

GARDEN GAZETTE

DECEMBER 2018

RENOVATIONS UPDATE

The white flags are put out by the contractors. Please don't remove the flags.



RESIDENT'S CHRISTMAS LUNCH

(Center's Dining Room)

DECEMBER 19TH
11:30 AM TO 1:00 PM



Ugly Christmas Sweater Contest

Wear your ugly Christmas sweater to the Christmas Lunch.

A panel of judges will select the winners. There will be 4 gift cards up for grabs!



BINGO

SENIOR BINGO

THE SECOND MONDAY OF EACH MONTH.

COME AND JOIN US.

DECEMBER 10TH AT 9:30

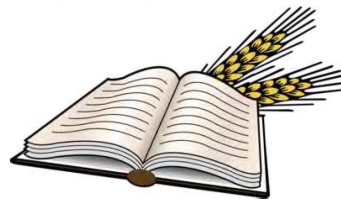
BIBLE STUDY

(Ruby Stringer)



**DECEMBER 10TH at
1:00**

BIBLE STUDY/ TRUE VINES MINISTRIES



WILL MEET IN THE DINING ROOM

THURSDAYS 2PM

GARDENDALE FUNERAL HOME



The second Monday of each month a representative will be bringing cupcakes and will be available to answer questions you may have concerning pre-needs - funeral arrangements, burial policies

DECEMBER 10TH at 10:00

HALAL PRAISE HOOPS



EVERY FRIDAY OF THE MONTH 10:00



**WISHING EVERYONE BORN IN THE MONTH OF
DECEMBER A VERY HAPPY BIRTHDAY**

Remember to keep saving your pull tops from any type cans for the Ronald McDonald House. There is a collection house located in the dining room.



Nita Clark and Tammy Womble are Notaries Public. If you need important documents notarized they are at your service, by appointment. You may reach Nita at 841-5032 ext.1102 or Tammy at 841-5032 ext.1104. Please call before you come, to ensure they are available

WHERE TO SUBMIT YOUR RENT

ALL RESIDENTS PLEASE MAKE YOUR CHECKS OR MONEY ORDERS PAYABLE TO JEFFERSON COUNTY HOUSING AUTHORITY (JCHA). MAIL YOUR PAYMENTS TO THE ADDRESS BELOW OR DROP IT IN THE DROP BOX LOCATED AT THE CENTER. **DO NOT LEAVE IT IN THE FRONT DOOR.**

ALL RENT IS DUE BY THE 10TH OF EACH MONTH.

201 Spring Gardens Rd.
Birmingham, AL 35217

Center: (205) 841-5032
Maintenance: (205) 808-4177

**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.

If you are physically unable to stand in line to receive your lunch a volunteer will be happy to serve you at your table. If you are in need of this service and are not currently on the table service list contact Nurse Cathy (841-5032) for evaluation.

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 \$3.35.

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.**

(Based on the guidelines of United Way Area Agency on Aging.)

**CERAMIC CLASS
OPEN HOUSE
11AM TO 1PM**

DEC. 20TH

COME AND VISIT THE CRAFT ROOM

**CERAMIC CLASS
CHRISTMAS SALE**

**10AM TO 2PM
DEC. 4TH**



IT WILL BE HELD IN THE CRAFT ROOM

LET'S DECORATE THE TREE!



Bring an ornament to place on the tree in memory of a loved one.

We will have music, hot chocolate, cookies and lots of fellowship!

DEC. 5th at 9am

FILTER CHANGES

Maintenance will be changing air filters and checking smoke detectors between December 1st and 21st.

Each resident is responsible for cleaning the return air vent in their apartment before filters are changed.

Health Checks with Nurse Cathy



Would you like to know your number?
Come up and have your
Blood pressure or blood sugar checked.

Wednesdays 10:30 to 12:30
Dining Room

PEST CONTROL

Pest Control will treat on the inside for the month of December.

The sections scheduled for the 4th Tuesday will be treated on Thursday, December 26th, due to the holiday.



DECEMBER LUNCH HANDOUTS

THE FOLLOWING NUTRITIONAL AND HEALTH INFORMATION TOPICS WILL BE PRESENTED AND DISCUSSED DURING LUNCH

December 3rd "What Should You Eat to Heal a Fractured Bone?"

December 10th "Are you an apple or a pear?
Does Body Shape Matter?"

December 17th "Healthy Guests: Happy Holidays"

MOVIE DAYS



Dec. 3rd at 9:00
HOLIDAY INN

Dec. 4th at 9:00
ELF

Dec. 13th at 9:00
THE GRINCH

Dec 20th at 9:00
IT'S A WONDERFUL LIFE
OTHER MOVIES AVILABLE UPON REQUEST

SOLID ROCK CHURCH

DECEMBER 15TH 10AM

THE KIDS WILL DO A CHIRSTMAS PLAY

DONNA SANDERS/ HOST

If you see anyone going through a construction dumpster, entering the worksites after work hours, or you see water running from a unit please contact one of the contractors listed.

OLYMPIA CONSTRUCTION, INC
EMERGENCY PHONE NUMBER
RAY HENDRIX 1-256-505-8271
MASON BROWN 1-256-960-0101

Work Hours: Monday – Saturday from 7 AM – 7 PM
Contractors off: Sundays and Holidays

IDENTITY THEFT

Patrick D. Briles/ Well Fargo, will be have a presentation to help us understand Identity Theft and how to prevent it from happening to you.

DEC. 12th at 10:00

December 2018



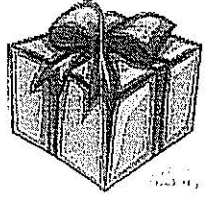
| December 2018 | | | | | | | January 2019 | | | | | | |
|---------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa |
| | | | | | | 1 | | | 1 | 2 | 3 | 4 | 5 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 27 | 28 | 29 | 30 | 31 | | |
| 30 | 31 | | | | | | | | | | | | |

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|--------|---|---|--|--|---|---------------------------|
| | Nov 25 | 26 | 27 | 28 | 29 | 30 | Dec 1 |
| 11/25 - 30 | | | | | | | |
| | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 12/2 - 7 | | 9:00am christmas movie 11:00am handout | PEST CONTROL-PINK 9:00am christmas movie 10:00am Ceramics 12:15pm Banks/F'land | 9:00am decorate/tree 10:30am health check 1:00pm Corner Market | 10:00am Crafts 12:15pm Wal-Mart 2:00pm True Vines Ministries | 10:00am HALAL 11:30am Puzzle Handout | |
| | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 12/9 - 14 | | 9:30am senior bingo 10:00am g'dale funeral 11:00am handout 12:15pm Target Mall 1:00pm bible study | PEST CONTROL-BLUE 9:00am christmas music 10:00am Ceramics | 10:00am ID THEFT 10:30am health check 12:15pm Wal-Mart | 9:00am christmas movie 10:00am Crafts 2:00pm True Vines Ministries | 10:00am HALAL 11:30am Puzzle Handout | 10:00am SOLID ROCK CHURCH |
| | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 12/16 - 21 | | 9:00am christmas movie 10:00am Grand River Outlets 11:00am handout | PEST CONTROL-GRN 9:00am christmas music 10:00am Ceramics | 10:30am health check 11:30am Resident Christmas Party 1:00pm Corner Market 1:00pm Jernigans | 9:00am christmas movie 10:00am Crafts 12:15pm Wal-Mart 2:00pm True Vines Mi | 9:00am christmas music 10:00am HALAL | |
| | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 12/23 - 28 | | CLOSED | CLOSED | PEST CONTROL-YEL 10:30am health check | 10:00am Crafts 2:00pm True Vines Ministries | 10:00am HALAL | |
| | 30 | 31 | Jan 1, 19 | 2 | 3 | 4 | 5 |
| 12/30 - 1/4 | | | | | | | |

DECEMBER

ADSS NUTRITION PROGRAM

FALL 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <p>Menu 6 3 Swedish Meatballs (5) w/ Swedish Sauce over Rotini Noodles Zucchini Casserole Carrots Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk & Chocolate Milk</p> | <p>Menu 7 4 Beef Tacos: Ground Beef Shredded Lettuce Cheese & Tomatoes Cheesy Pinto Beans Mild Taco Sauce & Sour Cream Corn Tortilla Chips Mandarin Oranges Vanilla Mini Moon Pie (replaced gelatin) 1% Milk</p> | <p>Menu 8 5 Orange Pineapple Juice Mojo Chicken Drums (2) Yellow Rice w/ Tomato & Pepper Mixed Vegetables Cornbread Margarine Apple Spice Cookie (replaced cake) 1% Milk / Buttermilk</p> | <p>Menu 9 6 Grape Juice (replaced broccoli salad) Turkey Salad Sandwich Three Bean Salad Mixed Fruit Whole Grain Bread – 2 slices ea. White Cake (replaced Apple Cookie) 1% Milk</p> | <p>Menu 10 7 Beef Hot Dog on Hot Dog Bun Coleslaw Baked Beans Ketchup/Mustard/Diced Onions Pineapple Tidbits Fudge Round (replaced banana pudd) 1% Milk</p> |
| <p>Menu 11 (was menu 13) 10 Orange Juice (replaced Pineapple) Pork Chop Patty w/ Sweet and Sour Sauce Brown Rice Sesame Green Beans Vanilla Pudding Dinner Roll Margarine 1% Milk / Chocolate Milk</p> | <p>Menu 12 11 Grape Juice (replaced green salad) Egg Salad Sandwich Mandarin Oranges (replaced carrot raisin salad) Corn Chips (added as extra side) Whole Grain Bread (2 slices up from 1) Chocolate Chip Cookie (replaced gelatin) 1% Milk</p> | <p>Menu 13 (was menu 11) 12 Baked Chicken Thigh Collard Greens Mashed Sweet Potatoes Applesauce Cornbread Margarine Sugar Cookie 1% Milk / Buttermilk</p> | <p>Menu 14 13 Chicken Garden Casserole Green Peas (replaced Summer Blend) Carrots Whole Grain Bread Margarine Fresh Banana Oatmeal Crème Pie (replaced hot apple crisp) 1% Milk</p> | <p>Menu 15 14 Meatballs (5) w/ Spaghetti and Tomato Sauce California Vegetable Blend Garlic Roll Margarine Pears Chocolate Cake 1% Milk</p> |
| <p>Menu 16 17 Smoked Sausage on Hot Dog Bun Mustard Hot German Potato Salad Cabbage and Carrots Fresh Apple Banana Mini Moon Pie 1% Milk</p> | <p>Menu 17 18 Orange Pineapple Juice (replaced Mandarin oranges) Chicken Breast Filet w/ Cacciatore Sauce Skin on Garlic Mashed Potatoes Broccoli with Cheese Sauce (added) Whole Grain Bread Margarine Chocolate Pudding 1% Milk</p> | <p>Menu 18 19 Turkey Sausage Links (4) w/ Country Pepper Gravy Cheese Grits Stewed Tomatoes Whole Grain Bread Margarine Peaches Yellow Cake 1% Milk</p> | <p>Menu 19 20 Flame Broiled Beef Patty on Hamburger Bun Lettuce, Tomato, & Onion Ketchup, Mustard, Mayonnaise Corn Baked Beans Vanilla Mini Moon Pie 1% Milk & Chocolate Milk Removed Pears</p> | <p>Theme Menu 21 Baked Ham Sweet Potato Casserole Green Beans & Mushroom Christmas Fruit Cup Whole Grain Roll Margarine Iced Coconut Cake 1% Milk</p> |
| <p>24</p>  | <p>25</p> <p>Merry Christmas</p> | <p>26</p>  | <p>27</p> | <p>28</p>  |
| <p>31</p> | | | | |