

GARDEN GAZETTE

MAY 2022



GRASS CUTTING

Grass cutting season has begun. Please remove anything that may be in the way of your yard being maintained, as required. The lawn service is scheduled to cut every other week. **YOU MUST NOT** allow anyone else to cut your grass, as this is a liability for the property. We have contractors that are licensed and bonded to perform this service.

Covid 19 Second Booster

Administered by Mill's pharmacy

Pfizer and Moderna will be available

May 26, 2022

10:00 a.m.

Senior Center Dining Room

To receive the second booster shot it must have been at least 4 months since the first booster was received.

Call Ardrea for an appointment, 205-841-5032, extension 1105, and indicate which vaccine you wish to receive.

On the day of the appointment, you must bring your vaccination card.

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

STAFF DIRECTORY

Nita Clark - Property Manager	Ext. 1102
Tammy Womble - Asst. Property Manager	Ext. 1104
Annie Thomas - Senior Center Manager	Ext. 1108
Ardrea Johnson-Service Center Coordinator	Ext. 1105

ARCH WELL HEALTH

Wanda Bledsoe and Susan Schmitz will be here on May 3rd. The theme will be MOTHER'S DAY. They will do a presentation and play a game.

Center Dining Room at 10am



Come join us. Play bingo for prizes on MAY 11TH and 24TH.
Bingo will be in the center dining room.

10:00am

Ceramics And Crafts

Ceramics and Crafts will meet every Monday and Wednesday at 10 am to 2pm. Unless the center is closed on those days.

Jackie Harland/ Instructor

**TRUE VINES MINISTRIES
(Worship Service)**

Meets in the dining room every Thursday at 2:00 PM

(P.E.P. RALLY)
PEOPLE ENCOURAGING PEOPLE

BIBLE STUDY WITH KAREN

Weekly in the crafts/ceramics room

TUESDAYS
10-12



CHURCH OF THE HIGHLANDS

SERVICE AND LUNCH

▣ MAY 7TH 10AM

(CENTER DINING ROOM)

QDS BOUTIQUE

Boutique

MAY 4TH at 10:00 AM

Center Dining Room

LAUNDRY ROOMS

Please do not leave items in the laundry rooms, for any reason.

Due to increased traffic on the property, at night, we recommend that the laundry rooms not be used after 9 P.M. Please do not put your household trash in the laundry rooms.

FILTERS

A/C Filter changes will continue in the month of May

**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. This is a nutrition program and not something you may “show up” to occasionally. **Regular participation is required to receive hot, congregate, meals.**

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 \$3.73.

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’re 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, for some unforeseen reason, GA Foods is unable to provide food or the food is delivered and doesn’t meet temperature requirements, we will provide a hot lunch from another source.

Lunches will be provided, under these circumstances, to anyone signed up by 10:30 am.

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

May 2022


May 2022							June 2022						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7	5	6	7	8	9	10	11
8	9	10	11	12	13	14	12	13	14	15	16	17	18
15	16	17	18	19	20	21	19	20	21	22	23	24	25
22	23	24	25	26	27	28	26	27	28	29	30		
29	30	31											

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 1	2 9:30am EXERCISE VIDEO 10:00am Ceramics	3 pest cont/inside pink 10:00am ARCHWELL HEALTH 10:00am Bible Study	4 9:30am MUSIC OLDIES 10:00am Ceramics 10:00am QDS BOUTIQUE	5 9:00am Mobile Market 12:15pm Wal-Mart 2:00pm True Vines	6 OFFICE CLOSED/DINING ROOM OPEN 9TO1 10:00am PUZZLE DAY	7 10:00am CHURCH OF THE HIGHLANDS
8 HAPPY MOTHER'S DAY	9 9:30am MUSIC OLDIES 10:00am Ceramics	10 pest cont/ inside blue 10:00am Bible Study	11 BINGO 10:00am Ceramics	12 12:15pm Aldi/Thrift/Dol.Gen 2:00pm True Vines	13 OFFICE CLOSED DINING ROOM OPEN 9TO1 9:30am MUSIC OLDIES	14
15	16 9:30am EXERCISE VIDEO 10:00am Ceramics	17 pest cont/ inside green 10:00am Bible Study 10:00am Ceramics Store	18 9:30am PUZZLE DAY 10:00am Ceramics	19 12:15pm Wal-Mart/Dol.Tree 2:00pm True Vines	20 OFFICE CLOSED/ DINING ROOM OPEN 9TO1 9:30am EXERCISE VIDEO	21
22	23 9:30am MUSIC OLDIES 10:00am Ceramics	24 pest cont/ inside yellow 10:00am Bible Study 10:00am BINGO 10:30am Grand River Outlet	25 9:30am PUZZLE DAY 10:00am Ceramics	26 9:00am Mobile Market 10:00am Covid #2 Booster 12:15pm Aldi/Target 2:00pm True Vines	27 OFFICE CLOSED/ DINING ROOM OPEN 9TO1 9:30am MUSIC OLDIES	28
29	30 9:30am MUSIC OLDIES 10:00am Ceramics	31 10:00am Bible Study	Jun 1	2	3	4

MAY 2022

ADSS NUTRITION PROGRAM SPRING MENU

Spring FY22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><u>Menu 2</u> Apple Juice Swedish Meatballs (5 each) Egg Noodles/Gravy Mixed Vegetables Dinner Roll Peach Fruited Gelatin Milk Margarine</p>	<p>3</p> <p><u>Menu 3</u> Chicken Breast/Poultry Gravy Mashed Sweet Potatoes Okra and Tomatoes Wheat Bread Apple or Fresh Fruit Butterscotch Pudding Milk Margarine</p>	<p>4</p> <p><u>Menu 4</u> Orange Juice Spaghetti/Meat Sauce Italian Flat Beans Mixed Green Salad Italian Bread Nutty Buddy Milk Margarine Italian/Ranch Dressing</p>	<p>5</p> <p><u>Menu 5</u> Pork Chop Patty/Mushroom Gravy Black Eyed Peas Collard Greens Cornbread Applesauce White Cake Milk/Buttermilk</p>	<p>6</p> <p><u>Menu 6</u> Blended Juice Beef Dog/Bun Baked Beans Coleslaw Chopped Onion Cherry Fruit Pie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise</p>
<p>9</p> <p><u>Menu 7</u> Salisbury Steak/Brown Gravy Parslief Mashed Potatoes Glazed Carrots Texas Bread Fresh Orange Vanilla Pudding Milk Margarine</p>	<p>10</p> <p><u>Menu 8</u> Apple Juice Southwestern Turkey & Rice Bake Green Beans Fiesta Corn Wheat Bread Oatmeal Cream Pie Milk Margarine</p>	<p>11</p> <p><u>Menu 9</u> Lemon Pepper Chicken Drum Mac and Cheese Mixed Greens Cornbread Sliced Peaches Yellow Cake Milk/Buttermilk Margarine</p>	<p>12</p> <p><u>Menu 10</u> Blended Juice Egg Salad Mixed Green Salad/Tomatoes Banana or Fresh Fruit Wheat Bread (2 sl.) Chocolate Chip Cookie Milk Italian/Ranch Dressing</p>	<p>13</p> <p><u>Menu 11</u> Orange Juice White Chicken Chili Brown Rice Parslief Carrots Crackers (2 pkg) Oatmeal Raisin Cookie Milk/Chocolate Milk Margarine</p>
<p>16</p> <p><u>Menu 12</u> Orange Juice Chicken Cacciatore Cavatappi Pasta/Sauce Green Lima Beans Dinner Roll Strawberry Fruited Gelatin Milk Margarine</p>	<p>17</p> <p><u>Menu 13</u> Mexican Cheesy Beef Bake Pinto Beans Mixed Green Salad Crackers (2 pkg) Apple or Fresh Fruit Chocolate cake Milk Margarine Italian/Ranch Dressing</p>	<p>18</p> <p><u>Menu 14</u> Apple Juice BBQ Pork Riblet Creamed Corn Collard Greens/Cabbage Cornbread Banana Pudding Milk/Buttermilk Margarine</p>	<p>19</p> <p><u>Menu 15</u> Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Onion/Tomato Apple Fruit Pie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise</p>	<p>20</p> <p><u>Menu 16</u> Blended Juice Chicken Alfredo Green Peas Butternut Squash Wheat bread Fudge Round Milk Margarine</p>
<p>23</p> <p><u>Menu 17</u> Seasoned Chicken Thigh Mashed Sweet Potatoes California Blend Vegetables Wheat Bread Apple or Fresh Fruit Watermelon Fruited Gelatin Milk Margarine</p>	<p>24</p> <p><u>Menu 18</u> Orange Juice Meatloaf/Onion Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Lemon Cookie Milk Margarine</p>	<p>25</p> <p><u>Menu 19</u> Seasoned Ground Beef Lettuce/Cheese/Tomato Corn Chips Pinto Beans Fresh Orange Milk/Chocolate Milk Sour Cream/Mild Taco Sauce</p>	<p>26</p> <p><u>Menu 20</u> Apple Juice Mac and Cheese Black Eyed Peas Mixed Greens Cornbread Iced Orange Cake Milk/Buttermilk Margarine</p>	<p>27</p> <p>Memorial Day Theme Menu BBQ Chicken Breast Potato Chips Mixed Green Salad Texas Bread Fresh Banana Banana Pudding Milk/Chocolate Milk Margarine Italian/Ranch Dressing</p>
<p>30</p> 	<p>31</p> <p><u>Menu 3</u> Chicken Breast/Poultry Gravy Mashed Sweet Potatoes Okra and Tomatoes Wheat Bread Apple or Fresh Fruit Butterscotch Pudding Milk Margarine</p>		