

GARDEN GAZETTE

NOVEMBER 2023



Happy
Thanksgiving

SPRING GARDENS APARTMENTS

**201 Spring Gardens Rd.
Birmingham, AL 35217
Business Office (205) 841-5032
Maintenance: (205) 808-4177**

**Property Manager: Erica Leonard
Resident Service Coordinator: Ardrea Johnson
Center Manager: Ronda Graham**

Maintenance: 205-808-4177



RESIDENT BINGO
EVERY THURSDAY
COME AND JOIN US

Resident sponsored Bingo. Everyone brings a prize to share.

10:00 am
Center's Dining Room



WISHING
EVERYONE BORN
IN THE MONTH OF
NOVEMBER A VERY
HAPPY
BIRTHDAY!!!!

BIBLE STUDY/ TRUE VINES MINISTRIES



WILL MEET IN THE DINING ROOM

THURSDAYS at 2PM



OAK
STREET
HEALTH

Wednesday, NOVEMBER 15
Wednesday, NOVEMBER 22
Wednesday, NOVEMBER 29
@10:00AM for info&BINGO

ALL PETS
MUST BE
ON A LEASH



PLEASE CLEAN UP
AFTER YOUR PET

CERAMICS

Mondays and Wednesdays
10:00am - 2:00pm

From The Desk of the Property Manager

This is the time of year when we think about what we're thankful for. This year, I want each of you to know that I am sincerely thankful for each of you! On behalf of our team, we are very thankful for the opportunity to serve and spend time with all of you. Enjoy your families and enjoy each other. Remember to stay prayerful for those who have loved ones that are not here. Show love, kindness and forgiveness to those that are still here.

Have a wonderful & blessed Thanksgiving!

QDS BOUTIQUE

(Center Dining Room)

NOVEMBER 1 2023

10:00 AM



Shelly with Avon

November 6th

10:00 AM

**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.

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 if 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 \$5.53.

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 are 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 you receive frozen meals at your apartment, you are not eligible to receive the hot congregate meals served at the Center Dining Room.**

Spring Gardens Library



Don't forget that we have a library at the Senior Center.
Ms. Veeda Posey has worked very hard getting it organized for us.
Come enjoy some quiet time with a book or take one home for your enjoyment.



TAI CHI WITH ADRIENE
10:00 AM EVERY THURSDAY



BUS TRIPS FOR NOVEMBER

- NOVEMBER 1- Banks/Walmart**
NOVEMBER 8 – Lovelady Thrift Store
NOVEMBER 15- Target Mall/Aldi
NOVEMBER 21- Publix Mall
NOVEMBER 29- Olive Garden

November 2023

November 2023							December 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4						1	2
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
Oct 29	30	31	Nov 1 12:00am Banks/ Walmart 9:30am Archwell Health Bingo	2 10:00am TaiChi with Adrien	3	4
5	6 9:30 Humana	7 12:00am United Health PEST CONT- OUTSIDE	8 10:00am Oak St. Health Bingo 10:00am QDS Boutique 12:00 Lovelady Thrift Store	9 10:00am TaiChi with Adrien	10	11
12	13 10:00am Shelly Avon 10:00am Debbie's Bible Study (Library)	14 PEST CONT- OUTSIDE 10:00am Secure Benefits Bingo	15 10:00am Oak St. Health Bingo 12:00 Target Mall/ Aldi	16 10:00am TaiChi with Adrien	17	18
19	20	21 10:00am Devoted Health 12:00am Publix Mall PEST CONT- OUTSIDE	22 10:00am Oak St. Health Bingo	23 10:00am TaiChi with Adrien	24	25
26	27	28 PEST CONT- OUTSIDE	29 10:00am Oak St. Health Bingo 12:00am Olive Garden	30 10:00am TaiChi with Adrien	Dec 1	2

NOVEMBER 2023

ADSS NUTRITION PROGRAM SUMMER MENU

FALL FY24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><u>Menu 3</u> Apple Juice Meatloaf/Tomato Gravy Whipped Potatoes Green Peas Combread Orange Fruited Gelatin Milk/Buttermilk Margarine</p>	<p><u>Menu 4</u> Chicken/Broccoli/Rice Casserole Italian Green Beans Tossed Salad Fresh Fruit Texas Bread White Cake Milk Margarine Ranch Dressing/Diet Italian Dressing</p>	<p><u>Menu 5</u> Orange/Pineapple Juice Frankfurter/Bun Baked Beans Coleslaw Apple Cobbler Milk/Chocolate Milk Diced Onions Mustard/Ketchup/Mayonnaise</p>
<p><u>Menu 6</u> Cranberry Juice Chicken Tetrazzini Green Peas Glazed Carrots Whole Grain White Roll Shortbread Cookies Milk Margarine</p>	<p><u>Menu 7</u> Orange Juice Ham/Pineapple Sauce Au Gratin Potatoes Spinach Whole Grain White Roll Chocolate Cake Milk Margarine</p>	<p><u>Menu 8</u> Taco Salad: Taco Seasoned Beef Lettuce/Cheese/Tomato Corn Chips Pinto Beans Lime Fruited Gelatin Milk/Chocolate Milk Sour Cream/Taco Sauce</p>	<p><u>Menu 9</u> Apple Juice Smothered Chicken Delmonico Potatoes Turnip Greens Combread Mixed Fruit Milk/Buttermilk Margarine</p>	
<p><u>Menu 11</u> Chopped Steak/Gravy Country Potatoes California Vegetable Blend Pineapple Tidbits Whole Grain White Roll Fig Bar Milk Margarine</p>	<p><u>Menu 12</u> Apple Juice BBQ Chicken Breast Ranch Beans Country Corn Texas Bread Cherry Fruited Gelatin Milk Margarine</p>	<p><u>Menu 13</u> Orange Juice Chili with Beef and Beans Buttered Rice Sliced Peaches Saltine Crackers Yellow Cake Milk Margarine</p>	<p><u>Menu 14</u> Smoked Sausage/Bun Scalloped Potatoes Green Beans/Red Peppers Fresh Fruit Strawberry Swirl Pudding Milk/Chocolate Milk Diced Onions Mustard/Ketchup/Mayonnaise</p>	<p><u>Menu 15</u> Tropical Juice Macaroni and Cheese Black-eyed Peas Collard Greens Combread Oreo Cookie Milk/Buttermilk Margarine</p>
<p><u>Menu 16</u> Apple Juice Chicken Taco Soup Mexican Rice Mixed Fruit Saltine Crackers Oatmeal Crème Pie Milk Margarine</p>	<p><u>Menu 17</u> Hamburger Patty/Bun Baked Beans Potato Salad Lettuce/Onion/Tomato Fruit Medley Crisp Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise</p>	<p><u>Theme Menu</u> Orange Juice Sliced Turkey/Gravy Combread Dressing Holiday Green Beans Whole Grain White Roll Carrot Cake Milk Margarine Cranberry Sauce</p>		<p>Thanksgiving Holiday</p>
<p><u>Menu 1</u> Orange Juice Swedish Meatballs Penne Pasta Brussels Sprouts Whole Wheat Bread Fudge Round Milk Margarine</p>	<p><u>Menu 2</u> BBQ Rib Patty Green Lima Beans Okra & Tomatoes Mandarin Oranges/Pineapples Hamburger Bun Nutty Buddy Milk Margarine</p>	<p><u>Menu 3</u> Apple Juice Meatloaf/Tomato Gravy Green Peas Turnip Greens Combread Orange Fruited Gelatin Milk/Buttermilk Margarine</p>	<p><u>Menu 4</u> Chicken/Broccoli/Rice Casserole Italian Green Beans Tossed Salad Fresh Fruit Texas Bread White Cake Milk Margarine Ranch Dressing/Diet Italian Dressing</p>	