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tips and useful
information

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				HAPPY NEW YEAR!	2 2:00 Bingo or Card Player's Club -or- <i>Make Shadow Box of Favorite Items</i>
4 10:30 Natural Resources Club -or- <i>Play New Year Bingo</i> 2:00 Glee Club - or- <i>The Ginny Wiley Story</i>	5 10:30 Missions Club -or- <i>History of KY Discussion</i> 2:00 S.O.M.E. CLUB - <i>Bring Favorite Book</i>	6 10:30 L.O.V.E. Club or UK Fan Club -or- <i>Winter Works of Art</i> 2:00 Book Club-or- <i>Share Favorite Winter Memories</i>	7 10:30 Art Club/ Hunting & Fish- ing Club -or- <i>Current Events</i> 2:00 Bridge Club - <i>Play Scrabble</i>	8 10:30 SOLVE Club -or- <i>True/ False KY Facts Game</i> 2:00 Gar- dening Club -or- <i>Name That Tune</i>	9 2:00 Bingo or Card Player's Club -or- <i>Truth or Dare Game</i>
11 10:30 Natural Resources Club - or- <i>Family Tree Poster</i> 2:00 Glee Club -or- <i>Finger Painting for Grown Ups</i>	12 10:30 Mis- sions Club -or- <i>Play Charades</i> 2:00 SOME Club -or- <i>Group Crossword Puzzle</i>	13 10:30 L.O.V.E. Club or UK Fan Club -or- <i>Wii Game</i> 2:00 Book Club -or- <i>Jewelry making</i>	14 10:30 Art Club or Hunting & Fishing Club-or- <i>Play Monopoly</i> 2:00 Bridge Club -or- <i>Read Old News- paper Articles</i>	15 10:30 SOLVE Club -or- <i>Healthy Eat- ing Tips</i> 2:00 Gardening Club - <i>History of Lexington</i>	16 2:00 Bingo or Card Player's Club -or- <i>Movie Day</i>
18 10:30 Natu- ral Resources Club -or- <i>Scav- enger Hunt</i> 2:00 Glee Club -or- <i>Write Letter to Family Member</i>	19 10:30 Mis- sions Club -or- <i>Clip Coupons for Donating</i> 2:00 S.O.M.E. Club -or- <i>Deco- rate Cookies</i>	20 10:30 LOVE Club or UK Fan Club -or- <i>String Cheerios, etc. for Birds</i> 2:00 Book Club -or- <i>Winter Poetry</i>	21 10:30 Art or Hunting & Fish- ing Club -or- <i>Color Mixing Ac- tivity</i> 2:00 Bridge Club -or- <i>Name the Presidents Game</i>	22 10:30 Solve Club - or- <i>Ball Toss</i> 2:00 Re- sources club -or- <i>Word Scramble</i>	23 2:00 Bingo or Card Player's Club -or- <i>Play Hangman</i>
25 10:30 Natural Resources Club - or- <i>Colored Pencil Art</i> 2:00 Glee Club -or- <i>Brain Games</i>	26 10:30 Mis- sions Club -or- <i>Snowmen and Snowwomen</i> 2:00 SOME Club -or- <i>Identi- fy States on Map</i>	27 10:30 LOVE Club or UK Fan Club -or- <i>Kentucky Wildlife</i> 2:00 Book Club -or- <i>Share Favor- ite Vacation</i>	28 10:30 SOLVE Club -or- <i>Sing Old Songs</i> 2:00 Gardening Club -or- <i>Play Dominos</i>	29 10:30 Bridge club -or- <i>Vege- table Game</i> 2:00 Natural resources club - or- <i>How to Use Social Media</i>	30 2:00 Bingo or Card Player's Club -or- <i>Make Picture Frame</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 mem-
bership applications!
- ◆ Call for an appoint-
ment to begin member
application process:
859 539 2147
- ◆ Tours given at 4:30
daily or by appoint-
ment.
- ◆ 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)...If you buy an average all-season tire, you can probably expect it to last several years under normal driving conditions and even longer depending on what road conditions you encounter, how you drive and what type of tire you purchase.

Next, we'll learn why it's a good idea to use the manufacturer recommended size and tire type.

We mentioned earlier that vehicle

manufacturers often have a recommended tire size and type for each vehicle. This recommendation is based on the size, weight, load capacity, off-road capability and steering for your specific vehicle. Changing the tire size and type could impact the handling of your vehicle. We talked about how plus sizing a tire can change certain aspects of your driving experience.

Changing the tire size can also affect your speedometer reading. For many cars, the speedometer reading is based on one full revolution of the tire on your vehicle. If the tire size is changed, then the time it takes a tire to make one full revolution will increase [source: Yahoo Autos]. Since the speedometer rating is calibrated for only one length of rotation, a newer tire that is larger will inhibit the speedometer from reading the correct speed of the vehicle.

If you have an electronic automatic transmission, changing your tire size can also impact the timing of your shifts [source: Yahoo Autos]. This may impact your fuel mileage, uphill and downhill transmission changes as well as the general shift timing.

Downsizing your vehicle's tires can also have negative effects as well. It's obvious that the tires on your vehicle are keeping it up off of the ground. Well, the size of those tires is part of the reason why the car doesn't come crashing down. If you tried to put a smaller size tire on your vehicle, you would be adding additional stress to the tire that it may not be able to handle. A smaller sized tire may need a different wheel rim to handle the changes.

You can change the size of the tires on your vehicle but these problems must be factored in and adjustments made so that the vehicle will function correctly with the new tires. Changing the tire diameter or the aspect ratio is possible if you can maintain the correct load capacity and adjust other potential problems, like the speedometer [source: Yahoo Autos].

Next month, find out what you should ask your mechanic to check when you buy a new set of tires.....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 #7 in a series of 8 tips. One surefire way to consume less processed food is to learn more about what you're really eating. Here are a few that make us cringe: Those frozen "grilled chicken" breasts get their marks from a machine infused with vegetable oil. The preservative BHA is added to processed food like Tang, Kool

Aid, and breakfast sausage even though Health and Human Services consider it a likely carcinogen. The vitamin D3 added to many yogurt brands is manufactured from sheeps's grease. And the "natural flavor" in BBQ Baked Lays is made with milk and chicken powder.

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



January Menu

M-F 12:00 Dinner at Noon

Sat. 3:30 A Meal and a Movie



Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Sloppy Joe</i> <i>Pinto Beans</i> <i>Chuckwagon Corn</i> <i>Hamburger Bun</i> <i>Strawberry Gelatin</i>	2 <i>Tuna Salad Sandwiches</i> <i>Mandarin Orange</i> <i>Green Salad w/dressing</i> <i>Pretzels</i> <i>Fresh Fruit & Dip</i>
4 <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>	5 <i>Hamburger</i> <i>American Cheese</i> <i>Lettuce/Tomato/Onion</i> <i>Baked Beans</i> <i>Hamburger</i> <i>Peach Cobbler</i>	6 <i>Slow Roasted Pork</i> <i>Golden Brown Home</i> <i>Fries</i> <i>Lightly Steamed</i> <i>Broccoli</i> <i>Rolls</i> <i>Spiced Applesauce</i>	7 <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>	8 <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>	9 <i>Roast Beef Sandwiches</i> <i>Waldorf Salad</i> <i>Potato Chips</i> <i>Fruit Yogurt</i>
11 <i>Sliced Ham w/peach</i> <i>ginger sauce</i> <i>White Beans</i> <i>Seasoned Collard</i> <i>Greens</i> <i>Cornbread</i>	12 <i>Spaghetti Marinara</i> <i>Garden Salad/ranch</i> <i>dressing</i> <i>Savory Peas</i> <i>Garlic Bread</i>	13 <i>BBQ Chicken Salad,</i> <i>with ranch dressing</i> <i>Farmhouse Fries</i> <i>Glazed Carrots</i> <i>Rolls</i>	14 <i>Country Fried Steak</i> <i>Green Garden Salad</i> <i>Baked Potatoes</i> <i>Corn niblets</i> <i>Pumpkin Bread</i>	15 <i>Turkey Breast Slices</i> <i>Stuffing</i> <i>Cranberry Salad</i> <i>Mashed Potatoes/Gravy</i> <i>Green Beans</i> <i>Rolls</i>	16 <i>Ham Sandwiches</i> <i>Cottage Cheese</i> <i>Garden Tomatoes</i> <i>Fresh Fruit Mix</i>
18 <i>Slow Roasted Pot Roast</i> <i>Mashed Potatoes/Gravy</i> <i>Baby Glazed Carrots</i> <i>Wheat Roll</i> <i>Peaches</i>	19 <i>Cranberry Pecan</i> <i>Chicken Salad w/sweet</i> <i>Italian dressing</i> <i>Macaroni and Cheese</i> <i>Banana Nut Bread</i>	20 <i>Chicken & Dumplings</i> <i>Green Beans</i> <i>Biscuit</i> <i>Fresh Fruit</i>	21 <i>Broccoli and Cheddar</i> <i>Soup</i> <i>Baked Potato</i> <i>Garden Salad</i> <i>Whole Wheat Rolls</i> <i>Bananas</i>	22 <i>Spaghetti Marinara</i> <i>Garden Salad/ranch</i> <i>dressing</i> <i>Savory Peas</i> <i>Garlic Bread</i>	23 <i>Egg Salad Sandwiches</i> <i>Potato Chips</i> <i>Broccoli Salad</i> <i>Peaches</i>
25 <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>	26 <i>Fish and baked potatoes</i> <i>Cole Slaw</i> <i>Okra</i> <i>Hush puppies</i>	27 <i>Chicken Strips/with</i> <i>choice of dips</i> <i>French Fries</i> <i>Broccoli</i> <i>Biscuit & Strawberry-</i> <i>Topping w/cream</i>	28 <i>Chinese shrimp</i> <i>stir-fry</i> <i>White rice</i> <i>Broccoli</i> <i>Crab Rangoon</i> <i>Fortune cookies</i>	29 <i>Roast Chicken</i> <i>Stuffing and Gravy</i> <i>Green Beans</i> <i>Yeast Rolls</i> <i>Mandarin Oranges</i>	30 <i>Swiss Style Beef</i> <i>Pattie</i> <i>Mashed Potatoes</i> <i>Squash w/Tomatoes</i> <i>Whole Wheat Bread</i> <i>Pears</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 a tall tale or two! Have you heard this one? A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and

she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family." On Mondays we have a variety of seasonal fruit and nuts. Tuesdays we have chips and dips or crackers and cheeses. 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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We're On the
Web
www.agingwithgraceinfo.org

**The Best Choice for
Living a Long and
Happy Life!**



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

It is a new way for seniors to make the most of life by aging gracefully in a country club and spa like atmosphere.

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.

Days and Hours of Operation



WE ARE OPEN:
Monday through Friday
from 7:30 until 6:00
Saturdays from 12:00 to
6:00
We are closed on Sundays.

We will only close on the holidays of 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.

You can count on us to be here, rain or shine, or even in snow, sleet, hail and ice storms.

We believe in commitment and dependability and know you do too!

Hourly Fees: \$13

Full Time Members have a discounted rate of \$65 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.