

GARDEN GAZETTE

APRIL 2019



SENIOR BINGO

THE SECOND MONDAY OF EACH
MONTH.

COME AND JOIN US.

APRIL 8TH AT 9:30



CHURCH OF THE HIGHLANDS

SERVICE AND LUNCH APRIL 6TH

BEGINNING AT 10AM

CENTER'S DINING ROOM



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

BIBLE STUDY/ TRUE VINES MINISTRIES



WILL MEET IN THE DINING ROOM

THURSDAYS 2PM

**CLEAR CAPTIONS
APRIL 15TH 9:30AM**

Greg Lawrence, will be here to discuss phone and captioning service provided at no cost through a federally- funded program.

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

APRIL 8TH at 10:00

WALKING

**COME AND WALK WITH US, MONDAY, WEDNESDAY
AND FRIDAY.**

CENTER DINING ROOM AT 10:30 AM

CORNER MARKET



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

1:00 PM

LUNCH HANDOUTS MONTH OF APRIL

***ATTENTION DIABETICS!
HEMOGLOBIN A1c DEFINITION AND
FACTS.**

***ORAL HEALTH& AGING PART 1**

***PART 2 HOW TO CARE FOR A DRY
MOUTH:**

***GO 4LIFE SUN SAFETY.**

Remember to keep saving your pull
tops from any type cans for the Ronald
McDonald House. There is a collection
house located in the dining room.



Nita Clark and Tammy Womble are
Notaries Public. If you need
important documents notarized they
are at your service, by appointment.
You may reach Nita at 841-5032
ext.1102 or Tammy at 841-5032
ext.1104.

Please call before you come, to
ensure they are available

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

**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.)

PARKING

The following still applies to parking at Spring Gardens.

1. All vehicles must be parked in a marked parking space. This includes visitors. **DO NOT PARK ON THE SIDES OF THE ROAD OR ON THE GRASS.**
2. No resident has an assigned parking space.

The roadways must stay unobstructed to allow emergency vehicles to travel freely, as needed.

Parking citations will be issued to violators.

SPECIAL CRAFT FOR APRIL



Craft Room
10:00 April 11

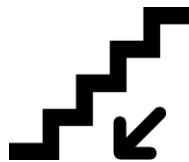
The 1st item is free. Additional items are \$3.00 each.

Pre-made items are available for purchase at \$5.00 each.

Class limited to 20 people.

The deadline for registration is April 9th. Sign-up sheet is located at the Spring Gardens reception desk.

CLOSED



The second level (downstairs) of the Senior Center is closed until renovations have been completed.

The exercise bikes have been brought upstairs for your convenience.

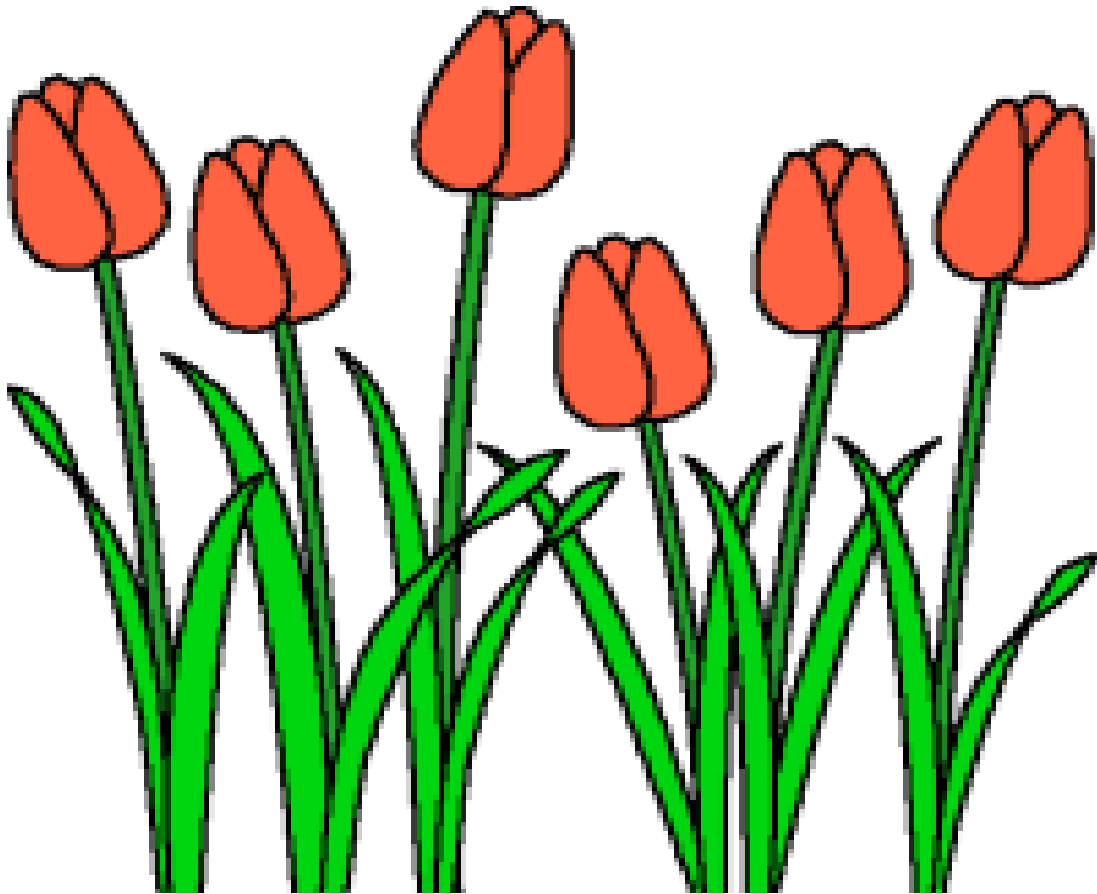


Stay out of the construction areas. This includes the apartments, grounds and anything associated with the renovations. When the time is appropriate a viewing of some of the completed units will be scheduled.

VOLUNTEER(S) NEEDED

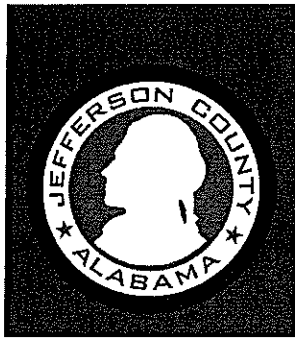
We are in need of a volunteer at the Spring Gardens Center. Anyone that is interested in answering the phone, at the receptionist desk, on Mondays from, 1:00 – 4:00, or on Wednesdays, from 2:00 – 4:00, please contact Tammy or Nita at 841-5032.

Thank you!



EASTER TREATS
APRIL 18TH 9:30 AM

COME JOIN US FOR FUN, SNACKS AND A DRAWING
FOR A LUCKY EASTER EGG.



PROGRAM

FALL & INJURY PREVENTION

**Speaker: Caroline Stewart, MSN, RN-BC,
Nursing Professional Development
Specialist, UAB Medicine**



**APRIL 17, 10 AM - 11 AM
SPRING GARDENS SENIOR CENTER
201 SPRING GARDEN RD.
BIRMINGHAM, AL 35217
CONTACT: ANNIE THOMAS, 205.841.5032**

Department of Community Services & Workforce Development
Senior Services Division
716 Richard Arrington Jr. Blvd. A-430,
Birmingham, AL 35203
205-325-5761

April 2019

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar 31	Apr 1	2	3	4	5	6	
Mar 31 - Apr 6	9:00am movie/ story of ELVIS 10:30am walking	pest control-pink 10:00am Ceramics	10:30am walking 11:00am LUNCH HANDOUT 1:00pm Corner Market	10:00am Crafts 12:15pm Banks/F'land 2:00pm True Vines Ministries	10:30am walking 11:30am Puzzle Handout	10:00am CHURCH OF HIGHLANDS	
7	8	9	10	11	12	13	
Apr 7 - 13	9:30am senior bingo 10:00am gardendale funeral home 10:30am walking	pest control-blue 10:00am Ceramics	10:30am walking 11:00am LUNCH HANDOUT	10:00am Special Craft 12:15pm Wal-Mart 2:00pm True Vines Ministries	10:30am walking 11:30am Puzzle Handout		
14	15	16	17	18	19	20	
Apr 14 - 20	9:30am CLEAR CAPTIONS 10:30am walking	pest control-grn 10:00am Ceramics	10:00am fall prevention 1:00pm Corner Market 1:00pm Jernigans	9:30am EASTER TREATS 10:00am Crafts 2:00pm NO SERVICE	CLOSED		
21	22	23	24	25	26	27	
Apr 21 - 27	HAPPY EASTER! 10:30am Walking	NO MEALS 10:30am Walking	pest control-yel 10:00am Ceramics	10:30am walking 11:00am LUNCH HANDOUT	10:00am Crafts 12:15pm Wal-Mart 2:00pm True Vines Ministries	10:30am walking 11:30am Puzzle Handout	
28	29	30	May 1	2	3	4	
Apr 28 - May 4	10:30am walking	10:00am Ceramics					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Menu 1</u> 1</p> <p>Blended Juice Chopped BBQ Chicken/Bun Corn Diced Potatoes Sugar Cookie 1% Milk</p>	<p><u>Menu 2</u> 2</p> <p>Seasoned Chicken Thigh & Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine</p>	<p><u>Menu 3</u> 3</p> <p>Orange Pineapple Juice Beef Hot Dog/ Bun Baked Beans Coleslaw Ketchup/ Mustard Diced Onions Hot Apple Cobbler 1% Milk/ Chocolate Milk</p>	<p><u>Menu 4</u> 4</p> <p>Herbed Garlic Meatballs (5) Parslied Rice Green Beans Mandarin Oranges Dinner Roll Mini Moon Pie 1% Milk Margarine</p>	<p><u>Menu 5</u> 5</p> <p>Pork Riblet/ Mushroom Gravy Mashed Sweet Potatoes Collard Greens Applesauce Cornbread Oatmeal Crème Pie 1% Milk/ Buttermilk Margarine</p>
<p><u>Menu 6</u> 8</p> <p>Grape Juice Meatloaf/ Tomato Gravy Garlic Mashed Potatoes Brussel Sprouts Wheat Bread Oatmeal Raisin Cookie 1% Milk Margarine</p>	<p><u>Menu 7</u> 9</p> <p>Ham and Potato Casserole Green Lima Beans Carrots Fresh Fruit Italian Bread White Cake 1% Milk Margarine</p>	<p><u>Menu 8</u> 10</p> <p>Blended Juice Macaroni and Cheese Black Eyed Peas Mixed Greens Cornbread Chocolate Pudding 1% Milk/ Buttermilk Margarine</p>	<p><u>Menu 9</u> 11</p> <p>Orange Juice Lemon Pepper Chicken Breast Rice Pilaf Italian Flat Beans/Red Peppers Whea: Bread Fudge Round 1% Milk Margarine</p>	<p><u>Menu 10</u> 12</p> <p>Broiled Beef Patty/ Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Hot Peach Cobbler 1% Milk / Chocolate Milk Ketchup/ Mustard/ Mayonnaise</p>
<p><u>Menu 11</u> 15</p> <p>Grape Juice Salisbury Steak/ Apple Brown Gravy Rosemary Potatoes California Blend Vegetables Whole Grain Bread Chocolate Chip Cookie 1% Milk Margarine</p>	<p><u>Menu 12</u> 16</p> <p>Blended Juice Turkey Salad Pasta Salad Fresh Fruit Wheat Bread (2) Lemon Pudding 1% Milk Margarine</p>	<p><u>Menu 13</u> 17</p> <p>Orange Pineapple Juice Taco Salad: Seasoned Ground Beef Lettuce/Cheese/Tomatoes Pinto Beans Corn Tortilla Chips Mini Moon Pie 1% Milk Taco Sauce/ Sour Cream</p>	<p><u>Theme Menu</u> 18</p> <p>Orange Juice Baked Ham/ Pineapple Sauce Scalloped Potatoes Green Peas and Carrots Dinner Roll German Chocolate Cake 1% Milk Margarine</p>	<p>19</p> 
<p>NO MEALS 22</p> 	<p><u>Menu 17</u> 23</p> <p>Spaghetti/ Meat Sauce Casserole Green Beans Mixed Green Salad/ Italian Dressing Pineapple Tidbits Italian Bread Chocolate Cake 1% Milk/ Chocolate Milk Margarine</p>	<p><u>Menu 18</u> 24</p> <p>Blended Juice Pork Chop Patty/ Onion Gravy Seasoned Potatoes Mixed Greens Cornbread Oatmeal Crème Pie 1% Milk/ Buttermilk Margarine</p>	<p><u>Menu 19</u> 25</p> <p>Grape Juice Beef Stroganoff Cabbage Mixed Vegetables Dinner Roll Vanilla Pudding 1% Milk Margarine</p>	<p><u>Menu 20</u> 26</p> <p>Seasoned Chicken Thigh and Drum Mashed Potatoes Okra and Tomatoes Mixed Fruit Whole Grain Bread Nutty Buddy 1% Milk Margarine</p>
<p><u>Menu 1</u> 29</p> <p>Blended Juice Chopped BBQ Chicken/ Bun Corn Diced Potatoes Sugar Cookie 1% Milk</p>	<p><u>Menu 2</u> 30</p> <p>Seasoned Chicken Thigh & Drum Yellow Rice/ Red peppers Green Peas Peaches Wheat Bread Yellow Cake 1% Milk Margarine</p>		