

GARDEN GAZETTE

SEPTEMBER 2018



RENOVATIONS UPDATE

RESIDENTS RENOVATIONS MEETING WILL BE HELD
ON SEPT. 13TH AT 10AM IN THE CENTER DINING ROOM.
THIS WILL BE A INFORMATINAL MEETING ONLY
THERE WILL BE NO QUESTIONS.

Executive Director
Ken Vaughan

SPRING GARDENS

201 SPRING GARDENS ROAD
BIRMINGHAM, AL 35217
PHONE: 841-5032
FAX: 1-205-841-5045

NITA CLARK – PROPERTY MGR.	EXT.# 1102
TAMMY WOMBLE - ASST. PROP. MGR.	EXT.# 1104
DEBORAH BUTLER- SERVICE COORDINATOR	EXT.# 1105
CATHY KING – HEALTH EDUCATOR	EXT.# 1106
ANNIE THOMAS – CENTER MGR.	EXT.# 1108

All Maintenance related calls
should be directed to the
maintenance department at

808-4177



SENIOR BINGO

THE SECOND MONDAY OF EACH MONTH.

COME AND JOIN US.

SEPTEMBER 10TH 9:30

BIBLE STUDY

(Ruby Stringer)



**SEPTEMBER 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

SEPTEMBER 10TH at 10:00

HALAL PRAISE HOOPS



EVERY FRIDAY OF THE MONTH AT 10:00



**WISHING EVERYONE BORN IN THE MONTH OF
SEPTEMBER 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 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.

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 guidelines of United Way Area Agency on Aging)**



BED BUGS 101

Alex with Knox Pest Control will be giving an educational presentation on bed bugs.

What are they?
What do they look like?
Where do they come from?
How do you get them?
How do you get rid of them?

September 12th at 10:00
(Center dining room)



SUSPENDING

SPRING GARDENS/HICKORY RIDGE APARTMENTS
(SENIOR HOUSING)

201 Spring Gardens Road – Birmingham, AL 35217
205-841-5032

Beginning August 30th, 2018, we are suspending taking applications for Spring Gardens and Hickory Ridge Apartments until further notice.

SPECIAL CRAFT



Sept. 20th at 10:00

Must sign up and pay for the class by end of day on Sept.20th

Fee for materials is \$5.00

LOW COST RABIES VACCINATIONS

Comforts of Home Vet Care, PC

Express Wellness Clinics

Dr. Vaughn Walker

Every Tuesday:

Tractor Supply Company Gardendale: 10 am-noon

September 2018

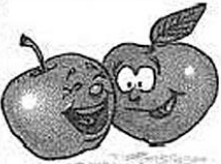
September 2018							October 2018						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
						1							6
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aug 26	27	28	29	30	31	Sep 1
8/26 - 31							
	2	3	4	5	6	7	8
9/2 - 7		CLOSED LABOR DAY	pest control-outdoors 10:00am Ceramics 12:15pm BANKS/FLAND	10:30am Health Checks 1:00pm Corner Market	10:00am Crafts 2:00pm True Vines Ministries	10:00am HALAL 11:30am Puzzle Handout	
	9	10	11	12	13	14	15
9/9 - 14		9:30am Special Bingo 10:00am G'DALE FUNERAL HOME 1:00pm BIBLE STUDY	pest control-outdoors 10:00am Ceramics	10:00am BED BUGS 101 10:30am Health Checks 11:30am handout	10:00am Crafts 10:00am Reno Meeting 12:15pm Wal-Mart 2:00pm True Vines Mi	10:00am HALAL 11:30am Puzzle Handout	
	16	17	18	19	20	21	22
9/16 - 21		9:30am BEST OF LIONEL RICHIE 9:30am music	pest control-outdoors 10:00am Ceramics 12:15pm Dollar Tree	1:00pm Corner Market 1:00pm Jernigans	10:00am Crafts 2:00pm True Vines Ministries	10:00am HALAL 11:30am Puzzle Handout	
	23	24	25	26	27	28	29
9/23 - 28		9:30am BINGO 11:30am handout	pest control-outdoors 10:00am Ceramics	9:30am MUSIC 9:30am SUPER HITS EARTH, WIND, FIRE	10:00am Crafts 12:15pm Wal-Mart 2:00pm True Vines Ministries	10:00am HALAL 11:30am Puzzle Handout	
	30	Oct 1	2	3	4	5	6
9/30 - 10/5							

SEPTEMBER

ADSS NUTRITION PROGRAM

SUMMER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Happy Labor Day Centers Closed</p>	<p>Menu 7 4</p> <p>Meatloaf/Tomato Gravy Delmonico Potatoes Green Beans Sliced Peaches Whole Wheat Bread Margarine Yellow Cake Milk</p>	<p>Menu 8 5</p> <p>Turkey/Cheese Sandwich Sliced Turkey/Cheese - 2 slices ea. Whole Bread - 2 Lettuce/Tomato Mayonnaise/Mustard Sun Chips Three Bean Salad Fresh Fruit Milk</p>	<p>Menu 9 6</p> <p>Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw/carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk</p>	<p>Menu 10 7</p> <p>Grape Juice Beef Strips/Gravy (3) Country Potatoes Mixed Greens Cornbread Margarine Raspberry Gelatin Milk/Buttermilk</p>
<p>Menu 11 10</p> <p>Cranberry Juice Sausage Patty (3) Hashbrown Casserole Hot Spiced Apples Biscuit Margarine/Jelly Whole Grain Bran Flakes Milk</p>	<p>Menu 12 11</p> <p>Meatballs /Spaghetti Sauce (3) Whole Grain Penne/Tomatoes Parried Carrots Fresh Fruit Texas Bread Margarine Fudge Round Milk</p>	<p>Menu 13 12</p> <p>Orange Juice BBQ Chicken/Bun Field Peas/Snaps Baked Potato Salad Lemon Fruited Gelatin Milk</p>	<p>Menu 14 13</p> <p>Chicken Taco Meat Whole Kernel Corn Fiesta Vegetables Taco Salad Mix (1/2 cup) Flour Tortilla Taco Sauce Sour Cream Oatmeal Crème Pie Milk</p>	<p>Menu 15 14</p> <p>Apple Juice Ham & Macaroni Casserole Mustard Greens Olive & d Tomatoes Cornbread Margarine Chocolate Cake/Whipped Topping Milk/Buttermilk</p>
<p>Menu 16 17</p> <p>Orange Juice Chicken Jambalaya Italian Green Beans Glazed Carrots Whole Wheat Bread Margarine Jelly Cream Pie Milk</p>	<p>Menu 17 18</p> <p>Hamburger/Bun Baked Beans Corn Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>	<p>Menu 18 19</p> <p>Blended Juice Smoked Sausage Black-eyed Peas Turnip Greens Cornbread Margarine Cherry Fruited Gelatin Milk/Buttermilk</p>	<p>Menu 19 20</p> <p>Cheesy Beef Casserole Mixed Vegetables Tossed Salad/Ranch Dressing Fresh Fruit Dinner Roll Margarine Assorted Snack Cake/Cookie Milk</p>	<p>Welcome Fall Meal 21</p> <p>Cranberry Juice Smothered Chicken Logs (2) Diced Sweet Potatoes Green Bean Casserole Cornbread Margarine White Cake Milk/Buttermilk</p>
<p>Menu 1 24</p> <p>Blended Juice Chop Steak/Gravy Whipped Potatoes Green Peas Whole Wheat Bread Margarine Nutty Buddy Milk</p>	<p>Menu 2 25</p> <p>Glazed Ham Whipped Sweet Potatoes Collard Greens Fresh Fruit Cornbread Margarine Strawberry Swirl Pudding Milk/Buttermilk</p>	<p>Menu 3 26</p> <p>Orange Juice Chicken Rotini Casserole Green Beans Tossed Salad/Ranch Dressing Whole Wheat Bread Margarine Chocolate Chip Crème Pie Milk</p>	<p>Menu 4 27</p> <p>Cranberry Juice BBQ-Rib-Patty/Bun Green Lima Corn O'Brien Marble Cake Milk</p>	<p>Menu 5 28</p> <p>Taco Salad Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Sour Cream Orange Gelatin Milk</p>