

GARDEN GAZETTE

JUNE 2019



FILTER CHANGES

Maintenance will be changing air filters and checking smoke detectors the month of June for Spring Gardens.

CORNER MARKET



AT SPRING GARDENS THE 1ST
AND 3RD WEDNESDAY OF
EACH MONTH.

1:00 PM



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

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

JUNE 10TH at 10:00

WALKING

**COME AND WALK WITH US, MONDAY, WEDNESDAY
AND FRIDAY. CENTER DINING ROOM AT 10AM**

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.



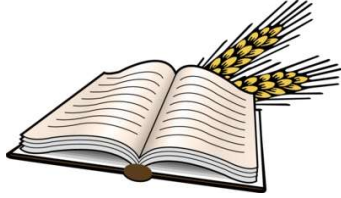
**LUNCH HANDOUTS
JUNE**

*June Foods of the month berries and peppers!

*Mushrooms- Nutrient Power Houses.

*10 Tips for eating healthy on a budget.

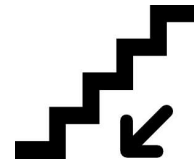
BIBLE STUDY/ TRUE VINES MINISTRIES



WILL MEET IN THE DINING ROOM

THURSDAYS 2PM

CLOSED



The second level (downstairs) of the Senior Center is closed until renovations have been completed.

The exercise bikes have been brought upstairs for your convenience.

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



CHURCH OF THE HIGHLANDS

SERVICE AND LUNCH JUNE 1ST

BEGINNING AT 10AM

CENTER DINING ROOM

**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.)



Stay out of the construction areas. This includes the apartments, grounds and anything associated with the renovations. When the time is appropriate a viewing of some of the completed units will be scheduled.

NORTH HILL

JUNE 11, 2019 10:00AM

Please come and meet the new admission coordinator for north Hill nursing and rehab. Misty Brannan. Questions and answers. Light refreshments!!!



SENIOR BINGO

THE SECOND MONDAY OF
EACH MONTH.

COME AND JOIN US.

JUNE 10TH AT 9:30

PARKING

The following still applies to parking at Spring Gardens.

1. All vehicles must be parked in a marked parking space. This includes visitors. **DO NOT PARK ON THE SIDES OF THE ROAD OR ON THE GRASS.**
2. No resident has an assigned parking space.

The roadways must stay unobstructed to allow emergency vehicles to travel freely, as needed.

Parking citations will be issued to violators.

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



Arts and Crafts Show
Spring Gardens Center

JUNE 5TH
10 – 2

Anyone that would like to have a table is welcome.
This is not a yard sale. Do not bring yard sale items.
All new products only!

RESIDENT BINGO
White Elephant Style



Wednesdays
10:00 am – 11:00 am

Bring items to contribute to the bingo gift collection.

Gifts must be clean, in working condition, and all consumable items, such as; cosmetics, lotions, shower gels, soaps, etc., must new and unused.

A Father Just Like You

*I just want to let you know
You mean the world to me
Only a heart as dear as yours
Would give so unselfishly*

*The many things you've done
All the times that you were there
Help me know deep down inside
How much you really care*

*Even though I might not say
I appreciate all you do
Richly blessed is how I feel
Having a father just like you*

MEMORIES



SCRAPBOOKING CLASS

Bring your own photographs and the scrapbooking supplies will be supplied for you, FREE OF CHARGE.

(20 spots available)

Sign-up sheet at the receptionist desk

June 13th 10:00 -2:00

(Ceramics/Craft room)



VIVA MEDICARE REPRESENTATIVE
DEDE DIAL
JUNE 12TH 2019 AM
Come and meet Dede Dial, and have fun playing bingo.

Center Dining Room

CLEAN UP TIME



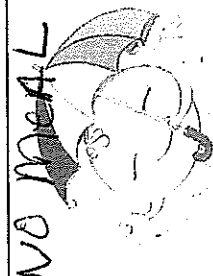
Remove anything hanging from the porch awnings.

Remove all toys, potted plants, outdoor furniture, bicycles, and any other items, from the yard, so the grass may be cut and maintained.

Cooking grills may be stored on the back porch, only.

The front porch is limited to furniture designed for outdoor purposes only and may include one small table (20 inches or less), up to 2 chairs and one potted plant.

Refer to the lease attachments #1 (General Housekeeping Rules and Regulations) and #2 (Summary of Rules and Regulations Concerning Your Unit).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO MEAL  Menu 3 Grape Juice Ham and Potato Casserole Green Lima Beans Carrots Fresh Fruit Italian Bread White Cake 1% Milk Margarine	Menu 4 Blended Juice Macaroni and Cheese Black Eyed Peas Mixed Greens Cornbread Chocolate Pudding 1% Milk/ Buttermilk Margarine	Menu 5 Blended Juice Macaroni and Cheese Black Eyed Peas Mixed Greens Cornbread Chocolate Pudding 1% Milk/ Buttermilk Margarine	Menu 6 Orange Juice Lemon Pepper Chicken Breast Rice Pilaf Italian Flat Beans/ Red Peppers Wheat Bread Fudge Round 1% Milk Margarine	Menu 7 Broiled Beef Patty/ Bun Baked Beans Potato Salad Lettuce/ Tomato/ Onion Hot Peach Cobbler 1% Milk/ Chocolate Milk Ketchup/ Mustard/ Mayonnaise
Menu 10 Grape Juice Salisbury Steak/ Apple Brown Gravy Rosemary Potatoes California Blend Vegetables Whole Grain Bread Chocolate Chip Cookie 1% Milk Margarine	Menu 11 Blended Juice Turkey Salad Pasta Salad Fresh Fruit Wheat Bread (2) Lemon Pudding 1% Milk Margarine	Menu 12 Orange Pineapple Juice Taco Salad: Seasoned Ground Beef Lettuce/ Cheese/ Tomatoes Pinto Beans Corn Tortilla Chips Mini Moon Pie 1% Milk Taco Sauce/ Sour Cream	Menu 13 Glazed Baked Ham Parsiled Mashed Potatoes Turnip Greens Blushing Applesauce Cornbread Sugar Cookie 1% Milk/ Buttermilk Margarine	Menu 14 Three Bean Beef Chili Rice Carrots Peas Saltine Crackers (2 pkgs) White Cake 1% Milk/ Chocolate Milk Margarine
Menu 16 Orange Juice Smoked Sausage/ Bun BBQ Red Beans Yellow Rice/ Green Peppers Apple Spice Cookie 1% Milk Ketchup/ Mustard	Menu 17 Spaghetti/ Meat Sauce Casserole Green Beans Mixed Green Salad/ Italian Dressing Pineapple Tidbits Italian Bread Chocolate Cake 1% Milk/ Chocolate Milk Margarine	Menu 18 Blended Juice Pork Chop Patty/ Onion Gravy Seasoned Potatoes Mixed Greens Cornbread Oatmeal Crème Pie 1% Milk/ Buttermilk Margarine	Menu 19 Grape Juice Beef Stroganoff Cabbage Mixed Vegetables Dinner Roll Vanilla Pudding 1% Milk Margarine	Menu 20 Seasoned Chicken Thigh and Drum Mashed Potatoes Okra and Tomatoes Mixed Fruit Whole Grain Bread Nutty Buddy 1% Milk Margarine
Menu 1 Blended Juice Chopped BBQ Chicken/ Bun Corn Diced Potatoes Sugar Cookie 1% Milk	Menu 2 Seasoned Chicken Thigh & Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine	Menu 3 Orange Pineapple Juice Beef Hot Dog/ Bun Baked Beans Colelaw Ketchup/ Mustard Diced Onions Hot Apple Cobbler 1% Milk/ Chocolate Milk	Menu 4 Herbed Garlic Meatballs (5) Parsiled Rice Green Beans Mandarin Oranges Dinner Roll Mini Moon Pie 1% Milk Margarine	Menu 5 Pork Riblet/ Mushroom Gravy Mashed Sweet Potatoes Collard Greens Applesauce Cornbread Oatmeal Crème Pie 1% Milk/ Buttermilk Margarine

June 2019

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

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 26		27	28	29	30	31	Jun 1
5/26 - 31							10:00am CHURCH OF THE HIGHLANDS
2	3	8:00am Health Checks 9:00am Banks/F'land 9:30am music 10:00am walking	4 Pest Cont.-pink 10:00am Ceramics 11:00am lunch handout	5 8:00am Health Checks 10:00am Arts/Crafts Show 10:00am Res.Bingo 1:00pm Corner Market	6 10:00am Crafts 2:00pm True Vines Ministries	7 10:00am walking 11:30am Puzzle Handout	8
6/2 - 7	9	10 8:00am Health Checks 9:00am Special Bingo 10:00am gardendale funeral home	11 Pest Cont.-blu 10:00am Ceramics 10:00am northhill nursing and rehab	12 8:00am Health Checks 10:00am viva medicare/Dede Dial	13 10:00am Scrapbooking 2:00pm True Vines Ministries	14 10:30am walking 11:30am Puzzle Handout	15
6/9 - 14	16	17 8:00am Health Checks 9:30am music 10:30am walking	18 Pest Cont.-grn 10:00am Ceramics 11:00am lunch handout	19 8:00am Health Checks 10:00am Res. Bingo 1:00pm Corner Market 1:00pm Jernigans	20 10:00am Crafts 2:00pm True Vines Ministries	21 10:00am walking 11:30am Puzzle Handout	22
6/16 - 21	23	24 8:00am Health Checks 9:30am music 10:00am walking	25 Pest Cont.-yel 10:00am Ceramics	26 8:00am Health Checks 10:00am Res. Bingo 10:30am walking	27 9:00am Wal-Mart 10:00am Crafts 2:00pm True Vines Ministries	28 10:00am walking 11:30am Puzzle Handout	29
6/23 - 28	30	Jul 1	2	3	4	5	6
6/30 - 7/5							