

GARDEN GAZETTE

MARCH 2020



WHERE TO SUBMIT YOUR RENT

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

201 SPRING GARDENS RD. BIRMINGHAM, AL 35217
CENTER (205) 841-5032 MAINTENANCE (205) 808-4177

ALL RENT IS DUE BY THE 10TH OF EACH MONTH

COMING SOON TO SPRING GARDENS!

LOW COST VACCINE CLINIC FOR YOUR PETS

WITH Dr. Vaughn Walker - Comforts of Home Vet Care, PC

CLINIC WILL BE OPEN TO THE PUBLIC

Comfort of Home Vet Care, PC is committed to providing quality preventative veterinary services through the pet owning community, in the Birmingham area. To that end, we've created our Express Wellness Clinics with low cost vaccines. These are a great opportunity for pet parents to get their little companions the care they need to stay healthy.

Every vaccine clinic includes a wellness exam for each pet you bring to the event. Dr. Walker MUST examine each animal in order to develop a valid Veterinarian-Patient-Client relationship, which allows owners to order prescription medications or for Dr. Walker to prescribe medications for your pet(s).

We offer core vaccinations and microchips for dogs and cats, as well as heartworm testing for dogs (cats generally do not require heartworm testing). The prices for each of these services are listed below.

DOGS

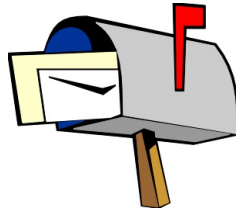
- Express Wellness Exams (required): \$12 per pet w/vaccines, \$17 w/o vaccines
- DA2PCPV - \$18
- Bordetella (kennel Cough) - \$12
- Rabies (1 year) \$12
- Rabies (3 year) - \$25
- Heartworm test - \$18
- AKC Reunite Microchip (includes registration) - \$35

CATS

- Express Wellness Exams (required): \$12 per pet w/vaccines, \$17 w/o vaccines
- FVRCP - \$18
- FeLV - \$20
- Rabies (1 year) - \$12
- Rabies (3 year) - \$25
- AKC Reunite Microchip (includes registration) - \$35

About Dr. Walker: Dr. Walker completed his undergraduate studies and graduated with a Doctor of Veterinary Medicine degree from Auburn University in 1995. After working in private practice for over 6 years, he decided to start Comforts of Home Vet Care, PC in 2002. In addition to making house calls, for pets, he taught at UAB (2001-2014), was the Staff Veterinarian at the Greater Birmingham Humane Society (2005-2008), was the Associate Veterinarian at Cat Haven Veterinary Clinic (2008-2009, and worked as an associate Veterinarian with Alabama Shelter Veterinarians (2014-2016).

NOT YOUR MAIL?



If you receive mail, that doesn't belong to you, please mark it "return to sender", and place it back in the outgoing mail slot.

If you receive a package, through a delivery service, such as FedEx & UPS, that doesn't belong to you, please call the appropriate service to pick up the package.

Do not leave misdirected mail or packages at the Senior Center or offices.



EFFECTIVE MARCH 1st

One of the side doors of the Senior Center will be locked, due to renovations in that area. The sidewalk leading up to the building, on that side, will also be closed.

Please enter the building through the front entrance or the dining room entrance, until it's deemed safe to re-open this area.

We are sorry for the inconvenience, but your safety is important to us!

March 2020

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
	8:00 am – Health Checks 10:00 am –EXERCISE	PEST CONTROL-OUTSIDE 10:00 am - Ceramics 10:00 am- EXERCISE 12:00 pm- Banks/F'Land	8:00 am – Health Checks 10:00 am ARTS/CRAFTS 1:00 PM – Corner Market	10:00 - AM Crafts 2:00 pm – True Vines Ministries	10:00 am – MUSIC 11:30 am – Puzzle Handout	
8	9	10	11	12	13	14
	8:00 am – Health Checks 10:00 am –EXERCISE 12:00 pm Banks/F'land	PEST CONTROL-OUTSIDE 10:00 am - Ceramics 10:00 am EXERCISE	8:00 am – Health Checks 10:00 am Res Bingo 12:00 pm – Wal-Mart	10:00 - AM Crafts 2:00 pm – True Vines Ministries	10:00 am – MUSIC 11:30 am – Puzzle Handout	
15	16	17	18	19	20	21
	8:00 am – Health Checks 10:00 - Citgna/BINGO	PEST CONTROL-OUTSIDE 9:30 am St. Patrick's Day/ Snacks 10:00 am Ceramics 10:00 am EXERCISE	8:00 am – Health Checks 10:00 AM – RES.BINGO 1:00 PM – Corner Market 1:00 PM - Jernigans	10:00 - AM Crafts 2:00 pm – True Vines Ministries	10:00 am – MUSIC 11:30 am – Puzzle Handout	
22	23	24	25	26	27	28
	8:00 am – Health Checks 10:00 am –Music	PEST CONTROL-OUTSIDE 10:00 am Ceramics 10:00 am EXERCISE	8:00 am – Health Checks 10:00 am – RES. BINGO 12:00 pm – Wal-Mart	10:00 AM Crafts 2:00 pm – True Vines Ministries	10:00 am – MUSIC 11:30 am – Puzzle Handout	
29	30	31				
	8:00 am – Health Checks 10:00 am - EXERCISE	PEST CONTROL-OUTSIDE 10:00 am Ceramics 10:00 am EXERCISE				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><u>Menu 6</u> Orange Juice Three Bean & Beef Chili Brown Rice Carrots Saltine Crackers (4 crackers) Nutty Buddy Milk Margarine</p>	<p>3</p> <p><u>Menu 7</u> Seasoned Chicken Thigh Diced Potatoes with Bell Peppers Zucchini & Stewed Tomatoes Whole Wheat Bread Peaches Yellow Cake Milk Margarine</p>	<p>4</p> <p><u>Menu 8</u> Ham Macaroni and Cheese Turnip Greens Black-eyed Peas Cornbread Pineapple Sugar Cookie Milk/Buttermilk Margarine</p>	<p>5</p> <p><u>Menu 9</u> Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Apple Cobbler Milk/Chocolate Milk Mayonnaise/Mustard/Ketchup</p>	<p>6</p> <p><u>Menu 10</u> Blended Fruit Juice Apple Glazed Chicken Breast Scalloped Potatoes Italian Flat Beans Wheat Bread Fudge Round Milk Margarine</p>
<p>9</p> <p><u>Menu 11</u> Orange- Pineapple Juice Chicken and Rice Casserole Rutabaga Mixed Vegetables Dinner Roll White Cake Milk Margarine</p>	<p>10</p> <p><u>Menu 12</u> Orange Juice Sausage Patties (2) Cheese Grits Cranberry Applesauce Biscuit Waffle Grahams Milk/Chocolate Margarine</p>	<p>11</p> <p><u>Menu 13</u> Beef Tacos Seasoned Ground Beef Shredded Lettuce/Cheese/Tomatoes Pinto Beans Corn Tortilla Scoops Mandarin Oranges Milk Taco Sauce/ Sour Cream</p>	<p>12</p> <p><u>Menu 14</u> Beef Hot Dog/Bun Baked Beans Cole Slaw Potato Chips Onion Peach Cobbler Milk Mayonnaise/Mustard/Ketchup</p>	<p>13</p> <p><u>Menu 15</u> Grape Juice Sliced Meatloaf/Onion Gravy Red Beans and Rice Collard Greens Cornbread Vanilla Pudding Milk/Buttermilk Margarine</p>
<p>16</p> <p><u>Menu 16</u> Grape Juice Italian Chicken Pasta Salad Glazed Carrots Mixed Green Salad Italian Bread Brownie Milk Margarine Ranch Dressing</p>	<p>17</p> <p><u>Menu 17</u> Cacciatore Chicken Breast Garlic Mashed Potatoes Buttered Spinach Wheat Bread Rice Krispy Treat Fresh Fruit Milk Margarine</p>	<p>18</p> <p><u>Menu 18</u> Beef Stroganoff Italian Flat Beans Squash Medley Dinner Roll Peaches and Pears Chocolate Chip Cookie Milk/Chocolate Margarine</p>	<p>19</p> <p><u>Menu 19</u> Blended Juice Turkey Tetrazzini California Blend Vegetables Wheat Bread Peaches and Pears Lemon Pudding Milk Margarine</p>	<p>20</p> <p><u>Menu 20</u> Orange-Pineapple Juice Seasoned Chicken Drum Mixed Greens Creamed Corn Cornbread Chocolate Cake Milk/Buttermilk Margarine</p>
<p>23</p> <p><u>Menu 1</u> Pork Chop Patty/Mushroom Gravy Roasted Butternut Squash Black-eyed Peas Fresh Fruit Wheat Bread Apple Spice Cookie Milk Margarine</p>	<p>24</p> <p><u>Menu 2</u> Orange Juice Vegetable Stew Parslied Rice Steamed Cabbage Wheat Bread Strawberry Fruited Gelatin Milk Margarine</p>	<p>25</p> <p><u>Menu 3</u> Apple Juice Sliced Ham (2 slices) Parsley Potatoes Collard Greens Cornbread Oatmeal Crème Pie Milk/Buttermilk Margarine</p>	<p>26</p> <p><u>Menu 4</u> BBQ Chicken/Bun Yellow Corn Diced Sweet Potatoes Applesauce Animal Crackers Milk/Chocolate</p>	<p>27</p> <p><u>Menu 5</u> Grape Juice Meatballs (5 each)/Marinara Sauce Spaghetti Noodles with Marinara Sauce Steamed Green Peas Texas Bread White Cake Milk Margarine</p>
<p>30</p> <p><u>Menu 6</u> Orange Juice Three Bean & Beef Chili Brown Rice Carrots Saltine Crackers (4 crackers) Nutty Buddy Milk Margarine</p>	<p>31</p> <p><u>Menu 7</u> Seasoned Chicken Thigh Diced Potatoes with Bell Peppers Zucchini & Stewed Tomatoes Whole Wheat Bread Peaches Yellow Cake Milk Margarine</p>	