



Aging With Grace®

The Official Newsletter

Filled with monthly activities, menus, health tips and information

Volume 5, Issue 4

April 2018

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April

Activities from 9:30-10:30am and 1-2pm Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
2 9:30 Natural Resources Club –or– Reconciliation Day 1:00 Glee Club –or– National Peanut Butter & Jelly Day	3 9:30 On a Mission Club –or– National Find a Rainbow Day 1:00 S.O.M.E. Club –or– National Weed Out Hate Day	4 9:30 UK Fan Club –or– National Walking Day 1:00 Book Club –or– National Carrot Day	5 9:30 Art Club –or– Defeat Diabetes Month 1:00 Sportsman’s Club –or– Read a Road Map Day	6 9:30 S.O.L.V.E. Club –or– National Card and Letter Writing Month 1:00 Gardening Club –or– Fresh Tomato Day	7/8 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club
9 9:30 Natural Resources Club –or– Winston Churchill Day 1:00 Glee Club –or– National Chinese Almond Cookie Day	10 9:30 On a Mission Club –or– International Be Kind to Lawyers Day 1:00 S.O.M.E. Club –or– Nat’l Siblings Day	11 9:30 U.K. Fan Club –or– Barbershop Quartet Day 1:00 Book Club –or– International Louie Louie Day	12 9:30 Art Club –or– National D.E.A.R Day 1:00 Sportsman’s Club –or– Walk on Your Wild Side Day	13 9:30 S.O.L.V.E. Club –or– Friday the Thirteenth 1:00 Gardening Club –or– International Dark Sky Week (April 15-21)	14/15 2:00 Bingo or Card Player’s Club
16 9:30 Natural Resources Club –or– National Orchid Day 1:00 Glee Club –or– National Coin Week (April 15-21)	17 9:30 On a Mission Club –or– Herbalist Day 1:00 S.O.M.E. Club –or– International Haiku Poetry Day	18 9:30 UK Fan Club –or– Pet Owners Independence Day 1:00 Book Club –or– World Amateur Radio Day	19 9:30 Art Club –or– National High Five Day 1:00 Sportsman’s Club –or– National Garlic Day	20 9:30 S.O.L.V.E. Club –or– Look Alike Day 1:00 Gardening Club –or– Chinese Language Day	21/22 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club
23 9:30 Natural Resources Club –or– English Language Day 1:00 Glee Club –or– National Park Week (April 21-29)	24 9:30 On a Mission Club –or– National Humor Month 1:00 S.O.M.E. Club –or– Chemists Celebrate Earth Week (April 22-28)	25 9:30 UK Fan Club –or– Denim Day 1:00 Book Club –or– National Telephone Day	26 9:30 Art Club –or– National Audubon Day 1:00 Sportsman’s Club –or– Richter Scale Day	27 9:30 S.O.L.V.E. Club –or– National Arbor Day 1:00 Gardening Club –or– Pampered Little Dog Day	28/29 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club
30 9:30 Natural Resources Club –or– National Occupational Therapy Month 1:00 Glee Club –or– National Honesty Day	<p>We love our members!</p> <p>Members choose what they would like to do while at the clubhouse!</p> <p>A pleasant place for napping is provided if members would rather rest than participate in activities and exercises.</p>				

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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!

WE ARE OPEN DAILY 7:30am to 6:00pm and other hours and times, including holidays, by appointment. Moving for Improving is 10:30-11:30 daily and Fun & Games are 2:30-3:30 daily. Please see website or whiteboard in clubhouse for each day’s description. Spa Treatments are for members only on a first signed up/first served basis from 10:30 to noon and from 2:00 to 3:30.

Improvement: Become A Precious Volunteer

Research shows that interaction with others is the most effective way to help our brains age with grace. We want to interact with you!

We need volunteers to help us with some of our club meetings.

On Monday afternoon we need someone that loves to sing to lead our Glee Club.

On Thursday afternoon we have Art Club...please come do a project with us!

On Fridays we are looking for someone to lead us in a gardening activity. We love to watch things grow.

Any hobby, pet, favorite experience, book, or craft you would like to share is always a joy for us.

Joys shared are joys doubled!

Our planned activities are built

around our scheduled club meetings and subjects of national days, weeks, and months, but we are flexible and will gladly accommodate your interests and schedule.

And if you would like to exercise with us as a volunteer, you will be doubly blessed (you will get the physical health benefits of a workout and you will feel gratified knowing you helped others).

Here are our Improving by Moving and Fun & Games times:

Monday

10:30 Walk/dance in chair to old time rock and roll to increase our endurance and energy level

2:30 Basketball

Tuesday

10:30 Total body workout with light weights following a proven

program led by a video instructor to increase our strength and immunity

2:30 Kickball

Wednesday

10:30 Stretching routine to increase our mobility and flexibility

2:30 Balloon Volleyball

Thursday

10:30 Total body workout with light weights following a proven program led by a video instructor to increase our strength and immunity

2:30 Hokey Pokey, The Macarena, Chicken Dance, Bunny Hop, YMCA and more

Friday

10:30 Balance training exercises to improve our balance

2:30 Corn Hole **Please come join us as a volunteer any time!**

Bee Well's Buzz on Health: Get More Oxygen!

We need the right kind and amount of oxygen to be healthy. Try to always breath through your nose. Please try these additional tips to get more oxygen into your body:

1. Open your windows. Fresh air will bring additional oxygen into your home and even if you are constantly breathing in oxygen through a cannula, whenever you talk or open your mouth fresh air containing higher oxygen levels can be drawn into your body. If you live in a smoggy area then you could consider investing in an air-filtration system.

2. Plants are the opposite of us as they take-in carbon dioxide and expel oxygen, so increasing the foliage and plants in your home will decrease the carbon dioxide and increase the oxygen levels in your home.

3. Aroma. Many of the chemical-filled candles and various other incense type products actually contain carcinogens. Better to burn all-natural beeswax candles to allow breathing in oxygen.

4. Even a small amount of exercise will help to improve your respiration ability, as your breathing rate increases and deepens your lungs can absorb more oxygen.

5. Increase your water intake. Water is made up of oxygen so by increasing your water consumption you can increase the amount of oxygen in your body.

6. Go Green. Eating more fresh, raw green juices is beneficial as they are full of vitamins and minerals which your body utilizes to aid in the uptake of oxygen.

7. Meditation or simply sitting quietly and focusing on your breathing and taking deep breaths for a few minutes can greatly help in reducing stress and improving your oxygen intake.

8. Target iron-rich foods such as meats, poultry, fish, legumes and green leafy vegetables as they can improve iron deficiency, which in turn improves blood oxygen levels.

9. A diet low in sodium can lead to increased oxygenation via the kidney and the blood.





April Dinner Menu

Dinner is from Noon To 1:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 <i>Vegetable and Chicken Stir Fry</i> <i>Brown Rice</i> <i>Egg Rolls</i> <i>Mandarin Oranges</i>	3 <i>Pepperoni Pizza</i> <i>Tossed Salad</i> <i>Corn and Green Beans</i> <i>Fresh Fruit</i>	4 <i>Grilled Chicken Breast</i> <i>Corn Medley</i> <i>Potatoes & Gravy</i> <i>Fruit Salad</i> <i>Rolls</i>	5 <i>New Orleans Pasta</i> <i>Tossed Salad</i> <i>Sliced Apples</i> <i>Garlic Bread</i>	6 <i>Cheesesteak Sub</i> <i>Fresh Carrots, Celery, Broccoli, Cauliflower</i> <i>Jello and Fruit</i>	7/8 <i>Ham Sandwiches</i> <i>Cottage Cheese</i> <i>Garden Tomatoes</i> <i>Fresh Fruit Mix</i>
9 <i>Meatballs/Marinara Spaghetti</i> <i>Mix Veggies</i> <i>Mixed Fruit</i> <i>Garlic Toast</i>	10 <i>Stuffed Peppers</i> <i>Spring Mix Salad</i> <i>Sautéed Cabbage</i> <i>Tropical Fruit</i> <i>Whole Wheat Bread</i>	11 <i>Chicken Alfredo</i> <i>Pasta Fettucine</i> <i>Green Beans</i> <i>Pears</i> <i>Whole Wheat Bread</i>	12 <i>Beef Chili</i> <i>House Salad</i> <i>Baked Potato</i> <i>Corn Muffins</i> <i>Peaches</i>	13 <i>Cheese Burgers</i> <i>Oven Roasted Wedges</i> <i>Lettuce, Tomato, Onions, Pickle Spears</i> <i>Whole Wheat Bun</i>	14/15 <i>Roast Beef Sandwiches</i> <i>Potato Salad</i> <i>Fruit Cup</i> <i>Yogurt</i>
16 <i>Chicken Pot Pie</i> <i>House Salad</i> <i>Whole Wheat Bread</i> <i>Fresh Fruit</i>	17 <i>Beer Battered Shrimp</i> <i>French Fries</i> <i>Coleslaw</i> <i>Fresh Fruit</i> <i>Whole Wheat Bread</i>	18 <i>Chili Dog With Cheese</i> <i>Potato Salad</i> <i>Carrot Sticks</i> <i>Fresh Fruit</i>	19 <i>Grilled Salmon</i> <i>Rice</i> <i>Green Beans</i> <i>Texas Toast</i> <i>Sliced Tomatoes</i>	20 <i>Chicken Livers</i> <i>Hash Brown Casserole</i> <i>Brussel Sprouts</i> <i>Applesauce</i> <i>Whole Wheat Bread</i>	21/22 <i>Tuna Salad Sandwiches</i> <i>Mandarin Orange</i> <i>Green Salad w/dressing</i> <i>Pretzels</i>
23 <i>Baked Potato Soup</i> <i>Lima Beans</i> <i>House Salad</i> <i>Whole Wheat Bread</i> <i>Fruit</i>	24 <i>Scratch Burgers</i> <i>Potato Salad</i> <i>Baked Beans</i> <i>Whole Wheat Bun</i> <i>Oranges</i>	25 <i>BBQ Baby Back Ribs</i> <i>Cole Slaw</i> <i>Baked Potato</i> <i>Whole Wheat Bread</i> <i>Peaches</i>	26 <i>Lemon Pepper Fish</i> <i>Tossed Salad</i> <i>Rice</i> <i>Sweet Potato</i> <i>Whole Wheat Bread</i>	27 <i>Roast Beef</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Whole Wheat Bread</i> <i>Fruit</i>	28/29 <i>Egg Salad Sandwiches</i> <i>Yogurt</i> <i>Green Salad w/dressing</i> <i>Chech Mix</i>
30 <i>Pork Chop</i> <i>Hash Brown Casserole</i> <i>Brussel Sprout Salad</i> <i>Fruit</i> <i>Corn Muffins</i>			Dinner At Noon is served with 8oz of milk and water, choice of coffee or hot or cold tea.		

Dinner....Did You Know...?

We have a routine that begins at 11:30. First, we put the tables and chairs back after exercising. Then, uplifting instrumental music and beautiful pictures are put on the big screen television in the Linton Lounge (the space we use as the dining room). Next, the tables are set with tablecloth, chargers, knife, fork, spoon, and paper and cloth napkins. The hand sanitizer is passed. Then the milk is poured and placed on the

table. The dining director asks each member if they would like tea or coffee with their meal and makes sure each member has water in front of them. Then the music is muted, signifying it is time to pause to be thankful. After that the salad or fruit is served with the bread, followed by the main course. As the disposables are cleared after the meal, the dining director asks if

the members would like more tea or coffee. Please come join us!





March Breakfast Menu

Continental Breakfast 8-9



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 <i>Oatmeal W/ Add Ins</i>	3 <i>Flavored Grits Boiled Egg</i>	4 <i>Pancakes Fresh Fruit</i>	5 <i>Waffles Applesauce</i>	6 <i>Hash Browns Boiled Egg</i>	7/8 <i>Cereal Fresh Fruit Mix</i>
9 <i>Pancakes Fresh Fruit</i>	10 <i>Blueberry Muffin Mixed Fruit</i>	11 <i>French Toast Fresh Fruit</i>	12 <i>Whole Wheat English Muffin Fruit</i>	13 <i>Flavored Grits Sausage Patty</i>	14/15 <i>Cereal Fresh Fruit Mix</i>
16 <i>Boiled Egg Toast</i>	17 <i>Whole wheat Bagel Cream Cheese Oranges</i>	18 <i>Hash Browns Boiled Egg</i>	19 <i>Oatmeal Fruit</i>	20 <i>Banana Muffin Boiled Egg</i>	21/22 <i>Cereal Fresh Fruit Mix</i>
23 <i>Waffles Banana</i>	24 <i>Toast Fresh Pineapples</i>	25 <i>Oatmeal Fruit</i>	26 <i>Blueberry Muffin Mixed Fruit</i>	27 <i>Whole Wheat English Muffin Fruit</i>	28/29 <i>Cereal Fresh Fruit Mix</i>
30 <i>Cinnamon Toast Fresh Fruit Mix</i>		<div style="border: 2px solid green; padding: 5px; background-color: yellow;"> <p>Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.</p> </div>			

Breakfast...A Time to Contemplate

Breakfast at Aging With Grace is a quiet time...a time to prepare for the day. We love the smell of hot coffee brewing as we make preparations for the activity that follows breakfast. We have a local morning paper available for members to look over at their leisure. Other members prefer to work a crossword or a word search. Still others like reading a morning scripture or devotional. And some just look at the pretty pictures on the big

screen television that is hooked up to the internet as they drink their beverage. We love to find a beautiful video to watch and good music (usually oldies but goodies) to listen to as we slowly wake up each morning. Not every member who comes in the morning eats with us, but we always encourage the consumption of liquids and make sure each member has bottled water in front of them as soon as they



come in and throughout the day. We love our members and know that it is good for them to drink enough water.

Please Come Join Us!



March Tea & A Tale Time Menu

Tea & A Tale Time 3:30 To 4:30

YUM



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 <i>Peanut Butter and Jelly Hors d'oeuvres</i>	3 <i>Deviled Eggs Crackers</i>	4 <i>Olives and Cheese and Crackers</i>	5 <i>Boiled Eggs Celery and Carrot Sticks</i>	6 <i>Fresh Pineapple And Ham Kabobs</i>	7/8 <i>Soft Pretzels and Cheese Dip</i>
9 <i>Fresh Fruit & Cheese</i>	10 <i>Cottage Cheese and Fruit</i>	11 <i>Pimento Cheese Sandwiches</i>	12 <i>Chicken Salad Sandwich</i>	13 <i>Mozzarella Balls Basil Leaves Grape Tomatoes</i>	14/15 <i>Deviled Eggs Crackers</i>
16 <i>Cheese & Crackers Fruit</i>	17 <i>Peanut Butter and Crackers Apple Slices</i>	18 <i>Chicken Salad Sandwich</i>	19 <i>Cottage Cheese, Peaches</i>	20 <i>Cheese Blocks and Apple Wedges</i>	21/22 <i>Fresh Fruit Mix Peanut Butter Crackers</i>
23 <i>Cheese, Crackers Applesauce</i>	24 <i>Fresh Veggies and Ranch Dip and nuts</i>	25 <i>Egg Salad Sandwich</i>	26 <i>Cottage Cheese Pineapple</i>	27 <i>Dried Figs Dried Apricots Pita Bread with Cream Cheese</i>	28/29 <i>Cheese & Crackers</i>
30 <i>Fresh Fruit & Cheese</i>					

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 jokes and funny stories. Have you heard these?

* You can't stay young forever, but you can be immature for the rest of your life.

* Forget health food. I'm at an age where I need all the preservatives I can get.

* If there's no chocolate in

Heaven, I'm not going.

* I would be unstoppable... if I could just get started.

* The quickest way for a parent to get a child's attention... is to sit down and look comfortable.

* I live in my own little world. But it's okay-- they know me here.

* There's a lot to be thankful for -- if you take time to look for it. For example, I am sitting here thinking how nice it is that

wrinkles don't hurt.

* Spread the laughter, share the cheer... Let's be happy while we're here (From Jane Seabrook's *Furry Logic* books)



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**Make happy memories
and feel better!**



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

**A new way for seniors to make the most of life
by aging gracefully here at our clubhouse
and/or at your house with Aging With Grace's
Help At Home Services. We are Kentucky State
Licensed.**

Our Mission:

**AGING WITH GRACE EXISTS TO IMPROVE YOUR
HEALTH AND QUALITY OF LIFE.** Aging With Grace will provide
services, in compliance with federal and state statutes, to all eligible par-
ticipants regardless of age, color, creed, disability, ethnicity, gender, mar-
ital status, national origin, race, religion, or sexual orientation.

Our Values:

Respect: Aging With Grace respects you. You are a unique
individual with dignity and value.

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

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

Grace: We will treat others as we would like to be treated.

Days and Hours of Operation, Fees



**WE ARE OPEN:
Monday through
Friday
7:30am to 6:00pm**

**All other hours
and days
(including
holidays)
are by
appointment.**

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 station
WKYT for delayed open-
ings under BUSINESSES.

Hourly Fees: \$14

**(includes everything but
personal supplies)
Full Time Members have
a discounted rate of
\$73 per day**

**All potential members
pay \$100 for a Wellness
Consultation which
includes a Wellness Map**

*After becoming a member,
there is a yearly
\$100 membership fee.*