

# GARDEN GAZETTE

DECEMBER 2022



## PAJAMA JAM CHRISTMAS CELEBRATION

SPRING GARDENS 1<sup>ST</sup> ANNUAL WHO'S WHO PAJAMA JAM



DECEMBER 8<sup>TH</sup> 2022 1:00 PM

CENTER 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 DECEMBER 9<sup>TH</sup>  
Bingo will be in the Center dining room.

10:00am

### AIR FILTERS

**Maintenance will change air filters in HICKORY  
RIDGE this month.**

### PAPARAZZI JEWELRY



**Dec. 13<sup>th</sup> at 11:00**  
Center Dining Room

### TRUE VINES MINISTRIES (Worship Service)

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

### QDS BOUTIQUE

**DECEMBER 7<sup>TH</sup> 2022**

**10:00**

(Center's dining room)



**CHURCH OF THE HIGHLANDS  
CHRISTMAS CAROLS**



Singing and Fellowship  
Wear your pajamas

December 10<sup>th</sup> 10:00



**Chris Germany will be here on DEC. 13TH 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**



You must bring a new item for bingo. No used item will be accepted. Come have some fun.  
Center dining room.

December 14<sup>th</sup> & 21<sup>st</sup> at 10 AM



**OAK  
STREET  
HEALTH**

Presentation on Medicare followed by:  
Food Truck and Line Dancing

**December 12, 2022  
12 pm – 2 pm  
Senior Center Dining Room**



**R.S.V.P. by Dec. 8<sup>th</sup> at 3:00 pm  
Ardrea 205-841-5032 ext.1105**

**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.) \*\***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Menu 4</b> <span style="float: right;">1</span> Beef Tacos Seasoned Ground Beef Shredded Lettuce/Cheese/ Tomato Corn Chips Pinto Beans Banana Pudding Milk Sour Cream/Mild Taco Sauce	<b>Menu 5</b> <span style="float: right;">2</span> Broiled Beef Patty/Bun Baked Beans Potato Salad Shredded Lettuce/Onion/Tomato Sponge Cake Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise
<b>Menu 6</b> <span style="float: right;">5</span> Orange Juice Beef Teriyaki Yellow Rice Green Beans Wheat Bread Cherry Fruited Gelatin Milk/Chocolate Milk Margarine	<b>Menu 7</b> <span style="float: right;">6</span> Apple Juice Herb Roasted Chicken Breast Cheesy Mashed Potatoes Steamed Sliced Carrots Wheat Bread Red Velvet Cake Milk Margarine	<b>Menu 8</b> <span style="float: right;">7</span> Beef and Bean Chili Parslied Corn Coleslaw Crackers (2 pkgs) Fresh Apple or Fresh Fruit Sugar Cookie Milk Margarine	<b>Menu 9</b> <span style="float: right;">8</span> Blended Juice Salisbury Steak w/ Brown Gravy Collard Greens Hot Cinnamon Applesauce Combread Fudge Round (or assorted snack cakes) Milk/Buttermilk /Margarine	<b>Menu 10</b> <span style="float: right;">9</span> Spaghetti/Meat Sauce Mixed Vegetables Mixed Green Salad Dinner Roll Banana or Fresh Fruit Vanilla Pudding Milk /Margarine Italian/Ranch Dressing
<b>Menu 11</b> <span style="float: right;">12</span> Blended Juice Brunswick Stew Parslied Rice Italian Flat Beans Crackers (2 pkgs) Orange Fruited Gelatin Milk Margarine	<b>Menu 12</b> <span style="float: right;">13</span> Apple Juice Meatloaf/Tomato Gravy Mashed Potatoes Green Peas and Carrots Texas Bread Chocolate Cake (or assorted flavors) Milk/Margarine	<b>Menu 13</b> <span style="float: right;">14</span> Pork Loin/Apple Brown Gravy Mashed Sweet Potatoes Mixed Greens Combread Banana or Fresh Fruit Butterscotch Pudding (or assorted flavors) Milk/Buttermilk /Margarine	<b>Menu 14</b> <span style="float: right;">15</span> Chicken Fajita Spanish Rice Corn Flour Tortilla Fresh Apple or Fresh Fruit Fruit Tart Milk/ Sour Cream	<b>Menu 15</b> <span style="float: right;">16</span> Orange Juice Beef Dog/Bun Baked Beans Coleslaw Chopped Onion Oatmeal Raisin Cookie (or assorted flavors) Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise
<b>Menu 16</b> <span style="float: right;">19</span> Apple Juice Chicken Parmesan Bake Green Limas Butternut Squash Wheat bread Watermelon Fruited Gelatin (or assorted flavors) Milk/Margarine	<b>Menu 17</b> <span style="float: right;">20</span> BBQ Pork Riblet Parslied Mashed Potatoes Collard Greens Combread Sliced Peaches Yellow cake Milk/Buttermilk Margarine	<b>Menu 18</b> <span style="float: right;">21</span> Egg Salad Sandwich Vegetable Soup Parslied Mashed Potatoes Lettuce/Tomato Wheat Bread (2 sl) Fresh Apple or Fresh Fruit Gingerbread Cookie Milk	<b>Christmas Theme Meal</b> <span style="float: right;">22</span> Sliced Baked Ham Sweet Potato Casserole Green Beans/Mushrooms Christmas Fruit Cup Whole Grain Roll Iced Coconut Cake Milk Margarine <i>no lunch closed</i>	<b>Menu 20</b> <span style="float: right;">23</span> Blended Juice Mexican Cheesy Beef Bake Pinto Beans Corn with Peppers Flour Tortilla Nutty Pudding Milk/Chocolate Milk Margarine <i>No lunch closed</i>
Christmas Holiday <span style="float: right;">26</span>	Christmas Holiday <span style="float: right;">27</span>	Christmas Holiday <span style="float: right;">28</span>	Christmas Holiday <span style="float: right;">29</span> 	New Year Holiday <span style="float: right;">30</span> 

# December 2022

December 2022							January 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nov 27	28	29	30	Dec 1 2:00pm TRUE VINES MINISTRIES	2 DINING ROOM OPEN 9-1 OFFICES CLOSED	3
4	5 10:00am Ceramics	6 PEST CONT/OUTSIDE	7 10:00am Ceramics 10:00am QDS	8 1:00pm 1st Annual Holiday Pajama Jam 1:00pm DEVOTED HEALTH	9 DINING ROOM OPEN 9-1 10:00am BINGO	10 10:00am CHRUCH OF HIGHLANDS
11	12 10:00am Ceramics 12:00pm Oak Street Health Seminar	13 PEST CONT/OUTSIDE 10:00am ARCHWELL HEALTH/ TRIVIAL 11:00am Paparazzi Jewelry	14 10:00am Ceramics 10:00am RESIDENTS BINGO	15 9:30am DEVOTED HEALTH 12:15pm Wal-Mart 2:00pm TRUE VINES MINISTRIES	16 DINING ROOM OPEN 9-1 OFFICES CLOSED	17
18	19 9:30am MUSIC/ XMAS 10:00am Ceramics	20 PEST CONT/OUTSIDE 9:30am MUSIC/ XMAS	21 10:00am Ceramics 10:00am RESIDENTS BINGO	22 CLOSED	23 CLOSED	24
25 MERRY CHRISTMAS	26 CLOSED	27 PEST CONT/OUTSIDE	28 10:00am Ceramics	29 2:00pm TRUE VINES MINISTRIES	30 DINING ROOM OPEN 9-1 OFFICES CLOSED	31