

# GARDEN GAZETTE

JANUARY 2023

## HAPPY RETIREMENT NITA



*May you be proud of the work you have done,  
the person you are,  
and the difference you have made.*

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

## DEVOTED HEALTH

Will be here on January 12<sup>TH</sup> they will be giving away fruits and veggies. Please come and join us.



CENTER DINING ROOM  
10AM TO 12PM



Come join us. Play bingo for prizes on JANUARY 9<sup>TH</sup> & 23rd  
Bingo will be in the Center dining room.

10:00am

## AIR FILTERS

**Maintenance will change air filters in HICKORY  
RIDGE this month.**

TRUE VINES MINISTRIES  
(Worship Service)

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



## CHURCH OF THE HIGHLANDS

**JANUARY 7<sup>TH</sup> 2023**  
**THE CENTER DINING ROOM DOORS WILL**  
**OPEN AT 10:00AM**

## QDS BOUTIQUE

**JANUARY 4<sup>TH</sup> 2023**  
**10:00 AM**  
(Center's dining room)



## RESIDENT BINGO



You must bring a new item for bingo. No used item will be accepted. Come have some fun. Center dining room.

**JANUARY 4<sup>TH</sup> & 18<sup>TH</sup> at 10 AM**

**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.) \*\***

# January 2023


January 2023							February 2023						
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	31											

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan 1, 23 HAPPY NEW YEAR	2 CLOSED	3 PEST CONT/ INSIDE PINK	4 10:00am Ceramics 10:00am QDS 10:00am RESIDENTS BINGO	5 2:00pm TRUE VINES MINISTRIES	6 OFFICE CLOSED/DINING ROOM OPEN 9-1	7 10:00am CHURCH OF THE HIGHLANDS
8 10:00am BINGO 10:00am Ceramics	9 10:00am BINGO 10:00am Ceramics	10 PEST CONT/ INSIDE BLUE 10:00am BIBLE STUDY	11 10:00am Ceramics 12:00pm OAK STREET HEALTH	12 10:00am DEVOTED HEALTH 2:00pm TRUE VINES MINISTRIES	13 OFFICE CLOSED/DINING ROOM OPEN 9-1	14
15 CLOSED	16 CLOSED	17 PEST CONT/ INSIDE GREEN	18 10:00am Ceramics 10:00am RESIDENTS BINGO	19 2:00pm TRUE VINES MINISTRIES	20 OFFICE CLOSED/DINING ROOM OPEN 9-1	21
22 10:00am BINGO 10:00am Ceramics	23 10:00am BINGO 10:00am Ceramics	24 PEST CONT/ INSIDE YELLOW UAB Gift of Sight Program Screen 10:00am BIBLE STUDY	25 10:00am Ceramics	26 2:00pm TRUE VINES MINISTRIES	27 OFFICE CLOSED/DINING ROOM OPEN 9-1	28
29 10:00am Ceramics	30 10:00am Ceramics	31	Feb 1	2	3	4

## JANUARY 2023

## ADSS NUTRITION PROGRAM WINTER MENU

## WINTER FY23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>New Year's Day Holiday</b> 	<b>2</b> Menu 2 Bean and Beef Chili Spanish Rice California Blend Vegetable Crackers (2 pkg) Banana or Fresh Fruit Banana Pudding Milk Margarine	<b>3</b> Menu 3 Orange Juice Mac and Cheese Blackeye Peas Cabbage Cornbread Snack Cake Milk/Buttermilk Margarine	<b>4</b> Menu 4 Blended Juice Sloppy Joe/Bun Butter Beans Mixed Green Salad Snickerdoodle Cookie Milk Margarine Italian/Ranch Dressing	<b>5</b> Menu 5 Honey Mustard Pork Loin Parslaid Rice Green Beans/Red Peppers Wheat Bread Apple or Fresh Fruit Sponge Cake Milk/Chocolate Milk Margarine
<b>9</b> Menu 6 Apple Juice Swedish Meatballs Egg Noodles/Mushroom Gravy Glazed Carrots Texas Bread Orange Fruited Gelatin Milk Margarine	<b>10</b> Menu 7 Chicken Tortilla Bake Brown Rice Green Limas Crackers (2 pkg) Banana or Fresh Fruit Chocolate Pudding Milk Margarine	<b>11</b> Menu 8 Orange Juice Spaghetti/Meat Sauce Capri Vegetable Blend Mixed Green Salad Dinner Roll Red Velvet Cake Milk/Margarine Italian/Ranch Dressing	<b>12</b> Menu 9 Blended Juice Pork Loin/Apple Brown Gravy Parslaid Mashed Potatoes Collard Greens Cornbread Fruit Pie or Pastry Milk/Buttermilk Margarine	<b>13</b> Menu 10 Broiled Beef Potry/Bun Baked Beans Potato Salad Lettuce/Onion/Tomato Cherry Cookie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise
<b>16</b> <b>Martin Luther King Jr. Day Holiday</b>	<b>17</b> Menu 12 Blended Juice Chicken Parmesean Bake Succotash Dinner Roll Sliced peaches Yellow Cake Milk Margarine	<b>18</b> Menu 13 Hamburger Steak/Brown Gravy Garlic Mashed Potatoes Turnip Greens/Roots Cornbread Banana or Fresh Fruit Vanilla Pudding Milk/Buttermilk Margarine	<b>19</b> Menu 14 Apple Juice Beef Dog/Bun Baked Beans Colelaw Chopped Onion Chocolate Chip Cookie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise	<b>20</b> Menu 15 Ham Salad Sandwich Vegetable Soup Lettuce/Tomato Wheat Bread (2 sl.) Mixed fruit - Pineapple/Pears Snack Cake Milk
<b>23</b> Menu 16 Blended Juice Beef Teriyaki Steamed Rice Mixed Vegetables Wheat bread Cherry Fruited Gelatin Milk Margarine	<b>24</b> Menu 17 Smoked Sausage Link/Bun Creamed Corn Okra and Tomatoes Apple or Fresh Fruit Chocolate Cake Milk Mustard/Ketchup/Mayonnaise	<b>25</b> Menu 18 Apple Juice Chicken Rice Bake Parslaid Sliced Carrots Collard Greens Cornbread Butterscotch Pudding Milk/Buttermilk Margarine	<b>26</b> Menu 19 Seasoned Ground Beef Lettuce/Cheese/Tomato Corn Chips Pinto Beans Orange or Fresh Fruit Milk/Chocolate Milk Sour Cream Mild Taco Sauce	<b>27</b> Menu 20 Orange Juice Chicken Brest/Poultry Gravy Navy Beans Country Vegetable Medley Wheat Bread Fruit Pie or Pastry Milk Margarine
<b>30</b> Menu 1 Apple Juice Meatloaf/Ketchup Mashed Potatoes Green Peas Dinner Roll Watermelon Fruited Gelatin Milk/Margarine	<b>31</b> Menu 2 Bean and Beef Chili Spanish Rice California Blend Vegetable Crackers (2 pkg) Banana or Fresh Fruit Banana Pudding Milk/Margarine	