

# Membership

Medical Supervision, Exercise Sessions, Games, Puzzles, Art Projects, Food Fare, Guest Speakers/Entertainers and Club Meetings are included in the price of membership.

## Membership Fee/Yearly Fee / 100.

*Includes Wellness Map designed just for you and yearly updating.*

## Club Rate / 14. Per hour

*May be eligible for Medicaid, or Long Term Care Insurance reimbursement, or Veteran's Aid and Attendance benefits*

## Daily Club Rate / 73. Per Day

*Must pre-pay for a month, 4 or more days per week  
Includes Dinner at Noon, Breakfast, and Tea & A Tale Time each day. Checkpoints noted with an asterisk and one spa treatment per week are also included.*

# Food Fare

## Breakfast 8:00 to 9:00

*A delicious fruit and carbohydrate with an occasional protein*

## Dinner at Noon to 1:00

*A nutritionally balanced and delicious hot square meal is served daily.*

## Tea and a Tale Time 3:30 to 4:30

*Refreshments of protein and a fruit or carbohydrate mixed with a joke or funny story*

## Open Daily

7:30a-6p

## Saturday/Sunday and Holidays

By appointment



***Aging With Grace  
Aging In Place***

**The Health Club For Seniors**

## Price List

3100 Old Todds Road Suite 170

Lexington, KY 40509

P. 859-539-2147 F. 859-254-7585

[www.healthclubforseniors.com](http://www.healthclubforseniors.com)

# Spa Treatments

One Half Hour to Relax & Unwind

Massage / 20. + club rate

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Manicure or Facial / 10. + club rate

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Pedicure / 15. + club rate

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Total Body Skintilizing / 25. + club rate

# Transportation

One Way Within Fayette County / 10.

*Trips are offered to and from Aging With Grace, as well as to doctor's appointments and other locations from Aging With Grace.*

- *Trips must be requested one (1) week in advance.*
- *Trips for members arriving to enjoy time at Aging With Grace are scheduled for 7:30 and 9:00 am arrival.*
- *Trips for members leaving Aging With Grace for home are scheduled for 4:00 and 5:30 pm departure.*
- *Trips to other locations are available as requested*

Companion/Advocate at Destination, Hourly / 18.

# Guided Endeavors

One On One Specialized Attention During Club Hours, Hourly / 24.

# Holly's Hair Salon (next door)

Women's Cut / 23.

*Short or long*

Men's Cut / 18.

*Buzz Cut three dollars less*

Head Shave / 23.

Shampoo / 5.

Coloring and Perms /varies

*Includes drying and styling*

# Checkpoints

Counseling / varies

Blood and Urine Tests / varies

Blood Pressure Checks /5. + club rate\*

Balance Tests / 10. + club rate\*

Mini Mental Tests / 12. + club rate\*

Weight Checks / 3. + club rate\*

Vaccines and Immunizations / varies

Other Tests and Treatments / varies

Full Medical Screening /20. + club rate

*Some tests, treatments, screenings and vaccines are covered 100% by Medicare insurance plans.*

# Help At Home

- Personal Care and Meal Preparation
- Advocate During Hospital Stays
- Home Maintenance and Landscaping
- Housekeeping and Laundry
- Money Management, Shopping, and Bill Paying
- Life Alert System and Video Surveillance#
- Safety Home Modifications

Hourly / 18. Plus Materials Used

#special pricing