



# TEN PENNY AUCTION

**TIFFANY RICE**

**OF LIFE CARE HOSPICE**

**WEDNESDAY, DECEMBER 16TH, 2009**

**FROM: 10:00—11:00 AM**

**EVERYONE BRINGS 10 PENNIES WITH THEM TO PLAY. THERE WILL BE DOOR PRIZES. THE MONEY THAT IS RAISED WILL GO IN THE RESIDENT COMMITTEE'S ACCOUNT.**



**COME JOIN IN THE FUN!!!**

# SPECIAL BINGO

**SPONSORED BY**

**SOUTHERN CARE HOSPICE**

**BELINDA SOUTHERN**

**DATE: DECEMBER 7TH AT 9:00 AM**

**REFRESHMENTS & GIVEAWAYS**

**PROVIDED**

**WHERE: ACTIVITY TRAILER**



**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 .**



**KEEP IN MIND THAT THESE SERVICES ARE AVAILABLE AT SPRING GARDENS.**

 **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.**

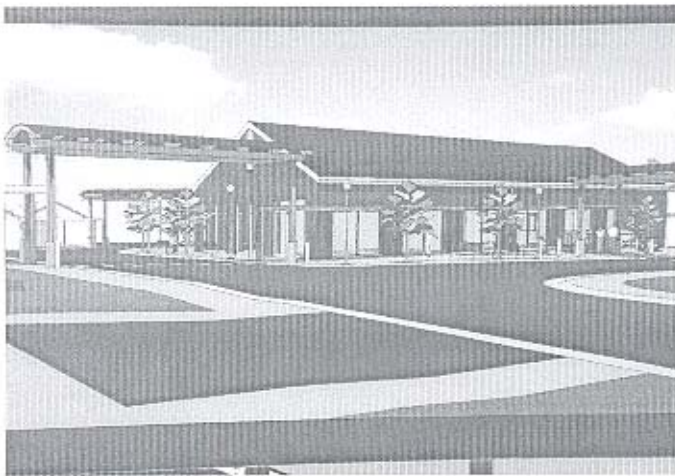
Bob Dismukes from Jernigan's Healthcare visits every month to assist with your medical supply and equipment needs from 1:00—3:00 PM on the third Wednesday of the month. Call Cathy at 841-5032 for questions or more information .

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.





The contractor has BIG plans for December and needs your help. He needs to start work on the crosswalk areas on Circle & Road. That means he will be setting up a temporary walkway in each location to allow him to bust up the old cement, pour the new cement, install canopy posts and install the canopy over the road! We hope the process goes smoothly, but when they start digging you never know what they'll run in to. Please be mindful of the work and any caution taped areas to stay away from until they put it all back together.



### Holiday Open House in December

The Staff of Spring Gardens, Amy, Cathy, Karen, Kim, & Nita would like to invite you to join us in December for the annual Holiday Open House. This years event will be held on Tuesday, 12/29 from 11:00 am until the last meatball is eaten! This will also be the last time the event will be held in the trailer, thank goodness!

Thanks again for your patience!

and

**ROLL TIDE!**



## PICKIN' AND GRINNIN'

### COUNTRY-WESTERN & GOSPEL MUSIC FUN AND FELLOWSHIP

BRING A LIGHT SNACK

2nd Friday,

will be the Southern Drifters

December 11th

TIME: 6:30—9:00 PM

WHERE: Activity Trailer



THE HEALTH CHECK FOR DECEMBER 9TH  
HAS BEEN CANCELLED. THE ONE FOR  
CHRISTMAS WEEK HAS BEEN MOVE

FROM WEDNESDAY

TO TUESDAY,

DECEMBER 22ND.

**WAR EAGLE!**



MAKE SURE YOU COME  
BY THE MAINTENANCE  
OFFICE TO SEE THE  
DANCING/SINGING  
SANTA. NITA WILL  
HAVE IT OUT THE FIRST  
WEEK OF DECEMBER.



## NUTRITIONIST : NATALIE GAVIN

*Come and hear Nutritionist Natalie Gavin discuss ways to age well and how your diet can make a difference. She will be available to answer your food and diet questions after the presentation.*



DATE: DECEMBER 10TH, 2009

TIME: 10:00 AM

WHERE: ACTIVITY TRAILER



## WEEKLY EXERCISE IS BACK!

Weekly Exercise Classes are back  
and better than ever!

Do you remember the old Chicken Fat Exercise?

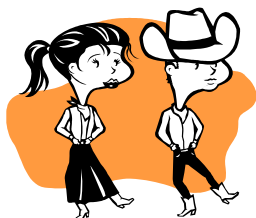
Want to learn to Line Dance?

Enjoy exercising to the Oldies?

Join Leslie Davis from "Smart Moves"

every Wednesday at

1:00 P.M.



# Free Food & Free Prizes!!

Come meet the UAB Occupational Therapy  
Students and learn about  
Home Safety Tips

Where: Activity Trailer

When: Fridays at 10:00 AM

Dates: November 6<sup>th</sup>  
November 13<sup>th</sup>  
November 20<sup>th</sup>




Chances to win Wal-Mart gift cards each week!

# Free Food & Free Prizes!!

FALL 2009

ADSS NUTRITION PROGRAM

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Menu 2</b> Taco Salad Taco Meat Lettuce/Tomato/Cheese Pinto Beans Corn Chips Taco Sauce Raspberry Pear Gelatin Milk/Chocolate Milk</p>	<p><b>Menu 1</b> Chicken Noodle Casserole Green Beans Marinated Slaw Fresh Fruit Wheat Bread Margarine Oatmeal Cookie Milk</p>	<p><b>Menu 3</b> Orange/Pineapple Juice Chili with Beans Buttered Rice California Vegetables Saltine Crackers Chocolate Cake Milk</p>	<p><b>Menu 4</b> Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Catsup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk</p>	<p><b>Menu 5</b> Grape Juice BBQ Rib Patty Country Potatoes Mixed Greens Cornbread Margarine Snow Puff Milk/Buttermilk</p>
<p><b>Menu 6</b> Apple Juice Chicken/Country Gravy Green Peas Hot Country Tomatoes Wheat Bread Margarine Orange Gelatin Milk</p>	<p><b>Menu 7</b> Salsbury Beef/Gravy Whipped Potatoes Succotash Mandarin Oranges/Pineapples Texas Bread Margarine Fig Bar Milk</p>	<p><b>Menu 8</b> Tomato Juice Ham and White Beans Cabbage Sliced Peaches Cornbread Margarine Yellow Cake Milk/Buttermilk</p>	<p><b>Menu 9</b> Baked Beans Potato Salad Lettuce/Tomato/Onion Catsup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk</p>	<p><b>Menu 10</b> Cranberry Juice Turkey Breast/Gravy Cornbread Dressing Glazed Carrots Mulligatawny Bread Margarine Cranberry Sauce Fruited Cherry Gelatin Milk</p>
<p><b>Menu 11</b> Grilled Peas/Mushroom Gravy Garlic Whipped Potatoes Parshied Carrots Strawberry Applesauce White Bread Margarine Banana Marshmallow Pie Milk</p>	<p><b>Menu 12</b> Blended Juice Vegetable Plate Macaroni and Cheese Turnip Greens Hot Spiced Apples Cornbread Margarine Spice Cookie Milk/Buttermilk</p>	<p><b>Menu 13</b> Apple Juice Frankfurter/Bun Baked Beans Colliflower Diced Onions Catsup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>	<p><b>Menu 14</b> BBQ Meatballs (3) Country Corn Tossed Salad/Italian Dressing Fresh Fruit Wheat Roll Margarine Chocolate Pudding Milk</p>	<p><b>Menu 15</b> Pineapple Juice Chicken Pot Pie Green Beans Beet Salad Wheat Bread Margarine Birthday Cake Milk Alternater: Braised Beef with Noodles</p>
<p><b>Menu 16</b> Blended Juice Italian Mac Casserole Fiesta Vegetables Peaches/Pears Wheat Bread Margarine Assorted Snack Cakes Milk/Chocolate Milk</p>	<p><b>Menu 17</b> Grape Juice Glazed Chicken Breast Okra and Tomatoes Collard Greens Cornbread Margarine Strawberry Congealed Salad Milk/Buttermilk</p>	<p><b>Theme Menu</b> Baked Ham Candied Sweet Potatoes Green Beans/Mushrooms Christmas Fruit Cup Multigrain Bread Margarine Coconut Cake Milk</p>		
<p>Closed for Holiday</p>	<p>Closed for Holiday</p>	<p>Closed for Holiday</p>	<p>New Year's Eve</p> 	<p>25</p>
<p>Closed for Holiday</p>	<p>Closed for Holiday</p>	<p>Closed for Holiday</p>	<p>31</p>	<p>31</p>

SPRING GARDENS

ACTIVITY CALENDAR

December 2009

December 2009							January 2010						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6		4	5	6	7	8	9	10
7	8	9	10	11	12	13	11	12	13	14	15	16	17
14	15	16	17	18	19	20	18	19	20	21	22	23	24
21	22	23	24	25	26	27	25	26	27	28	29	30	31
28	29	30	31										

Monday	Tuesday	Wednesday	Thursday	Friday
	December 1			
	10:00am 11:00am Humana's Medicare Advantage Plan 12:00pm 12:30pm Lunch time	12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:00pm 2:00pm Exercise Class 2:00pm 4:00pm Kmart	12:00pm 12:30pm Lunch time 2:00pm 4:00pm Walmart	12:00pm 12:30pm Lunch time
7	8	9	10	11
9:00am 10:00am SPECIAL BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland & Banks	12:00pm 12:30pm Lunch time 2:00pm 4:00pm Kmart	12:00pm 12:30pm Lunch time 1:00pm 2:00pm Exercise Class 2:00pm 4:00pm Walmart	RENT DUE BY 10TH 10:00am 11:00am Successful Aging Strategies Presentation 12:00pm 12:30pm Lunch time	RONALD MCDONALD WISH LIST ITEMS 10:30am 11:30am BCBS Medicare Advantage Presentation 12:00pm 12:30pm Lunch time 6:00pm 9:00pm -Pickin' & Grinnin'
14	15	16	17	18
9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland & Banks	12:00pm 12:30pm Lunch time 2:00pm 4:00pm Kmart	10:00am 10:30am Ten Penny Auction 12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:00pm 2:00pm Exercise Class	12:00pm 12:30pm Lunch time 2:00pm 4:00pm Walmart	12:00pm 12:30pm Lunch time 1:00pm 4:00pm -4:00 Holiday Shopping Trip
21	22	23	24	25
9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland & Banks	12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 2:00pm 4:00pm Kmart	12:00pm 12:30pm Lunch time 1:00pm 2:00pm Exercise Class 2:00pm 4:00pm Walmart	CLOSED for the Holiday's	
28	29	30	31	
9:00am 10:00am BINGO 2:00pm 4:00pm Foodland & Banks	11:00am 2:00pm Holiday Open House at the Activity Trailer <i>Come &amp; Enjoy!</i>	1:00pm 4:00pm Health Cks 1:00pm 2:00pm Exercise Class 2:00pm 4:00pm Kmart	2:00pm 4:00pm Walmart	<i>Closed for the Holidays</i>

All Store Trips Are Free. There is a 5 rider minimum and a 12 rider maximum. 2nd Trips will be taken when more than 12 seated riders or a 2nd wheelchair rider wants to go