

GARDEN GAZETTE

AUGUST 2022



PUBLIC SERVICE ANNOUNCEMENT

Do not purchase money orders with the emblem below, for rent payment.
These money orders clearly state that "Mobile Deposit Is Prohibited".



We will be unable to process any payment(s) made with money orders from this company. If one is received, it will be returned to so you that you may submit an alternative type of payment.

Thank you!

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



Come join us. Play bingo for prizes on AUGUST 15TH and 26th

Bingo will be in the center dining room.

10:00am

AIR FILTERS

Maintenance will change air filters in SPRING GARDENS the months of August, September and October.

(P.E.P. RALLY)

PEOPLE ENCOURAGING PEOPLE

BIBLE STUDY WITH KAREN

Weekly in the crafts/ceramics room

TUESDAYS

10-12

(No Class on August 9th)

Christian Community Fellowship

Leonard Bell will here August 15th sign up anyone interested a free phone and service. You will need valid ID and proof of income.

CENTER DINING ROOM 9AM



YOU'RE INVITED

Members of P.E.P. Rally, that have completed their Bible course will be awarded completion certificates. Drop by and congratulate them.

August 9th at 10:00

QDS BOUTIQUE

AUGUST 8 TH at 10:00

(Center's dining room)



ARCHWELL HEALTH

Chris Germany will here on AUG. 10TH. He will do a presentation on Medicare and answer any question you may have. He will also play bingo with you all. Come join us.

CENTER DINING ROOM 10AM

NO FOOD LEFT BEHIND

STOP leaving food in the common areas of the property.

If you have surplus food that you wish to bless someone with, please just deliver it to them. Don't leave it to rot on the grounds for someone else to clean up or to attract wild animals.

DINING ROOM SEATING

THERE IS NO ASSIGNED SEATING IN THE DINING ROOM. FIRST COME FIRST SERVE. IF YOU SPILL SOMETHING PLEASE CLEAN IT UP. SPILLS CAUSE SLIPS AND FALLS.

ENERGY ASSISTANCE
(Formerly administered by JCCEO)

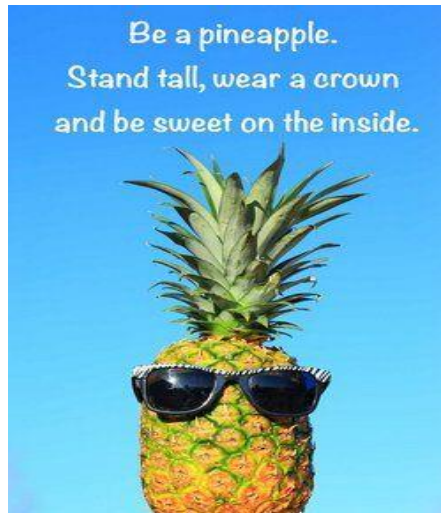
August 3, 2022
Senior Center Dining Room
9:00 am

Bring the following with you to your appointment on August 3rd.

- Energy Assistance Application
- Copies of the following:
- Identification
 - Social Security Card
 - Lease or Lease Amendment
 - Most recent Alabama Power Bill
 -

No copies will be made the day of interviews, NO EXCEPTIONS.

All appointments for this visit have been filled. For assistance you may contact Low Income Home Energy Assistance Program (LIHEAP) directly at 334-242-4909.



TRUE VINES MINISTRIES
(Worship Service)

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

□
**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. 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.) ****

August 2022

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

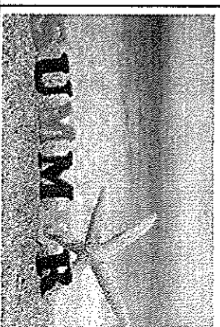
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jul 31	Aug 1	2	3	4	5	6
	9:30am EXERCISE VIDEO	1 pest cont./outside 10:00am Bible Study	9:00am ENERGY ASSISTANCE 10:00am Ceramics	12:15pm Target Walmart/Dol Tree/Bank 5 2:00pm True Vines	OFFICE CLOSED/DINING ROOM/ OPEN 9-1 9:30am music/oldies	
7	8	9	10	11	12	13
	9:30am MUSIC/OLDIES 10:00am QDS Boutique	1 pest cont./outside 10:00am Bible Study	10:00am ARCHWELL HEALTH/ BINGO 10:00am Ceramics	12:15pm Target Mail/Aldi 2:00pm True Vines	OFFICE CLOSED/DINING ROOM/ OPEN 9-1 9:30am exercise video	
14	15	16	17	18	19	20
	9:00am Chirstain comm, fellowship/tree, phone	1 pest cont./outside 10:00am Bible Study 10:00am bingo	9:30am exercise video 10:00am Ceramics	12:15pm Walmart/Dol Gen/Thrift St 2:00pm True Vines	OFFICE CLOSED/DINING OPEN 9-1 10:00am puzzle day	
21	22	23	24	25	26	27
	9:30am exercise video	1 pest cont./outside 10:00am Bible Study	10:00am ceramics 10:00am puzzle day	12:15pm Target Mail/Aldi/Dol Tree 2:00pm True Vines	OFFICE CLOSED/DINING ROOM/ OPEN 9-1 10:00am BINGO	
28	29	30	31	Sep 1	2	3
	10:00am puzzle day	1 pest cont./outside 10:00am Bible Study	10:00am ceramics			

AUGUST 2022

ADSS NUTRITION PROGRAM

SUMMER FY22

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Menu 2 Smoked Sausage Link/Bun Garlic Mashed Potatoes Okra and Tomatoes Apple or Fresh Fruit Orange Fruited Gelatin Milk Mustard/Ketchup/Mayonnaise	1	Menu 3 Orange Juice Chicken Chorizo Alfredo California Blend Vegetables Wheat Bread Banana or Fresh Fruit Vanilla Pudding Milk Margarine	2	Menu 4 Blended Juice Meatballs/Apple Brown Gravy Brown Rice Collard Greens Cornbread Red Velvet Cake Milk/Buttermilk Margarine	3	Menu 5 Egg Salad/Wheat Bread (2 sl) Lettuce/Tomato Potato Chips Fresh Orange Oatmeal Cream Pie Milk/Chocolate Milk	4	Menu 6 Orange Juice BBQ Pork Ribs/Bun Potato Salad Black Eyed Pea/Corn Salad Cherry Cookie Milk	5
Menu 7 Orange Juice Italian Seasoned Chicken Breast Cavatappi Pasta with Marinara Green Lima Beans Dinner Roll Lime Fruited Gelatin Milk Margarine	8	Menu 8 Sweet and Sour Pork Brown Rice Mixed Vegetables Wheat Bread Sliced Peaches Yellow Cake Milk Margarine	9	Menu 9 Broiled Beef Patty/Bun Baked Beans Corn/Tomato Salad Shredded Lettuce/Onion/Tomato Apple Pasty Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise	10	Menu 10 Apple Juice Mac and Cheese Mixed Greens Succolash Cornbread Sugar Cookie Milk/Buttermilk Margarine	11	Menu 11 Blended Juice Italian Chicken Pasta Salad Mixed Green Salad Wheat Bread Apple or Fresh Fruit Banana Pudding Milk Margarine Italian/Ranch Dressing	12
Menu 12 Blended Juice Meatloaf/Tomato Gravy Mashed Potatoes Green Peas Wheat Bread Watermelon Fruited Gelatin Milk Margarine	15	Menu 13 Honey Mustard Pork Loaf Pasta/Rice Tuscan Blend Vegetables Wheat Bread Fresh Orange Chocolate Cake Milk Margarine	16	Menu 14 Sliced Turkey/Wheat Bread (2 sl) Sliced Cheese Tomato/Lettuce Three Bean Salad Apple or Fresh Fruit Oatmeal Raisin Cookie Milk/Chocolate Milk Mustard/Mayonnaise	17	Menu 15 Apple Juice Saltbury Steak/Brown Gravy Collard Greens Mashed Potatoes Cornbread Butterscotch Pudding Milk/Buttermilk Margarine	18	Menu 16 Orange Juice Beef Dog/Bun Baked Beans Colelaw Chopped Onion Cherry Pasty Milk Mustard/Ketchup/Mayonnaise	19
Menu 17 Orange Juice Sloppy Joe/Bun Green Beans Corn Strawberry Fruited Gelatin Milk Margarine	22	Menu 18 Apple Juice Ham/Potato Bake Pasta/Corn Wheat Bread Apple or Fresh Fruit Sponge Cake Milk Margarine	23	Menu 19 Seasoned Ground Beef Shredded Lettuce/Cheese/Tomato Corn Chips Pinto Beans Fresh Orange Milk/Chocolate Milk Sour Cream/Mild Taco Sauce	24	Menu 20 Pork Chop Patty/Brown Gravy Black Eyed Peas Mixed Greens Cornbread Banana or Fresh Fruit Chocolate Pudding Milk/Buttermilk Margarine	25	Menu 1 Orange Juice Spaghetti/Meat Sauce Italian Flt Beans Mixed Green Salad Dinner Roll Nifty Buddy Milk Margarine Italian/Ranch Dressing	26
Menu 29 Smoked Sausage Link/Bun Garlic Mashed Potatoes Okra and Tomatoes Apple or Fresh Fruit Orange Fruited Gelatin Milk Mustard/Ketchup/Mayonnaise	29	Menu 30 Orange Juice Chicken Chorizo Alfredo California Blend Vegetables Wheat Bread Banana or Fresh Fruit Vanilla Pudding Milk Margarine	30	Menu 31 Blended Juice Meatballs/Apple Brown Gravy Brown Rice Collard Greens Cornbread Red Velvet Cake Milk/Buttermilk Margarine	31				



5/26/2022