

GARDEN GAZETTE

NOVEMBER 2026



SPRING GARDENS APARTMENTS

201 Spring Gardens Rd.

Birmingham, AL 35217

Business Office: (205) 841-5032

Maintenance: (205) 808-4177

Property Manager: Catherine Duncan Ex.1102

Service Coordinator: Tiffany Oden Ex.1105

Senior Center Manager: Ronda Graham Ex.1108

TRUE VINI MINISTRY
BIBLE STUDY WITH
MINISTER HOBBS EVERY
FRIDAY 1PM

QD'S BOUTIQUE
1-256-849-9427(TP)
LASHUN CARPENTER
NOV.4, 2026
10:00AM

D'VYNE RESILIENCE
1-205-249-7207(TP)
Paparazzi Jewelry
KIM CROOM
NOV.4,2026
10:00AM



HEALING TRUTH MINISTRY
Bible Study with Janice Marshall
EVERY THURSDAY 2PM

**ALL PETS
MUST BE
ON A LEASH**



**PLEASE CLEAN UP
AFTER YOUR PET**



**HAPPY BIRTHDAY TO ALL THE
RESIDENTS BORN IN
NOVEMBER!!!**

Spring
Gardens
Bingo
11-26-
2026
10:00
AM

**CREATIVE
EXPRESSIONS(CRERMICS)**
TUESDAY&THURSDAY 12PM-3PM

**HOT LUNCHES ARE SERVED DAILY AT 11:30
PLEASE SIGN IN BY 10:30 FOR SEATING**



Lunches are provided by the United Way Area Agency on Aging.

Donations, in any amount, are appreciated but not needed.

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 if they are store bought and labeled.

No one under the age of 60 years of age (unless it is a resident) is allowed present during lunch or participate in any other activity held at the Center during business hours. This includes children.

Policy on Food 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 with one more serving.**

If you would like to buy an added meal after everyone is served, they are available for \$6.00.

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-served 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 up 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 12:00PM.

****If you receive frozen meals at your apartment, you are not eligible to receive the hot congregate meals served at the Center Dining Room.**

Spring Gardens Library



Please visit our beautiful library at the Senior Center.
Ms. Veeda Posey has worked extremely hard getting it organized for us.
Enjoy quiet time with a book or take home a movie for your enjoyment.



TAI CHI WITH ADRIENE
9:15 AM EVERY THURSDAY



BUS TRIPS FOR
NOVEMBER 2026

NOVEMBER 3RD (TUES) - 10:00AM VOTING
NOVEMBER 4TH - BANKS /WALMART
NOVEMBER 9TH (MON) - _THRIFT STORE (G'DALE)
FOODLAND/DOLLAR GENERAL
NOVEMBER 18TH - SAMS/ KOHL'S
NOVEMBER 19TH (THUR) WAL-MART EASTWOOD
NOVEMBER 24TH (TUES) -VAPOR THRIFT STORE
HEVEN CENT THRIFT STORE
THE BUS LEAVES PROMPTLY AT THE
DESIGNATED TIME

Line Dance at **Spring Gardens**

 **Come and Learn How to Dance
and Just Have Fun!** 



**Starting
November 2, 2026**



**2:00 PM -
3:00 PM**



Every Tuesday!



Bottom of the Main Office

All Are Welcome!



For More Information Contact
Tiffany Oden, BSW
Service Coordinator
205-841-5032 ext.1105

Positive Maturity

Grow Up While Staying Young!

**Volunteer, connect, and receive support
through programs for adults 50+.**

About Positive Maturity

Positive Maturity is a Birmingham, AL-based nonprofit dedicated to enhancing the lives of mature adults through social services and civic engagement.

Our Mission:

To help older adults live independently, stay engaged in their communities, and access resources that improve quality of life.

Programs and Services

- **RSVP**
Volunteer opportunities for adults 55+.
- **Senior Companion Program**
Stipend-supported in-home assistance for frail seniors or adults with disabilities.
- **Foster Grandparent Program**
Stipend-supported volunteer roles for adults 55+ working with at-risk children.
- **Shepherd Center at Don Hawkins**
Activities, socialization, education and nutrition services for adults 50+ (nutrition for adults 60+).
- **Geriatric Social Services**
Case management and referrals for seniors needing help navigating community resources.

How to Get Involved

- **Volunteer** – RSVP, Senior Companion or Foster Grandparent programs.
- **Attend Events** – "Top 50 Over 50®" community celebration.
- **Access Services** – Apply for support through the Shepherd Center or Geriatric Social Services.

For More Information

Please see

Tiffany Oden, BSW

Service Coordinator

 **205-841-5032 ext.1105**

————— *You are never too old to make a difference!* —————

Fall FESTIVAL

Fun
Food
Friends
& More!

Spring Garden
SENIOR CENTER



NOVEMBER 12TH

12:00 P.M. UNTIL 2:00 P.M.

Activities Include:



CORNHOLE

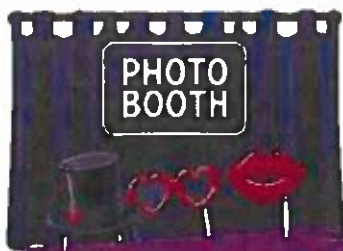


PHOTO BOOTH



EGG RACE

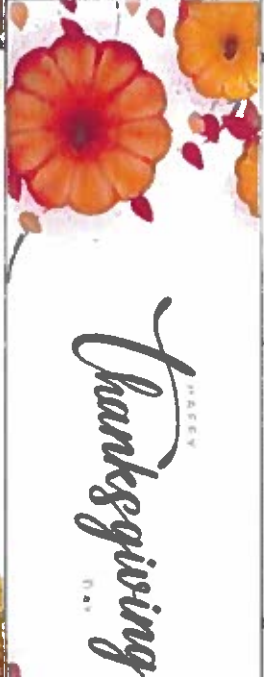


FACE PAINTING



CAKE WALK

FALL FY27

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Menu 1 Orange Juice Salisbury Steak/Gravy Scalloped Potatoes Green Peas Whole Grain White Roll Assorted Crème Cookies Margarine	2	Menu 2 Grape Juice Chicken Cordon Bleu Casserole Country Corn California Vegetables Whole Wheat Bread White Cake Milk Margarine	3	Menu 3 Turkey Pot Roast Stew (1 cup) Whipped Potatoes Fresh Fruit Whole Grain White Roll Chocolate Pudding Milk Margarine	4	Menu 4 Taco Salad: Taco Seasoned Beef Lettuce/Cheese/Tomato Corn Chips Mexican Beans Lime Fruited Gelatin Milk/Chocolate Milk Sour Cream/Taco Sauce	5	Menu 5 Orange/Pineapple Juice Ham and White Beans Buttered Rice Turnip Greens Cornbread Oreo Cookies Milk Margarine	6
Menu 6 Smothered Chicken Cheesy Graftic Potatoes Mixed Vegetables Fresh Fruit Texas Bread Chocolate Moon Pie Milk Margarine	9	Menu 7 Italian Meatballs Penne Noodles with Sauce Garden Vegetable Blend Pineapple Tidbits Whole Grain White Roll Fudge Round Milk Margarine	10	 VETERANS DAY UNITED STATES OF AMERICA HONORING ALL WHO SERVED		Menu 9 Orange Pineapple Juice Chili with Beef and Beans Buttered Rice Parsified Carrots Cornbread Nutty Buddy Milk Margarine	12	Menu 10 Orange Juice Cajun Chicken Pasta Cabbage Green Peas Texas Bread Chocolate Cake Milk Margarine	13
Menu 11 Grape Juice Medloaf with Tomato Gravy Whipped Potatoes Peas and Carrots Whole Wheat Bread Shortbread Cookies Milk Margarine	16	Menu 12 Chicken Tetrazzini Green Beans Oxta and Tomatoes Sliced Peaches Whole Grain White Roll Yellow Cake Milk Margarine	17	Menu 13 Hamburger Patty Baked Beans Potato Chips Lettuce/Onion/Tomato Hamburger Bun Cherry Fruited Gelatin Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise	18	Menu 14 Tropical Juice Macaroni and Cheese Black-eyed Peas Collard Greens Cornbread Rice Krispy Treat Milk Margarine	19	Menu 15 Cranberry Juice Spaghetti Casserole Italian Vegetable Blend Garden Green Salad Whole Grain White Roll Assorted Crème Cookies Milk/Margarine Ranch/Diet Italian Dressing	20
Menu 16 Orange Pineapple Juice Taco Soup Buttered Rice Mixed Fruit Corn Chips (Bulk) Oatmeal Crème Pie Milk Sour Cream	23	Theme Menu Orange Juice Sliced Turkey and Gravy Cornbread Dressing Green Bean Casserole Whole Grain White Roll Iced Carrot Cake Milk/Margarine Cranberry Sauce	24	Menu 18 Pizza Tortellini Casserole (1 cup) Mixed Vegetables Pineapple Tidbits Whole Grain White Roll Banana Moon Pie Milk Margarine	25	 Thanksgiving			
Menu 1 Orange Juice Salisbury Steak with Gravy Scalloped Potatoes Green Peas Whole Grain White Roll Assorted Crème Cookies Milk/Margarine	30								

