



The Official Newsletter

Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 4, Issue 3

March 2017

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March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<h3>We love our members!</h3>		1 9:30 L.O.V.E. Club or <i>or-National Horse Protection Day 1:00</i> Book Club- <i>or-Refired, Not Retired Day</i>	2 9:30 Art Club- <i>or-Humorists Are Artists Month Activity 1:00</i> Hunting and Fishing Club - <i>or-NEA Read Day</i>	3 9:30 S.O.L.V.E. Club - <i>or-World Wildlife Day 1:00</i> Gardening Club- <i>or-Nat'l Cheerleading Week Cheers</i>	4/5 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club
6 9:30 Natural Resources Club - <i>or-Celebrate Your Name Week 1:00</i> Glee Club - <i>or-Fun Facts About Names Day</i>	7 9:30 On a Mission Club - <i>or-Peace Corps Day 1:00</i> S.O.M.E. CLUB - <i>or-Unique Names Day</i>	8 9:30 UK Fan Club - <i>or-HeForShe Arts Week 1:00</i> Book Club- <i>or-Discover What Your Name Means Day</i>	9 9:30 Art Club- <i>or-NameTag Day 1:00</i> Hunting and Fishing Club - <i>or-Optimism Month</i>	10 9:30 S.O.L.V.E. Club - <i>or-Spiritual Wellness Month 1:00</i> Gardening Club - <i>or-Middle Name Pride Day</i>	11/12 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club
13 9:30 Natural Resources Club - <i>National Open An Umbrella Indoors Day 1:00</i> Glee Club - <i>Smart and Sexy Day</i>	14 9:30 On a Mission Club - <i>or-Moth-er Day 1:00</i> S.O.M.E. Club - <i>or-Pi Day</i>	15 9:30 L.O.V.E. Club - <i>or-Ideas of March 1:00</i> Book Club - <i>or-True Confessions Day</i>	16 9:30 Art Club - <i>or-Brain Awareness Month 1:00</i> Hunting & Fishing Club - <i>or-National Women's History Month</i>	17 9:30 S.O.L.V.E. Club <i>or-Freedom of Information Day 1:00</i> Gardening Club - <i>or-St. Patrick's Day</i>	18/19 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club
20 9:30 Natural Resources Club - <i>or-International Day of Happiness 1:00</i> Glee Club - <i>or-Spring Begins</i>	21 9:30 On a Mission Club - <i>or-World Poetry Day 1:00</i> S.O.M.E. Club - <i>or-International Day of Forests Fun Facts</i>	22 9:30 UK Fan Club - <i>or-National Goof Off Day 1:00</i> Book Club - <i>or-As Young As You Feel Day</i>	23 9:30 Art Club- <i>or-National Puppy Day 1:00</i> Hunting & Fishing Club - <i>or-World Folk Tales and Fables Week</i>	24 9:30 S.O.L.V.E. Club- <i>or-Act Happy Week 1:00</i> Gardening Club- <i>or-Wellderly Week: Celebrating Seniors Who Never Act Their Age</i>	25/26 OPEN BY APPOINTMENT March Madness Special on March 25: Free Day 10-6 with R.S.V.P. 859 539 2147
27 9:30 Natural Resources Club - <i>or-Int'l Whiskey Day 1:00</i> Glee Club - <i>or-Quirky Country Music Song Titles Day</i>	28 9:30 On a Mission Club - <i>or-American Diabetes Association Alert Day 1:00</i> S.O.M.E. Club- <i>or-National Craft Month Project</i>	29 9:30 UK Fan Club - <i>or-Nat'l Mom and Pop Business Owners Day 1:00</i> Book Club - <i>or-Whole Grain Sampling Day</i>	30 9:30 Art Club- <i>or-Grass Is Always Browner on the Other Side of Fence Day 1:00</i> Hunting & Fishing Club - <i>or-Doctor's Day</i>	31 9:30 S.O.L.V.E. Club- <i>or-Nat'l She's Funny That Way" Day 1:00</i> Gardening Club- <i>or-Int'l Hug a Medievalist Day</i>	<h3>Come Join Us and Be Loved!</h3>

Inside this issue:

- Improvement: Let's Improve the Finish on Our Car 2
- Kyra's Korner—Hand Washing Tips 2
- Dinner at Noon Calendar Menu 3
- Tea and a Tale Time Menu 3
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- 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!

WE ARE OPEN DAILY 7:30am to 6:00pm and on Sat. and Sun. by appointment. The locations of the morning and afternoon Club Meetings and Guest Speakers and/or Entertainers for the day are written on the white board in the foyer. The type of morning and afternoon Exercise Sessions are written there too. Spa Treatments are available from 9:00 to 10:30 and from 1:00 to 2:30.

Improvement— The finish on a vehicle, like skin, is what protects what lies beneath

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's article taken from Best-Auto-Detailing-Tips.com..... Q.- I HEARD SOME CAR CLEAR COATS ARE VERY SOFT AND REQUIRE SPECIAL PRODUCTS?

A. Once again, much ignorance and bad information exist. The fact is that any true expert will tell you that working on car paint is a case by case judgement call regarding product choice and technique. When it comes to washing and waxing your car, it really doesn't matter past common sense practices of car washing and waxing. When it comes to us-

ing car buffers, car polishes, or paint correction processes, then it matters, but this is in the hands of the person behind the polisher. Just like every other area of life, not all things are created equal. So you have all different formulations with regards to clear coats; some may in fact be what would be considered harder or softer clear coats. Any seasoned detailer will have to make a determination as to the best way to achieve the desired results and this detailer will have to choose the appropriate polishes, polish pads, speed settings, pressure, etc., etc. If you visit any of the car forums you will hear the endless debate regarding soft or hard clear coats and the opinions of these many "experts". The reality is that most car forums are filled with people giving advice with very little real-world experience.

Q.- WHAT IS MEANT BY CLEAR COAT FAILURE?

A. Depends. (I hate that answer also) But it seriously depends and is a case by case answer. It happens to be a term that many people like to casually throw around because it has the "cool factor". Meaning, it sounds cool to refer to something mundane like clear coat in way that sounds more exciting and unique; hence, clear

coat failure. So to answer the question, clear coat failure can be a number of things and can take on different appearances. Overall, clear coat failure is nothing more than an ambiguous label for a variety of problems:

Clear coat becoming so dry and weathered due to lack of proper care and maintenance.

Clear coat literally flaking and peeling due to faulty preparation as part of the painting process done at the factory.

Clear coat flaking or peeling due to unstable, poorly engineered primers, paints, clear coats, etc. If anyone of these layers is engineered with poor ingredients, it can cause a loss of integrity to the entire layered system of modern day paint finishes.

Q.- HOW DO YOU TAKE CARE OF CLEAR COAT?

A.- As we have learned, clear coat for most discussions is nothing more than paint without color. With that said, how to take care of clear coat falls into the basic discussion of how to take care of car paint, and for most of you looking to do the basics, this will require very little:

To be continued next month....

Kyra's Korner by Kyra Adams, LPN, Aging With Grace's Club Planner

When you wash your hands regularly and correctly, you reduce your risk of getting sick and prevent the spread of germs to other people around you.

Washing your hands the right way means more than running them under the faucet for a few seconds.

Here's how to do it:

- Wet your hands with clean water (warm or cold), turn off the faucet and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of

your hands, between your fingers and under your nails.

- Scrub your hands for at least 20 seconds. Need a timer? Sing "Twinkle Twinkle Little Star" from beginning to end or recite the ABCs in your head.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them, and use a paper towel to turn off the faucet and then throw it away.

Make sure to wash your hands:

- Before, during and after preparing food. After using the bathroom.
- After coughing, sneezing, blowing your nose or caring for someone who is ill.
- After taking out the trash.
- After petting animals.
- When visiting someone who is sick.
- Whenever your hands look or feel dirty



March Menu

M-F 12:00 Dinner at Noon

Sat./Sun. 3:30 A Meal and a Movie



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
<p>All meals are served with 8oz of milk and water, choice of coffee or hot or cold tea.</p> <p>Aging With Grace is part of the KY Dept. of Ed. Child & Adult Care Food Program</p>		<p>1</p> <p><i>Country Fried Steak</i> <i>Baked Potatoes</i> <i>Macaroni & Cheese</i> <i>Broccoli</i> <i>Whole Wheat Bread</i></p>	<p>2</p> <p><i>Beef and Broccoli</i> <i>Black Beans</i> <i>Rice</i> <i>Whole Wheat Bread</i> <i>Pineapple</i></p>	<p>3</p> <p><i>Fettuccini Alfredo</i> <i>Tossed Salad w/dressing</i> <i>Garlic Bread</i> <i>Fruit and Jello</i></p>	<p>4/5</p> <p><i>Ham Sandwiches</i> <i>Cottage Cheese</i> <i>Garden Tomatoes</i> <i>Fresh Fruit Mix</i></p>
<p>6</p> <p><i>Turkey Breast Slices</i> <i>Stuffing</i> <i>Cranberry Sauce</i> <i>Mashed Potatoes/Gravy</i> <i>Green Beans</i> <i>Rolls</i></p>	<p>7</p> <p><i>Beef Pot Roast</i> <i>Mixed Vegetables & Potatoes</i> <i>Applesauce</i> <i>Whole Wheat Bread</i></p>	<p>8</p> <p><i>Spaghetti & Meatballs</i> <i>Garden Salad/ranch dressing</i> <i>Savory Peas</i> <i>Garlic Bread</i></p>	<p>9</p> <p><i>Battered Fish</i> <i>Broccoli and Cheese</i> <i>Rice</i> <i>Cottage Cheese</i> <i>Pears</i> <i>Whole Wheat Bread</i></p>	<p>10</p> <p><i>Pork Boneless BBQ Ribs</i> <i>Crispy Potato Wedges</i> <i>Corn niblets</i> <i>Whole Wheat Bread</i> <i>Cole Slaw</i></p>	<p>11/12</p> <p><i>Roast Beef Sandwiches</i> <i>Waldorf Salad</i> <i>Potato Chips</i> <i>Fruit Yogurt</i></p>
<p>13</p> <p><i>Fettuccini With Chicken and Broccoli</i> <i>Carrot Salad</i> <i>Garlic Bread</i></p>	<p>14</p> <p><i>Meat Loaf</i> <i>Mashed Potatoes & Gravy</i> <i>Corn Nuggets</i> <i>Fresh Fruit</i></p>	<p>15</p> <p><i>Cheddar and Ham</i> <i>Potato Bake</i> <i>Green Beans</i> <i>Fried Apples</i> <i>Whole Wheat Bread</i></p>	<p>16</p> <p><i>Vermont White Cheddar</i> <i>Macaroni & Cheese</i> <i>Peas</i> <i>Fruit Cocktail</i> <i>Whole Wheat Bread</i></p>	<p>17</p> <p><i>Sweet and Sour Chicken</i> <i>Broccoli and Carrots</i> <i>White Rice</i> <i>Mandarin Oranges</i> <i>Egg Rolls</i></p>	<p>18/19</p> <p><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>20</p> <p><i>Chicken and Shrimp Linguine</i> <i>Zucchini, and Broccoli</i> <i>Whole Wheat Bread</i> <i>Carrot Salad</i></p>	<p>21</p> <p><i>Three Cheese Tortellini in Marinara Sauce</i> <i>Tossed Salad</i> <i>Whole Wheat Bread</i> <i>Peaches</i></p>	<p>22</p> <p><i>Pork Chops</i> <i>Mashed Potatoes & Gravy</i> <i>Fried Apples</i> <i>Salad & Dressing</i></p>	<p>23</p> <p><i>Herb Roasted Chicken</i> <i>Mashed Potatoes</i> <i>Corn</i> <i>Green Beans</i> <i>Whole wheat bread</i></p>	<p>24</p> <p><i>Slow Roasted Beef</i> <i>Mashed Potatoes and Gravy</i> <i>Green Beans</i> <i>Peaches</i></p>	<p>25/26</p> <p><i>Egg Salad Sandwiches</i> <i>Potato Chips</i> <i>Broccoli Salad</i> <i>Peaches</i></p>
<p>27</p> <p><i>Chicken & Dumplings</i> <i>Mixed Vegetables</i> <i>Fruit Salad</i> <i>Whole Wheat Bread</i></p>	<p>28</p> <p><i>Three Meat and Four Cheese Lasagna</i> <i>Tossed Salad</i> <i>Garlic Bread</i> <i>Watermelon</i></p>	<p>29</p> <p><i>Herb Roasted Chicken</i> <i>Mashed Potatoes</i> <i>Corn</i> <i>Green Beans</i> <i>Whole wheat bread</i></p>	<p>30</p> <p><i>Herb Roasted Chicken</i> <i>Mashed Potatoes</i> <i>Corn</i> <i>Green Beans</i> <i>Whole wheat bread</i></p>	<p>31</p> <p><i>Herb Roasted Chicken</i> <i>Mashed Potatoes</i> <i>Corn</i> <i>Green Beans</i> <i>Whole wheat bread</i></p>	

TEA & A TALE TIME 3:30 to 4:30

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?

- Johnny Nash - I Can't See Clearly Now
- Paul Simon - Fifty Ways To Lose Your Liver
- The Commodores - Once, Twice, Three Times To The Bathroom
- Procol Harem - A Whiter Shade Of Hair
- Leo Sayer - You Make Me Feel Like Napping
- The Temptations - Papa's Got A Kidney

- Stone
- Abba - Denture Queen
- Ringo Starr—I Get By With A Little Help From Depends
- Herman's Hermits—Mrs. Brown You Have A Lovely Walker
- The Bee Gees—How Can You Mend A Broken Hip?
- Yes—Hoveround(about)

On Mondays we have a variety of seasonal fruit and cheeses. Tuesdays we have crackers and spreads. Wednesdays we have cookies and yogurt. Thursdays we

have different kinds of hors d'oeuvres
 Fridays we have a kind of kabob (lots of yummy treats can be skewered).
 Come Join Us!



Aging With Grace®

3100 Old Todds Road, Suite 170
Lexington, KY
40509

859 539 2147
administrator@
AgingWithGraceInfo.org

**We're On the
Web
www.agingwith
graceinfo.org**

**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 in a 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 individ-
ual 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 un-
merited 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 and Sundays are
by appointment.**

**We are closed on New Year's
Day, The Fourth of July,
and Christmas Day.**

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 de-
layed openings under
BUSINESSES).

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

**Hourly Fees: \$10
(includes food and
activity supplies)**

**Full Time Members have
a discounted rate of
\$70 per day (paid at the
beginning of the month)**

**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.