

HAPPY  
NEW YEAR

# GARDEN GAZETTE

## JANUARY 2010



### VOLUNTEERS NEEDED

**Volunteers needed to help in the trailer. Please call Karen at 808-4425 if you would like to assist or have any question.**



### Thanks

The staff at Spring Gardens would like to thank all the residents for our cards and goodies that we have received.

Happy New Year!

Kim, Amy, Cathy, Karen,  
Nita, Josh and Richard.

Remember to keep saving your pull tops from any type cans for the Ronald McDonald House. During lunch you can drop them into the collection house at the Activity Trailer.



### PICKIN' AND GRINNIN'

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

**BRING A LIGHT SNACK**

**on the 4th Friday,**

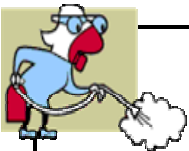
**2nd Friday, Southern Drifters**

**4th Friday, Brookridge Drifters**

**January 8th & January 22nd**

**TIME: 6:30—9:00 PM**

**WHERE: Activity Trailer**



MAINTENANCE IS SCHEDULED TO CHANGE THE AIR FILTERS AND PEST CONTROL WILL SPRAY INSIDE THIS MONTH. QUESTIONS CALL NITA AT 808-4177.



The office will be closed January 18th.

Kim & Amy will be out of the office:

**January 7th– 8th, 2010**

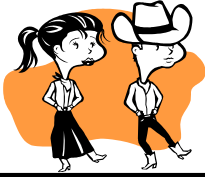
# Income & Asset Info to Kim

Date	Amount
10/20	\$ 738.97
10/21	\$24.82
10/22	\$80.53
10/23	\$34.21
10/24	\$82.34
10/25	\$82.42

It's that time of year again! **Those of you who "recertify" with the Housing Authority** need to provide the office with a copy of your 2010 Income Letter and January Bank Statement. I need these documents before the end of January 2010.

Please remember, providing these documents to the office each year is a necessary part of living at Spring Gardens. If you have any questions please feel free to contact Kim at the office.

## WEEKLY EXERCISE IS BACK!



Weekly Exercise Classes Join Leslie Davis from "Smart Moves" every Wednesday at 1:00 P.M. in the Activity Trailer

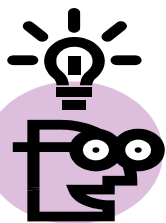


**HOT LUNCHES ARE SERVED DAILY AT 12:00 NOON.**

**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 .



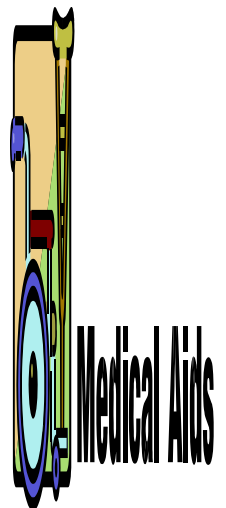
Nutritionists through OSCS visit every other month for diet information and assistance.

Health Educator Cathy King, RN, does weekly health checks every :

Wednesday from 1:00 PM until 4:00 PM in the Activity Trailer.

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 . (WAR EAGLE!)

Amy Mims and Nita Clark are Notaries Public. If you need important documents notarized they are at your service. Call Amy Mims (**BAMA #1! That's all folks**) at 841-5032 or Nita Clark at 808-4177.



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**Centers Closed**

<p><b>Menu 1</b>                      Apple Cherry Juice                      Turkey Tetrazzini                      Peas &amp; Carrots                      Herbed Green Beans                      White Bread                      Margarine                      Vanilla Creme Cookies                      Milk</p>	<p><b>Menu 2</b>                      Salisbury Beef/Gravy                      Whipped Potatoes                      Succotash                      Mandarin Oranges/Pineapples                      Wheat Bread                      Margarine                      Chocolate Cake                      Milk</p>	<p><b>Menu 3</b>                      Tomato Juice                      Ham &amp; White Beans                      Collard Greens                      Fresh Fruit                      Cornbread                      Margarine                      Lemon Gelatin                      Milk/Buttermilk</p>	<p><b>Menu 4</b>                      Apple Juice                      Chicken/Broccoli/Rice Casserole                      Country Vegetables                      Fruit Cocktail                      Multigrain Bread                      Margarine                      Snow Puff                      Milk</p>	<p><b>Menu 5</b>                      Taco Salad:                      Taco Meat                      Lettuce/Tomato/Cheese                      Pinto Beans                      Corn Chips                      Taco Sauce                      Sliced Peaches                      Milk/Chocolate Milk</p>
<p><b>Menu 6</b>                      Chicken Pasty/Country Gravy                      Green Peas                      Hot Country Tomatoes                      Peas                      Texas Bread                      Margarine                      Pudge Cookie                      Milk</p>	<p><b>Menu 7</b>                      Apple Cherry Juice                      Frankfurt/Bun                      Baked Beans                      Collslaw/Carrots                      Diced Onions                      Ketchup/Mustard/Mayo/maise                      Hot Apple Cobbler                      Milk/Chocolate Milk</p>	<p><b>Menu 8</b>                      Blended Juice                      Chili with Beans                      Buttered Rice                      Green Bean and Tomato Salad                      Salline Crackers                      Peanut Butter Cookie                      Milk                      Alternate: Brunswick Stew</p>	<p><b>Menu 9</b>                      Grape Juice                      BBQ Rib Pally                      Country Potatoes                      Mixed Greens                      Cornbread                      Margarine                      Rocky Road Pudding                      Milk/Buttermilk</p>	<p><b>Menu 10</b>                      Chicken Noodle Casserole                      Lima Beans                      Tossed Salad/Ranch Dressing                      Fresh Fruit                      White Bread                      Margarine                      Birthday Cake                      Milk</p>
<p><b>Centers Closed</b></p>	<p><b>Menu 12</b>                      Grape Juice                      Grilled Chicken Fingers(3)/Onion                      Gravy                      Au gratin Potatoes                      Garden Vegetables                      Multigrain Bread                      Margarine                      Cherry Fruited Gelatin                      Milk</p>	<p><b>Menu 13</b>  <b>Vegetable Plate:</b>                      Orange Juice                      Macaroni and Cheese                      Turnip Greens                      Blackeyed Peas                      Cornbread                      Margarine                      Marble Cake                      Milk/Buttermilk</p>	<p><b>Menu 14</b>                      Hamburger/Bun                      Baked Beans                      Potato Salad                      Lettuce/Tomato/Onion                      Ketchup/Mustard/Mayo/maise                      Hot Peach Cobbler                      Milk/Chocolate Milk</p>	<p><b>Menu 15</b>                      BBQ Chicken Breast                      Rice Puff                      Glazed Carrots                      Fresh Fruit                      Texas Bread                      Margarine                      Strawberry Congealed Salad                      Milk</p>
<p><b>Menu 16</b>                      Meat Loaf/Tomato Gravy                      Parsioid Potatoes                      Okra/Tomatoes/Corn                      Colslaw/Carrots                      White Roll                      Margarine                      Oatmeal Cookie                      Milk</p>	<p><b>Menu 17</b>                      Cranberry Juice                      Sliced Turkey Breast / Gravy                      Candied Yams                      Broccoli/Cauliflower                      Multigrain Bread                      Margarine                      Lemon Vanilla Pudding                      Milk</p>	<p><b>Menu 18</b>                      Italian Mac Casserole                      Country Corn                      Green Beans                      Fresh Fruit                      White Bread                      Margarine                      Orange Fruited Gelatin                      Milk/Chocolate Milk</p>	<p><b>Menu 19</b>                      Grilled Pork/Mushroom Gravy                      Parsioid Whipped Potatoes                      Parsioid Carrots                      Sliced Peaches                      Wheat Bread                      Margarine                      Yellow Cake                      Milk</p>	<p><b>Menu 20</b>                      Apple Juice                      Beef Stew                      Cabbage                      Tropical Fruit                      Cornbread                      Margarine                      Raisin Creme Pie                      Milk/Buttermilk</p>

# January 2010

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland &amp; Banks</p> <p>4</p>	<p>12:00pm 12:30pm Lunch time</p> <p>5</p>	<p>12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:00pm 2:00pm Exercise Class 2:00pm 4:00pm Knart</p> <p>6</p>	<p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Walmart</p> <p>7</p>	<p>12:00pm 12:30pm Lunch time 6:00pm 9:00pm -Pickin' &amp; Grinnin'</p> <p>8</p>
<p>9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland &amp; Banks</p> <p>11</p>	<p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Knart</p> <p>12</p>	<p>12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:00pm 2:00pm Exercise Class 2:00pm 4:00pm Beauty Shop</p> <p>13</p>	<p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Walmart</p> <p>14</p>	<p>12:00pm 12:30pm Lunch time</p> <p>15</p>
<p>CLOSED FOR MILK DAY</p> <p>18</p>	<p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Knart</p> <p>19</p>	<p>12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:00pm 3:00pm Equipment Ck 1:00pm 2:00pm Exercise Class 2:00pm 4:00pm Foodland &amp; Banks</p> <p>20</p>	<p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Walmart</p> <p>21</p>	<p>12:00pm 12:30pm Lunch time 6:00pm 9:00pm -Pickin' &amp; Grinnin'</p> <p>22</p>
<p>9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland &amp; Banks</p> <p>25</p>	<p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Knart</p> <p>26</p>	<p>12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:00pm 2:00pm Exercise Class 2:00pm 4:00pm Beauty Shop</p> <p>27</p>	<p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Walmart</p> <p>28</p>	<p>12:00pm 12:30pm Lunch time</p> <p>29</p>

All Store Trips Are Free. There is a 5 rider minimum and a 12 rider maximum