbread Dressing Green Bean Almondine Whole Grain Roll Cranberry Salad Cranberry Sauce Iced Carrot Cake Milk Margarine</p>	<p>Thanksgiving Holiday Happy Thanksgiving Day</p>	<p>Thanksgiving Holiday</p>
<p>Menu 1 Apple Juice Mac & Cheese Speckled Butter Beans Ora and Tomatoes Dinner Roll Strawberry Fruited Gelatin Milk Margarine</p>	<p>Menu 2 Smoked Sausage Link/Bun Garlic Mashed Potatoes Green Peas Fresh Apple or Fresh Fruit Fruit Tart Milk Mustard/ketchup/Mayonnaise</p>	<p>Menu 3 Blended Juice Honey Mustard Chicken Breast Porried Rice Mixed Greens Cornbread Apple Spice Cookie Milk/Buttermilk Margarine</p>	<p>Menu 9 Blended Juice Salisbury Steak w/ Brown Gravy Colland Greens Hot Cinnamon Applesauce Cornbread Fudge Round Milk/Buttermilk Margarine</p>	<p>Menu 10 Blended Juice Salisbury Steak w/ Brown Gravy Colland Greens Hot Cinnamon Applesauce Cornbread Fudge Round Milk/Buttermilk Margarine</p>

8/23/2022