



GARDEN GAZETTE

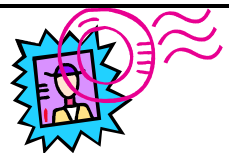
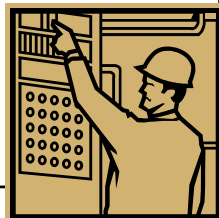
JUNE 2009



MAINTENANCE BI-ANNUAL FILTERS

It is time for the filters to be changed. Richard or Josh will be around during the month of June to change your air filter. Please make sure they are able to get to the filter by moving anything that may be blocking the door.

If you have any questions, call Nita Clark at 808-4177.



Postage stamps have gone up to 44 cents this month. A book will now cost \$8.80 .

Amy Mims is going on vacation!

June 8th– June 15th.

If you need assistance contact Cathy or leave Amy a message and she will get with you when she gets back.

JUNE 2009

CONSTRUCTION UPDATE



I can't believe it! You guys did it again! WE HAVE A BASEMENT DUG!

I'm afraid the current obstacle may be too much to overcome, Mother Nature is a tough old broad, but lets give it a shot. This month it needs to stop raining as much without causing a drought. So lets focus those thoughts towards rain on the weekends only!

Watch Your Speed

Please remember our **10 MPH speed limit**. The heavy equipment and large trucks have started coming so all of you need to slow down! Also, be mindful of the new holes in the roads the dump trucks are leaving. They will be filled with gravel at the end of each day but it may make it harder for wheelchairs to drive on.

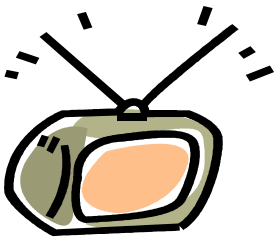
Sidewalk Covers

The covers are going up and look wonderful, much better than the old covers. I've learned something new. I used to think that plumbers were the messiest trade, followed by roofers. But I think I need to put sheet-metal workers ahead of the roofers. Please be careful where you walk, the metal guys aren't doing a very good job of cleaning up after themselves. Those of you who are mothers of boys understand why.

Thanks again for you patience!

Kim Mason, Manager





THE SWITCH TO DIGITAL TV IS COMING

ON JUNE 12, 2009, CERTAIN TYPES OF TELEVISIONS WILL NO LONGER BE ABLE TO PICK UP SIGNALS AND WILL NOT WORK.

DO YOU KNOW WHAT TYPE OF TV YOU HAVE?

IF YOU GET YOUR TELEVISION SIGNAL FROM A CABLE, SATELLITE, OR TELEPHONE PROVIDER YOU WILL NOT BE AFFECTED BY THIS!

IF YOU USE AN ANTENNA, OR HAVE AN ANALOG TUNER, THEN YOU **WILL** HAVE TO MAKE A CHANGE IN ORDER TO RECEIVE A TV SIGNAL AFTER JUNE 12, 2009!

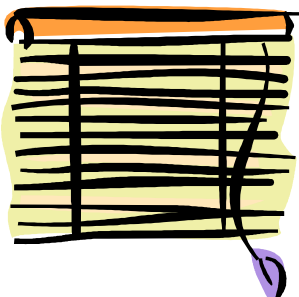
YOU SWITCH TO DTV BY DOING ONE OF THE FOLLOWING:

1. BUY A DTV CONVERTER BOX-(SEE WEBSITE WWW.DTV2009.GOV) 1-888-388-2009.
2. BUY A NEW TV WITH BUILT-IN DIGITAL TUNER.
3. SUBSCRIBE TO A CABLE, SATELLITE, OR TELEPHONE SERVICE TO CONTINUE USING THE TV THAT YOU HAVE .

WE WANT YOU TO BE AWARE THAT A CHANGE IS COMING, JUNE 12, 2009. IF YOU HAVE QUESTIONS YOU CAN CALL THE OFFICE AND TALK TO AMY OR CATHY. 841-5032 EXT. 24 & 22.

BLINDS

While driving around Spring Gardens we have noticed several apartments with stained blinds. You can clean those by placing them in your bathtub with Clorox in the water. If you wish to purchase new blinds, you can do this by calling Maintenance at 808-4177 and we will assist you. There are various prices for the different sizes., see prices below:



Blinds 69 x 64 White \$18.25

Blinds 33 x 64 White \$8.75

Blinds 63 x 64 White \$ 16.65

Blinds 67 x 60 White \$18.25

Blinds 31 x 64 White \$4.39

SPECIAL BINGO

**SPECIAL BINGO
WITH BELINDA SOUTHERN
FROM LIFE CARE HOSPICE**

**DATE: JUNE 1, 2009
TIME: 9:30AM—10:00 AM
WHERE: THE ACTIVITY
TRAILER
REFRESHMENTS PROVIDED**



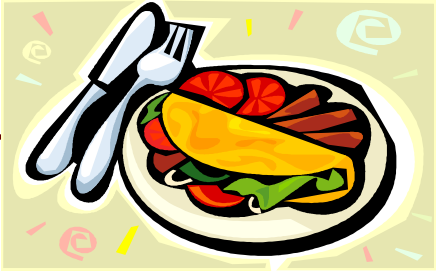
**SPECIAL BINGO
WITH KARLA ROBERTS
FROM SOUTHERN CARE HOSPICE**

**DATE: JUNE 15, 2009
TIME: 9:30AM—10:00 AM
WHERE: THE ACTIVITY
TRAILER
REFRESHMENTS PROVIDED**


**HOT LUNCHES ARE SERVED DAILY AT 11:00 AM.
PLEASE BE THERE BY 10:45 FOR SEATING**



Hot lunches are provided daily at the Activity Trailer by the Office of Senior Citizen Services. They request a \$1 donation per meal. Call Karen at 808-4425 for more information.



**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 now 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.



PICKIN' AND GRINNIN'

COUNTRY-WESTERN & GOSPEL MUSIC
FUN AND FELLOWSHIP

ON JUNE 26th BRING A LIGHT SNACK

2nd Friday, will be the Southern Drifters

4th Friday, will be the Brookridge Drifters

DATE: June 12th, 2009

TIME: 6:00 – 9:00 PM

DATE: June 26th, 2009

TIME: 6:30—9:00 PM

WHERE: Activity Trailer



Top 10 Everyday Super Foods By Nutritionist Katherine Lalian

Would you like to improve your health through your diet? Come and learn about the "Top 10 Super Foods" that give you needed vitamins, minerals, and the best health benefits.

DATE: JUNE 25, 2009

TIME: 9:30 AM—10:30 AM

WHERE: THE ACTIVITY
TRAILER



RECIPE OF THE MONTH

Easy Baked Fish Fillets

SERVE: 4

PREP TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

Ingredients

- 1 1/2 pounds tilapia fillets
- 1 tablespoon lime juice
- 1 tablespoon mayonnaise, low-fat
- 1/8 teaspoon onion powder
- 1/8 teaspoon black pepper
- 1/2 dry cup bread crumbs
- 2 tablespoons margarine, canola-based, trans-fat free
- 2 tablespoons parsley, fresh, chopped

Preparation

Preheat oven to 425°F. Place fish in an 11 x7-inch baking dish coated with cooking spray. Combine lime juice, mayonnaise, onion powder, and pepper in a small bowl and spread over fish. Sprinkle with bread crumbs and drizzle with melted margarine. Bake for 20 minutes or until fish flakes easily with a fork. Sprinkle with chopped parsley before serving.



CALORIES: 260 PER SERVING

FRESH PRODUCE

Starting Wednesday, June 3rd, 2009, there will be a produce truck parked by the Activity Trailer every Wednesday at 1:30 PM. This will give you another source to get some fresh vegetables. Come on out and see what they have on Wednesday, June 3rd.

If you have any questions, you can contact Nita at 808-4177 or Kim at 841-5032 ext. 23.



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?

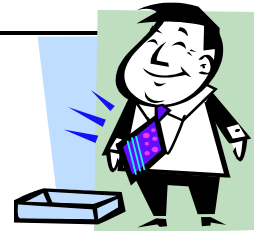
Join **Leslie Davis from "Smart Moves"** every
Wednesday at 1:30 P.M. in the Activity Trailer.



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.



THE HISTORY OF FATHER'S DAY



Just like you, the staff at Spring Garden's is looking forward to honoring our dads on June 21st, Father's Day. And if you're like us, you may be wondering how this tradition got started. In 1909, a woman by the name of Sonora Smart Dodd thought of the idea while listening to a Mother's Day sermon. She decided to honor her father, a widower, and on June 19, 1910, in Spokane, Washington, the first Father's Day was celebrated. This month, be sure to pay special tribute to your father. One way to do this is by wearing roses— red for living fathers or white to honor those who are deceased.

Menu 1 Orange Juice Meatloaf/Brown Gravy Potatoes O'Brien Buttered Carrots Roll Margarine Fig Bar Milk	Menu 2 Chicken Supreme Scalloped Potatoes Green Beans Tossed Salad/French Dressing Multigrain Bread Margarine Apple Spice Cookie Milk	Menu 3 Grilled Beef Fingers (3)/Gravy Crowder Peas Broccoli/Corn Casserole Pineapple Tidbits White Bread Margarine Banana Pudding/Waiters Milk Alternate: Chuckwagon Steak	Menu 4 Breaded Chicken Patty/Gravy Garlic Whipped Potatoes Mixed Greens Apple Slices Cornbread Margarine Marble Cake Milk/Buttermilk	Menu 5 Orange Pineapple Juice BBQ Rib Patty/Bun Field Peas Coleslaw Strawberry Congealed Dessert Milk/Chocolate Milk
Menu 6 Orange Pineapple Juice Chicken Noodle Casserole Mixed Vegetables Rosey Applesauce Wheat Bread Margarine Vanilla Crème Cookies Milk	Menu 7 Vegetable Plate Macaroni and Cheese Black Eyed Peas Coleslaw Sliced Peaches Mexican Cornbread Margarine Birthday Cake Milk/Buttermilk	Menu 8 Grilled Pork Patty/Creole Sauce Buttered Rice Broccoli/Cheese Sauce Orange White Bread Margarine Cherry Gelatin Milk	Menu 9 Blended Juice Chicken Alfredo Orange Carrots Pineapple Tidbits Multigrain Bread Margarine Oatmeal Crème Pie Milk	Menu 10 Taco Salad: Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Orange Gelatin/Pineapple Milk/Chocolate Milk
Menu 11 Grilled Chicken Fingers/ Onion Gravy (3 each) Corn O'Brien Beet Salad Diced Peas Multigrain Bread Margarine Chocolate Crème Pie Snack Cake Milk	Menu 12 Orange Pineapple Juice Ham & Macaroni Casserole Mixed Vegetables Sliced Peaches Wheat Bread Margarine Chocolate Chip Cookie Milk	Menu 13 Salisbury Beef Buttered Rice Fiesta Vegetables Fresh Fruit Roll Margarine Strawberry Cake Milk	Menu 14 Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayo Hot Apple Cobbler Milk/Chocolate Milk	Menu 15 Blended Juice Breaded Pork/Biscuit Gravy Green Peas Country Tomatoes Wheat Bread Margarine Marble Pudding Milk
Menu 16 Grape Juice Ham & White Beans Mixed Vegetables Pineapple Tidbits Roll Margarine Molasses Cookie Milk	Menu 17 Cranberry Juice Meatballs (3)/Spaghetti Sauce Rotini Noodles Italian Green Beans Texas Bread Margarine Glazed Fruit Milk	Menu 18 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw Diced Onions Ketchup/Mustard/Mayo Hot Peach Crisp Milk/Chocolate Milk	Menu 19 Sliced Turkey Breast/Gravy Country Potatoes Mustard Greens Diced Peas Cornbread Margarine Cranberry Congealed Dessert Milk/Buttermilk	Menu 20 Roasted Chicken Leg Quarters Black Eyed Peas Okra/Tomatoes/Corn Fresh Fruit Multigrain Bread Margarine White Cake Milk
Special Menu 4 Orange Pineapple Juice Pepper Beef Patty/Gravy Buttered Rice Parslaid Carrots Multigrain Bread Margarine Assorted Snack Cakes Milk	Special Menu 5 Blended Juice Chicken Pot Pie Country Corn Fresh Fruit Wheat Roll Margarine Strawberry Vanilla Pudding Milk	Menu 24 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw Diced Onions Ketchup/Mustard/Mayo Hot Peach Crisp Milk/Chocolate Milk	Menu 25 Sliced Turkey Breast/Gravy Country Potatoes Mustard Greens Diced Peas Cornbread Margarine Cranberry Congealed Dessert Milk/Buttermilk	Menu 26 Roasted Chicken Leg Quarters Black Eyed Peas Okra/Tomatoes/Corn Fresh Fruit Multigrain Bread Margarine White Cake Milk
Menu 29 Orange Pineapple Juice Pepper Beef Patty/Gravy Buttered Rice Parslaid Carrots Multigrain Bread Margarine Assorted Snack Cakes Milk	Menu 30 Blended Juice Chicken Pot Pie Country Corn Fresh Fruit Wheat Roll Margarine Strawberry Vanilla Pudding Milk	Menu 24 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw Diced Onions Ketchup/Mustard/Mayo Hot Peach Crisp Milk/Chocolate Milk	Menu 25 Sliced Turkey Breast/Gravy Country Potatoes Mustard Greens Diced Peas Cornbread Margarine Cranberry Congealed Dessert Milk/Buttermilk	Menu 26 Roasted Chicken Leg Quarters Black Eyed Peas Okra/Tomatoes/Corn Fresh Fruit Multigrain Bread Margarine White Cake Milk



Managers' Meeting
June 2
11:00 a.m.
All monthly reports are due

Managers' Meeting
July 7
11:00 a.m.
All monthly reports are due

Managers' Meeting
June 2
11:00 a.m.
All monthly reports are due

Managers' Meeting
July 7
11:00 a.m.
All monthly reports are due

Southside Senior Center
All monthly reports are due

Gardendale Civic Center
All monthly reports are due

SPRING GARDENS

ACTIVITY CALENDAR

June 2009

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

Monday	Tuesday	Wednesday	Thursday	Friday
June 1 9:00am 10:00am Special BINGO 11:00am 12:00pm Lunch Time 1:00pm 3:00pm Foodland & Banks	2 11:00am 12:00pm Lunch Time 1:00pm 3:00pm Knart 2:00pm 2:30pm Knart	3 11:00am 12:00pm Lunch Time 1:00pm 4:00pm Health Cks with Cathy 2:00pm EXERCISE CLASS 1:30pm 2:30pm Produce Truck	4 11:00am 12:00pm Lunch Time 1:00pm 3:00pm Walmart	5 11:00am 12:00pm Lunch Time
8 9:00am 10:00am BINGO 11:00am 12:00pm Lunch Time 1:00pm 3:00pm Foodland & Banks	9 11:00am 12:00pm Lunch Time 1:00pm 4:00pm Health Cks with Cathy 1:00pm 3:00pm Knart	10 RENT DUE BY THE 10TH 11:00am 12:00pm Lunch Time 1:00pm 2:00pm EXERCISE CLASS 1:30pm 2:30pm Produce Truck	11 11:00am 12:00pm Lunch Time 1:00pm 3:00pm Walmart	12 11:00am 12:00pm Lunch Time 6:00pm 9:00pm -Pickin' & Grinnin'
15 9:00am 10:00am BINGO 11:00am 12:00pm Lunch Time 1:00pm 3:00pm Foodland & Banks	16 11:00am 12:00pm Lunch Time 1:00pm 3:00pm Knart	17 11:00am 12:00pm Lunch Time 1:00pm 4:00pm Health Cks with Cathy 1:00pm 3:00pm Jerrigans Equip Ck 1:00pm 2:00pm EXERCISE CLASS 1:30pm 2:30pm Produce Truck	18 11:00am 12:00pm Lunch Time 1:00pm 3:00pm Walmart	19 11:00am 12:00pm Lunch Time
22 9:00am 10:00am BINGO 11:00am 12:00pm Lunch Time 1:00pm 3:00pm Foodland & Banks	23 11:00am 12:00pm Lunch Time 1:00pm 3:00pm Knart	24 11:00am 12:00pm Lunch Time 1:00pm 4:00pm Health Cks with Cathy 1:00pm 2:00pm EXERCISE CLASS 1:30pm 2:30pm Produce Truck	25 11:00am 12:00pm Lunch Time 1:00pm 3:00pm Walmart	26 11:00am 12:00pm Lunch Time 6:30pm 9:30pm -Pickin' & Grinnin'
29 9:00am 10:00am BINGO 11:00am 12:00pm Lunch Time 1:00pm 3:00pm Foodland & Banks	30 11:00am 12:00pm Lunch Time 1:00pm 3:00pm Knart			

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