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February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 Natural Resources Club -or- <i>Valentine Decorations</i> 2:00 Glee Club -or- <i>Decorate tree for February</i>	2 10:30 Missions Club -or- <i>Ground Hog Day Trivia</i> 2:00 S.O.M.E. Club or <i>Sing-Along to Old Romantic Songs</i>	3 10:30 L.O.V.E. Club or UK Fan Club -or- <i>Monopoly</i> 2:00 Book Club -or- <i>Web MD Quiz on Type 2</i>	4 10:30 Art Club/ Hunting & Fishing Club -or- <i>Watch Old Cartoons on Big Screen</i> 2:00 Bridge Club -or- <i>Decorate Heart Cookies</i>	5 10:30 S.O.L.V.E. Club -or- <i>Valentine Crossword</i> 2:00 Gardening Club -or- <i>Storytelling</i>	6 2:00 Bingo or Card Player's Club -or- <i>Share Memories Out of a Bag</i>
8 10:30 Natural Resources Club -or- <i>Valentine Bingo</i> 2:00 Glee Club -or- <i>Make Valentine Cards</i>	9 10:30 Missions Club -or- <i>Make a Valentine Collage</i> 2:00 S.O.M.E. CLUB - <i>Play Hearts Game</i>	10 10:30 L.O.V.E. Club or UK Fan Club -or- <i>Write a Winter or Valentine Poem</i> 2:00 Book Club -or- <i>Bead Book Mark</i>	11 10:30 Art Club/Hunting & Fishing Club -or- <i>Sort by Shape or Color</i> 2:00 Bridge Club -or- <i>Valentine Poetry</i>	12 10:30 S.O.L.V.E. Club -or- <i>Valentine Puzzle</i> - 2:00 Gardening Club -or- <i>Make Valentines Day Party Boxes</i>	13 2:00 Bingo or Card Player's Club -or- <i>Discuss Your Favorite Romantic Movie</i>
15 10:30 Natural Resources Club -or- <i>Remember the Presidents</i> 2:00 Glee Club -or- <i>Current Events</i>	16 10:30 Missions Club -or- <i>Read Jokes Out Loud</i> 2:00 S.O.M.E. Club -or- <i>Model with Play-Doh</i>	17 10:30 L.O.V.E. Club or UK Fan Club -or- <i>Truth or Dare</i> 2:00 Book Club- <i>Discuss Hobbies for Members</i>	18 10:30 Art Club or Hunting & Fishing Club -or- <i>Wii Game</i> 2:00 Bridge Club -or- <i>Play Simon Says</i>	19 10:30 S.O.L.V.E. Club -or- <i>How to Deal With Stressful People</i> 2:00 Gardening Club -or- <i>Watch a Nature Documentary</i>	20 2:00 Bingo or Card Player's Club -or- <i>Play February Trivia</i>
22 10:30 Natural Resources Club -or- <i>Bird Feeder Art Project</i> 2:00 Glee Club -or- <i>Family Memories & Photos</i>	23 10:30 Missions Club -or- <i>Read Inspirational Quotes</i> 2:00 S.O.M.E. Club -or- <i>Play Old Maid</i>	24 10:30 LOVE Club or UK Fan Club -or- <i>History of the Community</i> 2:00 Book Club -or- <i>Nursery Rhyme Memory Game</i>	25 10:30 Art or Hunting & Fishing Club -or- <i>A to Z game</i> 2:00 Bridge Club -or- <i>Play Scrabble</i>	26 10:30 S.O.L.V.E. Club -or- <i>ISpy</i> 2:00 Gardening Club -or- <i>Learn How to Knit</i>	27 2:00 Bingo or Card Player's Club -or- <i>Fact or Fiction</i>
29 10:30 Natural Resources Club -or- <i>Rhyming Game</i> 2:00 Glee Club -or- <i>End of Month 'Bea Bucks' Auction</i>					

Inside this issue:

Improvement	2
Foundation for Building Health	2
Dinner at Noon Calendar Menu	3
Tea and a Tale Time Menu	3
Mission Statement and Values	4
Hours of Operation and Fees	4

Special points of interest:

- ◆ Now accepting membership applications!
- ◆ Call for an appointment to begin member application process: 859 539 2147
- ◆ Tours given at 4:30 daily or by appointment.
- ◆ Let us hear from you! We want to know what you think!

Improvement

— Tires, like feet, are what you depend on to get you around safely

This article is one in a series that compares our bodies to our vehicles because in our culture, to this car and body owner, some people seem to spend more time and energy on their vehicles than they do on their health. Both require care and maintenance to perform well. Both require the intervention of a professional that has been trained to troubleshoot a problem with the vehicle or our body. Both require us to trust the professional because there is a knowledge discrepancy, which involves risk.

Our goal is to minimize the risk by maximizing the benefits of knowledge about both our vehicles and our bodies.

(Continued from last month)...We all know that maintaining a vehicle can be costly, but what's even worse is paying extra money when you could have dealt with a problem earlier. When you get new tires put on, there are several areas that your mechanic can easily get to while your car is on the lift with the tires off.

If you're having problems with your CV joints, tie rods, brakes or any suspension issues, now might be a good time to have some of those problems taken care of. Your auto shop will do an alignment on your vehicle when you get new tires put on, but if you have

bad shocks or other suspension problems, it could cause your new tires to wear out a lot faster than they should [source: Fogelson]. Before you know it you could be laying down more money for new tires that could be avoided if you had your suspension problems taken care of originally. If your shocks, struts and the alignment are all good to go, having your brakes changed before the tires are put on could save you some money. Many shops will charge a flat fee just for looking at your vehicle, but if you get multiple things fixed on the car at the same time, you're only charged once. So if you know your brakes are bad, or that CV joint is clicking loudly when you turn, consider having the work done while you're getting the tires put on. You'll eliminate future problems and you'll save a few dollars in the long run.

Have a trusted mechanic or friend inspect the car to determine what you may need to have fixed. If you can eliminate a suspension problem, you'll help your tires last longer and keep yourself safer on the road at the same time. It's easier than ever to find reviews of products before you buy them and tires are no different. Although it may not be as exciting as reading other reviews, doing a little research on your tire purchase can help you get exactly what you want.

Look for information about how the tire

may help fuel economy, how long the tire has lasted for other people, how much road noise it makes, how well it handles, and if there are any known problems or potential recalls. Subscription services like Consumer Reports will break the tire down into categories such as dry braking, wet braking, hydroplaning, tread life, ride comfort and others [source: Consumer Reports]. Information like this will give you a good perspective on the quality of the tire you're purchasing. Compare several types of tires and find the one that matches your needs as well as your budget.

Not all tires will perform the same way when it comes to hydroplaning, braking, cornering, etc. Reading what others have experienced or what experts say about a specific tire will help you make an informed decision when you purchase your tires. Keep in mind that the most expensive tire may not be the best one available.

TO BE CONTINUED

...by [Mark Bilek](#) and [Christopher Neiger](#)
<http://auto.howstuffworks.com/buying-selling/cg-tire-buying-tips.htm#page=1>

How is Your Nutrition Foundation for Building Health?

As explained in the recent New York Times Magazine piece, "The Extraordinary Science of Addictive Food", many of our favorite supermarket snacks are made with the "perfect" amounts of added sugar, salt, fat, and other chemicals designed to make us want more. But you can steer clear of processed food by eating as many healthy, whole foods as possible, and the less junk food you eat, the less you want. Try the following tips and

see if they work for you. Here is tip #8 in a series of 8 tips:

Adam Melonas, renowned chef and founder of [UNREAL candy](#) (along with Nicky Bronner, a 15-year-old determined to "unjunk candy") shared this smart tip: "If you can make people chew more, they'll eat less." Next time you sneak in a treat, chew slowly and consciously. Wait until you finish one bite to take the next. Savor

the flavor. Another tip is to eat snack foods that have a lot of fiber and require more chewing, increasing the satisfaction factor, like pop-corn. Just make sure your chewy snack is not soaked in butter or other high calorie toppings!

<http://www.rd.com/slideshows/8-ways-to-train-your-brain-to-hate-junk-food/#slideshow>



February Menu

M-F 12:00 Dinner at Noon

Sat. 3:30 A Meal and a Movie



Mon	Tue	Wed	Thu	Fri	Sat
<p>1 <i>Chicken Strips/with choice of dips</i> <i>French Fries</i> <i>Broccoli</i> <i>Biscuit & Strawberry-Topping w/cream</i></p>	<p>2 <i>Chinese shrimp stir-fry</i> <i>White rice</i> <i>Broccoli</i> <i>Crab Rangoon</i> <i>Fortune cookies</i></p>	<p>3 <i>Swiss Style Beef Pattie</i> <i>Mashed Potatoes</i> <i>Squash w/Tomatoes</i> <i>Whole Wheat Bread</i> <i>Pears</i></p>	<p>4 <i>Roast Chicken</i> <i>Stuffing and Gravy</i> <i>Green Beans</i> <i>Yeast Rolls</i> <i>Mandarin Oranges</i></p>	<p>5 <i>Sloppy Joe</i> <i>Pinto Beans</i> <i>Chuckwagon Corn</i> <i>Hamburger Bun</i> <i>Strawberry Gelatin</i></p>	<p>6 <i>Tuna Salad Sandwiches</i> <i>Mandarin Orange</i> <i>Green Salad w/dressing</i> <i>Pretzels</i> <i>Fresh Fruit & Dip</i></p>
<p>8 <i>Turkey Sausage</i> <i>Onions & Peppers</i> <i>Green Peas</i> <i>O'Brien Potatoes</i> <i>Hot Dog Bun</i> <i>Pears</i></p>	<p>9 <i>Hamburger</i> <i>American Cheese</i> <i>Lettuce/Tomato/Onion</i> <i>Baked Beans</i> <i>Hamburger</i> <i>Peach Cobbler</i></p>	<p>10 <i>Slow Roasted Pork</i> <i>Golden Brown Home Fries</i> <i>Lightly Steamed Broccoli</i> <i>Rolls</i> <i>Spiced Applesauce</i></p>	<p>11 <i>Chicken Breast</i> <i>Mushroom Gravy</i> <i>Scalloped Potatoes</i> <i>Italian Blend Vegetables</i> <i>Whole Wheat Bread</i> <i>Fresh Orange</i></p>	<p>12 <i>Rainbow Trout</i> <i>Tossed Salad</i> <i>Tri Color Bean Salad</i> <i>Whole Wheat Bread</i> <i>Pineapple Tidbits</i> <i>Ranch Dressing</i></p>	<p>13 <i>Roast Beef Sandwiches</i> <i>Waldorf Salad</i> <i>Potato Chips</i> <i>Fruit Yogurt</i></p>
<p>15 <i>Sliced Ham w/peach ginger sauce</i> <i>White Beans</i> <i>Seasoned Collard Greens</i> <i>Cornbread</i></p>	<p>16 <i>Spaghetti Marinara</i> <i>Garden Salad/ranch dressing</i> <i>Savory Peas</i> <i>Garlic Bread</i></p>	<p>17 <i>BBQ Chicken Salad, with ranch dressing</i> <i>Farmhouse Fries</i> <i>Glazed Carrots</i> <i>Rolls</i></p>	<p>18 <i>Country Fried Steak</i> <i>Green Garden Salad</i> <i>Baked Potatoes</i> <i>Corn niblets</i> <i>Pumpkin Bread</i></p>	<p>19 <i>Turkey Breast Slices</i> <i>Stuffing</i> <i>Cranberry Salad</i> <i>Mashed Potatoes/Gravy</i> <i>Green Beans</i> <i>Rolls</i></p>	<p>20 <i>Ham Sandwiches</i> <i>Cottage Cheese</i> <i>Garden Tomatoes</i> <i>Fresh Fruit Mix</i></p>
<p>22 <i>Slow Roasted Pot Roast</i> <i>Mashed Potatoes/Gravy</i> <i>Baby Glazed Carrots</i> <i>Wheat Roll</i> <i>Peaches</i></p>	<p>23 <i>Cranberry Pecan</i> <i>Chicken Salad w/sweet Italian dressing</i> <i>Macaroni and Cheese</i> <i>Banana Nut Bread</i></p>	<p>24 <i>Chicken & Dumplings</i> <i>Green Beans</i> <i>Biscuit</i> <i>Fresh Fruit</i></p>	<p>25 <i>Broccoli and Cheddar Soup</i> <i>Baked Potato</i> <i>Garden Salad</i> <i>Whole Wheat Rolls</i> <i>Bananas</i></p>	<p>26 <i>Spaghetti Marinara</i> <i>Garden Salad/ranch dressing</i> <i>Savory Peas</i> <i>Garlic Bread</i></p>	<p>27 <i>Egg Salad Sandwiches</i> <i>Potato Chips</i> <i>Broccoli Salad</i> <i>Peaches</i></p>
<p>29 <i>Grilled Chicken</i> <i>Breast w/ BBQ sauce</i> <i>Home Fries</i> <i>Wheat Rolls</i> <i>Green Beans</i> <i>Pears /Cottage Cheese</i></p>					

TEA & A TALE TIME

Each day our afternoon tea is a time of refreshment and re-energizing with a snack and a beverage. We also cheer ourselves up with a tall tale or two! Have you heard this one? My high-school English teacher was well known for being a fair, but hard, grader. One day I received a B minus on a theme paper. In hopes of bettering my grade and in the spirit of the valentine season, I sent her an ex-

travagant heart-shaped box of chocolates with the pre-printed inscription: "BE MINE." The following day, I received in return a valentine from the teacher. It read: "Thank you, but it's still BE MINE-US."

On Mondays we have a variety of seasonal fruit and cheeses. Tuesdays we have chips or crackers and dips. Wednesdays we have

cookies and yogurt. Thursdays we have different kinds of egg rolls or wraps.

Fridays we have a kind of kabob (lots of yummy treats can be skewered). Come Join Us!



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Aging With Grace® is the newsletter of Aging With Grace, Aging In Place —The Health Club for Seniors

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Our Mission:

Grace Place exists to IMPROVE your health and quality of life. Grace Place will provide services, in compliance with federal and state statutes, to all eligible participants regardless of age, color, creed, disability, ethnicity, gender, marital status, national origin, race, religion, or sexual orientation.

Our Values:

Respect: Grace Place respects you. You are a unique individual with dignity and a valuable history.

Appreciation: Grace Place knows we are employed because you are here. We are thankful for your patronage.

Sacrifice and Service: Grace Place wants to serve you. We will put your needs above our own.

Grace: Grace Place acknowledges that everyone requires unmerited favor at some time in our lives, and therefore we will bestow grace to all. We will treat others as we would like to be treated.



WE ARE OPEN:
Monday through Friday
from 7:30 until 6:00
Saturdays from 12:00 to
6:00

We are closed on Sundays, New Year's Day, The Fourth of July, and Christmas Day. If those holidays fall on a Sunday, we will not be closed for a 'make-up' day.

Days and Hours of Operation

You can count on us to be here, rain or shine, or even in snow, sleet, hail and ice storms (as long as our parking lot can be cleared of snow and ice for safety's sake—please check local TV stations WKYT and WLEX for delayed openings and closings under BUSINESSES).

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