



GARDEN GAZETTE

APRIL 2010

RESIDENT COMMITTEE EASTER EGG HUNT!

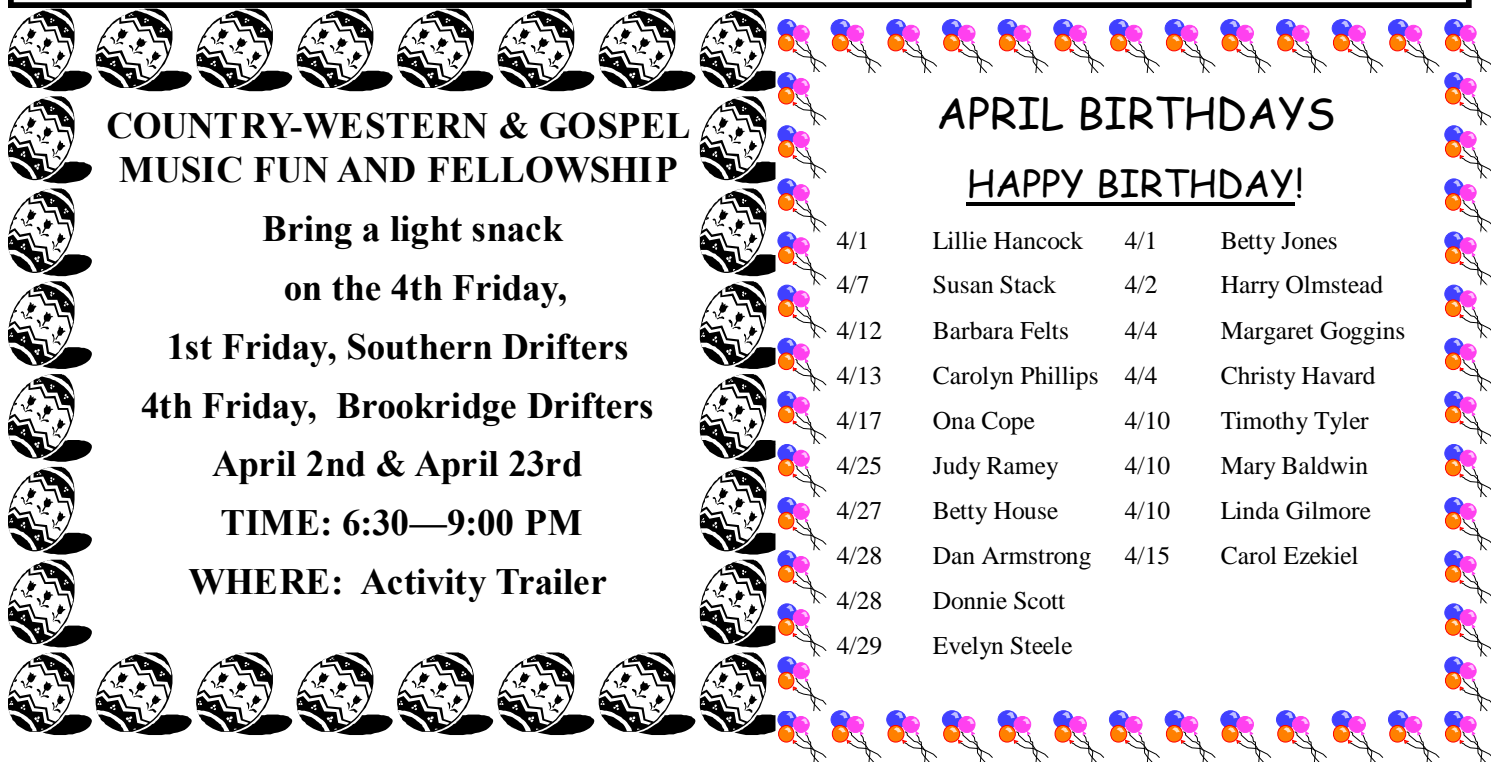


APRIL 2ND

1:00 PM—3:00 PM

ACTIVITY TRAILER

Refreshment will be provided. Come and join in the fun. Bring your own basket to hunt the eggs!



COUNTRY-WESTERN & GOSPEL MUSIC FUN AND FELLOWSHIP

**Bring a light snack
on the 4th Friday,
1st Friday, Southern Drifters
4th Friday, Brookridge Drifters
April 2nd & April 23rd
TIME: 6:30—9:00 PM
WHERE: Activity Trailer**

APRIL BIRTHDAYS

HAPPY BIRTHDAY!

4/1	Lillie Hancock	4/1	Betty Jones
4/7	Susan Stack	4/2	Harry Olmstead
4/12	Barbara Felts	4/4	Margaret Goggins
4/13	Carolyn Phillips	4/4	Christy Havard
4/17	Ona Cope	4/10	Timothy Tyler
4/25	Judy Ramey	4/10	Mary Baldwin
4/27	Betty House	4/10	Linda Gilmore
4/28	Dan Armstrong	4/15	Carol Ezekiel
4/28	Donnie Scott		
4/29	Evelyn Steele		

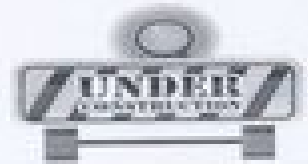
Maintenance will be changing air filters this month. Please make sure that there is not anything blocking the furnaces.

Cathy will be out of the office:

APRIL 28TH - 30TH

You can pull the Garden Gazette in color on our website:
www.jeffcohousing.com and click on the communities tab.

APRIL 2010
UPDATES FROM KIM



As we approach completion day and all go back under one roof in the new Center I'd like to take the opportunity to address a few old & new rules.

The biggest new rule will be **NO SMOKING** in or around the new building. There will be beautiful planters, flower beds, and lawn areas around the perimeter of the building and seeing them used for ashtrays would be very upsetting. If you smoke, you need to do it at home, in your car, or carry around an ashtray to dispose of your butts when you smoke outside. **DO NOT DROP BUTTS ON THE GROUND!**

Hours of Operation

Offices, including library, lobby, arts & crafts and computer lab

Monday-Thursday, 8am-4pm, Friday, 8am-1 pm

Multipurpose Room (lunchroom)

Monday-Friday, 9am-1 pm, unless we have a scheduled afternoon event

Arts & Crafts will be on a schedule of some kind depending on demand

Computer Lab will be by appointment only and will be limited to 30 minute sessions

There will be a copy machine at the reception desk, copies are .25 cents for each page to cover expenses for paper & toner. Faxes will still need to be handled by a staff member and are also .25 cents a page.

All of our phone numbers will remain the same

Office-841-5032

Maintenance-808-4177

Fax-841-5045

Lunches-808-4425

More Updates from Kim

The Library will operate on the honor system, borrow it and bring it back when you finish. We will always need help keeping it in order, so volunteers will be needed. Any new donations should go through Nita in the maintenance department, 808-4177. There will be comfy chairs available in the library to sit and read a spell but all books can be taken home.

Keeping our new center clean and tidy requires your help so remember to wipe your feet or wheels before entering the building.

The speed limit for inside any of the community buildings, including your apartment, continues to be the **lowest** setting on your chair. You should all be moving at a snails pace.

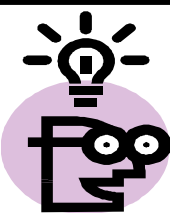
Be a careful driver and avoid running into walls, doors, windows or your neighbors. We will have public restrooms off the multipurpose room, so please make sure to be considerate of the person who comes in after you and don't leave a mess.

HOT LUNCHES ARE SERVED DAILY AT 12:00 NOON.

**PLEASE BE THERE BY 11:45 FOR SEATING
ENCOURAGE YOUR NEIGHBORS TO JOIN YOU FOR LUNCH.**



Make sure we continue to receive our lunches by doing your part. Hot lunches are provided daily at the Activity Trailer by the Office of Senior Citizen Services. They request a \$1 donation per meal. You can make your donation daily or weekly, \$1.00 daily or \$5.00 weekly. Please pay with bills instead of change. If you have any questions please call Karen at 808-4425 .



Nutritionists through OSCS visit every other month for diet information and assistance.

Health Educator Cathy King, RN, does weekly health checks every : Wednesday from 1:00 PM until 4:00 PM in the Activity Trailer. Please note: Cathy will do health checks on April 27th instead of April 28th.

Bob Dismukes from Jernigans Healthcare visits every month to assist with your medical supply and equipment needs from 1:00 - 3:00 PM on the third Wednesday of the month. Call Cathy at 841-5032 for questions or more information

Amy Mims and Nita Clark are Notaries Public. If you need important documents notarized they are at your service. Call Amy Mims at 841-5032 or Nita Clark at 808-4177.

Weekly exercises on Wednesday at 1:00 PM in the Activity Trailer with Leslie Davis from õSmart Moves.ö



Easter Word Search

Try to find all of the hidden Easter words in the puzzle below.
Remember, words can be diagonal, vertical, horizontal, forward or backwards.

Basket
Bonnet
Bunny
Chocolates
Daffodils



Easter
Eggs
Flowers
Gumdrop
Hopping



A	T	B	H																
E	B	E	N	N	U														
R	F	B	G	C	G	P	N												
N	E	L	O	G	H	N	A	G	T										
A	T	O	N	S	O	I	R	N	I										
Y	E	S	W	N	L	C	P	A	I	B	S								
N	B	A	E	E	I	O	P	D	R	B	F								
N	Y	E	R	T	D	L	O	E	P	A	E								
U	L	L	S	N	O	A	H	K	S	R	A								
B	L	I	P	H	F	T	U	L	I	P	S								
A	E	L	D	F	F	E	N	O	H	P	B								
R	J	Y	I	B	A	S	K	E	T	S	F								
H	P	O	R	D	M	U	G	J	B										
S	Y	A	D	N	U	S	R												
E	B	S	T																

Hunt
Jellybean
Lily
Parade



Rabbit
Spring
Sunday
Tulips



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>Managers Meeting</i> April 6 11:00 a.m. Gardendale Civic Center</p>			<p>CENTERS CLOSED</p>
<p>Menu 1 Pineapple Juice Turkey Pot Pie Three Bean Salad Froaches and Peas Wheat Roll Margarine Vanilla Creme Cookie Milk</p>	<p>Menu 2 BBQ Meatballs (1) Battered Rice Broccoli-Cheese Sauce Fruit Fruit Trotan Bread Margarine Cobbler Glaze Gelatin Milk</p>	<p>Menu 3 Apple Cherry Juice Hot Dog Dish Baked Beans Coleslaw Egged Omelette Ketchup/Mustard/Mayo Hot Peach Crisp Milk/Chocolate Milk</p>	<p>Menu 4 Cranberry Juice Chicken Noodle Casserole Mixed Greens Olive and Tomatoes Cornbread Margarine Birthday Cake Milk/Buttermilk</p>	<p>Menu 5 Chockwagon Steak Garlic Whipped Potatoes Battered Carrots Tropical Fruit Wheat Roll Margarine Peanut Butter Cookie Milk</p>
<p>Menu 6 Grape Juice Ham Macaroni Casserole Mixed Vegetables Roney-Applesauce Wheat Bread Margarine Molasses Cookie Milk</p>	<p>Menu 7 Sliced Turkey Brazer/Tartar Northern Beans Corn Salad Sliced Peaches Wheat Roll Margarine Yellow Cake Milk</p>	<p>Menu 8 Blended Juice Meatloaf/Tomato-Gravy Blackeyed Peas Cabbage Cornbread Margarine Glazed Fruit Milk/Buttermilk</p>	<p>Menu 9 Grilled Chicken Fingers (1) Chicken Gravy Country Potatoes Garden Vegetables Fresh Fruit Wheat Bread/Margarine Raspberry Gelatin Milk</p>	<p>Menu 10 Apple Cherry Juice BBQ Rib Patty/Bam Mixed Beans Marinated Salmon Strawberry Sweet Pudding Milk</p>
<p>Menu 11 Orange Juice Browned Beef/Noodles Italian Green Beans Peaches/Pineapple Multigrain Bread Margarine Fig Bar Milk</p>	<p>Menu 12 Taco Salad Frito Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Lemon Gelatin/Mandarin Oranges/ Pineapple Milk/Chocolate Milk</p>	<p>Menu 13 Orange/Pineapple Juice Ham and White Beans Mustard/Greens Hot Country Tomatoes Cornbread Margarine Chocolate Cake Milk/Buttermilk</p>	<p>Menu 14 Grape Juice Teriyaki Chicken Yellow Rice California Vegetables Multigrain Bread Margarine Cranberry Compacted Salad Milk</p>	<p>Menu 15 Turkey Rice Casserole Green Peas Toasted Salad/Ranch Dressing Fresh Fruit Wheat Bread Margarine Star Crunch Milk</p>
<p>Menu 16 Apple Juice Italian Beef Country Vegetables Mandarin Oranges and Pineapple Multigrain Bread Margarine Strawberry Cake Milk</p>	<p>Menu 17 Blended Juice Chicken Panzanella Green Beans Toasted Salad/Italian Dressing Wheat Roll Margarine Apple Spice Cookie Milk</p>	<p>Menu 18 Grilled Pork Patty/Mushroom Gravy Rice Pilaf Broccoli/Cauliflower Fresh Fruit Wheat Bread Margarine Starbucks Pudding Milk Alternate: Sweet & Sour Meatballs-3</p>	<p>Menu 19 Vegetable Plate Macaroni and Cheese Black Eyed Peas Turnip Greens Cucumber Salad Cornbread Margarine Fudge Cookie Milk/Buttermilk</p>	<p>Menu 20 Hamburger/Bam Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayo Hot Apple Cobbler Milk/Chocolate Milk</p>

April 2010

April 2010							May 2010						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	25	26	27	28

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland & Banks</p>	<p>6</p> <p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Knart</p>	<p>7</p> <p>12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health O's 1:00pm 2:00pm Exercise Class</p>	<p>8</p> <p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Walmart</p>	<p>9</p> <p>12:00pm 12:30pm Lunch time 1:00pm 3:00pm Egg Hunt 6:00pm 9:00pm Poker & Grinnat</p>
<p>12</p> <p>9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland & Banks</p>	<p>13</p> <p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Knart</p>	<p>14</p> <p>12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health O's 1:00pm 2:00pm Exercise Class 2:00pm 5:00pm Beauty Shop</p>	<p>15</p> <p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Walmart</p>	<p>16</p> <p>12:00pm 12:30pm Lunch time</p>
<p>19</p> <p>9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland & Banks</p>	<p>20</p> <p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Knart</p>	<p>21</p> <p>12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health O's 1:00pm 3:00pm Equipment O's 1:00pm 2:00pm Exercise Class</p>	<p>22</p> <p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Walmart</p>	<p>23</p> <p>12:00pm 12:30pm Lunch time 6:00pm 9:00pm Poker & Grinnat</p>
<p>26</p> <p>9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland & Banks</p>	<p>27</p> <p>12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health O's 2:00pm 4:00pm Knart</p>	<p>28</p> <p>12:00pm 12:30pm Lunch time 1:00pm 2:00pm Exercise Class 1:00pm 1:30pm Senior Rx Program 2:00pm 4:00pm Beauty Shop</p>	<p>29</p> <p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Walmart</p>	<p>30</p> <p>12:00pm 12:30pm Lunch time</p>

All Store Trips are free. There is a \$ rider minimum and a 12 rider maximum.