

GARDEN GAZETTE

September 2019



Anyone using store bought pesticides, in their units, must stop immediately. This includes sticky traps.

We are providing a service to you, free of charge, to eliminate any pests. The use of other products may interfere with the products that the pest control specialist(s) are using.

If you are having unresolved insect problems please contact the management office.

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 9TH 10:00



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

EXERCISING

**COME AND EXERCISE WITH US MONDAY, TUESDAY
AND FRIDAY. CENTER DINING ROOM AT 10 AM**

LUNCH HANDOUTS

SEPTEMBER

- *Clean your way to a safer Kitchen.
- *Kitchen sponge safety.
- *September is papaya month.
- *Wake up to breakfast.



CHURCH OF THE HIGHLANDS

SERVICE AND LUNCH

SEPTEMBER 7TH 10AM

(CENTER DINING ROOM)

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



It's recommended to anyone walking throughout the property, during the renovations, to always wear shoes (hard soled if possible).

While the contractors are doing their best to keep the site clean of debris there may be nails or small pieces of metal or glass remaining.

WILLS AND ESTATES SEPTEMBER 24TH 10AM



Someone from legal service will be here to do a presentation on this topic.



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.

**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 the guidelines of United Way Area Agency on Aging.)

Arts and Crafts Show

Spring Gardens Center

SEPTEMBER 4TH 10 – 2

Anyone that would like to have a table is welcome. This is not a yard sale. Do not bring yard sale items.

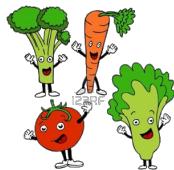
All new products only!

FREE FOOD DEMO

Desiree Hutcherson- Bates/Snap-Ed Educator Supplement Nutrition Assistance program- education Alabama Cooperative Extension System. I will be providing a free food demo and tasting. The recipes will be low- cost and healthy.

1 PM

(Center Dining Room)



CORNER MARKET



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

1:00 PM

WORK SHOP Financial Exploitation of the Elderly

Judy Woods, from United Way, will be here to talk about this topic and answer any questions.

September 10th am



SENIOR BINGO

THE SECOND MONDAY OF EACH
MONTH.

COME AND JOIN US.

SEPTEMBER 9TH AT 9:30

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.

BIBLE STUDY



WITH DEBBIE LANSFORD

FIRST AND SECOND
WEDNESDAY OF THE
MONTH

10AM TO 11AM
(CENTER LIBRARY)

DOOR WREATH



Sept 12th craft. \$5.00 fee to make a misc. wreath. Others will be available for sale. Limit of 20 people for the class. \$10.00 to purchase one. The instructors are Jacki Harland and Cynthia Beckham.

September 2019


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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 1 - 7	Sep 1	2 CLOSED LABOR DAY	3 Pest cont. Outside 10:00am Ceramics 10:00am EXERCISE	4 9:00am Banks/F'land 10:00am ARTS/ CRAFT 10:00am BIBLE STUDY 10:00am RES. BINGO 1:00pm Corner Market 1:00pm FOOD DEMO	5 10:00am Crafts 2:00pm True Vines Ministries	6 10:00am EXERCISE 11:30am Puzzle Handout	7 10:00am CHURCH OF THE HIGHLANDS
	8	9 9:30am SENIOR BINGO 10:00am Gardendale Funeral Home	10 Pest cont. Outside 9:30am workshop/Judy Woods 10:00am Ceramics 10:00am EXERCISE	11 9:00am Wal-Mart 10:00am BIBLE STUDY 10:00am Res. Bingo 11:00am LUNCH HANDOUT	12 10:00am Crafts 2:00pm True Vines Ministries	13 10:00am EXERCISE 11:30am Puzzle Handout	14
Sep 8 - 14	15	16 9:30am music 10:00am EXERCISE	17 Pest cont. Outside 10:00am Ceramics 10:00am EXERCISE	18 10:00am Res. Bingo 11:00am LUNCH HANDOUT 1:00pm Corner Market 1:00pm FOOD DEMO 1:00pm Jernigans	19 10:00am Crafts 2:00pm True Vines Ministries	20 10:00am EXERCISE 11:30am Puzzle Handout	21
	22	23 9:30am music 10:00am EXERCISE	24 Pest CONT. Outside 10:00am Ceramics 10:00am WILLS/ ESTATES	25 9:00am Wal-Mart 10:00am Res. Bingo 11:00am LUNCH HANDOUT	26 10:00am Crafts 2:00pm True Vines Ministries	27 10:00am EXERCISE 11:30am Puzzle Handout	28
Sep 15 - 21	29	30 10:00am EXERCISE 10:00am music	Oct 1	2	3	4	5
	Sep 22 - 28						
Sep 29 - Oct 5							

SEPTEMBER

ADSS NUTRITION PROGRAM

SUMMER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> 	<p>3</p> <p><u>Menu 7</u> Blended Juice Pork Riblet/Mushroom Gravy Field Peas Glazed Carrots Wheat Bread Chocolate Chip Cookie Milk Margarine</p>	<p>4</p> <p><u>Menu 8</u> Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Hot Peach Cobbler Milk/Chocolate Milk Ketchup/Mustard/Mayonnaise</p>	<p>5</p> <p><u>Menu 9</u> Smoked Sausage/Bun Macaroni and Cheese Italian Flat Beans Cinnamon Applesauce Chocolate Cake Milk Mustard/Ketchup</p>	<p>6</p> <p><u>Menu 10</u> Apple Juice Seasoned Chicken Thigh Mashed Sweet Potatoes Turnip Greens Combread Fruited Gelatin Milk/Buttermilk Margarine</p>
<p>9</p> <p><u>Menu 11</u> Sloppy Joe / Bun Rice Pilaf Mixed Vegetables Pears and Mandarin Oranges Apple Spice Cookie Milk/Chocolate Milk</p>	<p>10</p> <p><u>Menu 12</u> Apple Juice Ham and Pasta Salad Mixed Green Salad Fresh Fruit Wheat Bread Vanilla Pudding Milk Italian/Ranch Dressing Margarine</p>	<p>11</p> <p><u>Menu 13</u> Blended Juice Garlic Parmesan Chicken Breast Parslied Mashed Potatoes Mixed Greens Combread Oatmeal Raisin Cookie Milk/Buttermilk Margarine</p>	<p>12</p> <p><u>Menu 14</u> Taco Salad: Seasoned Ground Beef Lettuce/Cheese/Tomatoes Pinto Beans Corn Tortilla Chips Mandarin Oranges Milk Taco Sauce/Sour Cream</p>	<p>13</p> <p><u>Menu 15</u> Grape Juice Brunswick Stew Coleslaw Fresh Fruit Saltine Crackers (2 pkg) White Cake Milk Margarine</p>
<p>16</p> <p><u>Menu 16</u> Orange Juice Salisbury Steak/Onion Gravy Parslied Rice Green Beans/Red Peppers Blushing Pears Dinner Roll Milk/Chocolate Milk Margarine</p>	<p>17</p> <p><u>Menu 17</u> Blended Juice Macaroni and Cheese Okra and Tomatoes Collard Greens Combread Fudge Round Milk/Buttermilk Margarine</p>	<p>18</p> <p><u>Menu 18</u> Turkey Salad Corn Chips Three Bean Salad Fresh Orange Wheat Bread (2 sl.) Nuttty Buddy Milk</p>	<p>19</p> <p><u>Menu 19</u> Chicken and Rice Navy Beans California Vegetable Blend Peaches Wheat Bread Yellow Cake Milk Margarine</p>	<p>20</p> <p><u>Menu 20</u> Blended Juice Spaghetti/Meat Sauce Succotash Mixed Green Salad Italian Bread Fruited Gelatin Milk Italian/Ranch Dressing Margarine</p>
<p>23</p> <p><u>Menu 1</u> Meatloaf Green Peas Garlic Mashed Potatoes Blushing Applesauce Wheat Bread Sugar Cookie Milk Ketchup (2 ea.) Margarine</p>	<p>24</p> <p><u>Menu 2</u> Meatballs (5)/ Apple Brown Gravy Yellow Rice/Red Peppers Collard Greens Pineapple Tidbits Combread Mini Moon Pie/Assorted Snack Cakes Milk/Buttermilk Margarine</p>	<p>25</p> <p><u>Menu 3</u> Grape Juice Seasoned Chicken Drum Rosemary Diced Potatoes Italian Flat Beans Texas Bread White Cake Milk Margarine</p>	<p>26</p> <p><u>Menu 4</u> Orange Pineapple Juice Beef Hot Do /Bun Baked Beans Coleslaw Ketchup/Mustard Diced Onions Hot Apple Cobbler Milk/Chocolate Milk</p>	<p>27</p> <p><u>Menu 5</u> Orange Juice Ham (2 sl.) /Biscuit Cheesy Hash Browns Mandarin Oranges Waffle Grahams Milk Margarine Jelly</p>
<p>30</p> <p><u>Menu 6</u> Orange Juice Chopped BBQ Chicken/Bun Green Beans/Red Peppers Cream Style Corn Oatmeal Cream Pie Milk</p>		