



Aging With Grace®

The Official Newsletter

Filled with monthly activities, menus, health tips and information

Volume 5, Issue 5

May 2018

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For more health tips and useful information



MAY

Activities from 9:30am-12pm and 1-3:30pm Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
	1 <u>On a Mission Club</u> <u>Loyalty Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>May Day</u> <u>Kickball</u>	2 <u>UK Fan Club</u> <u>Mental Health Month</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Gifts from the Garden Month</u> <u>Balloon Volleyball</u>	3 <u>Art Club</u> <u>Garden Meditation Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>World Password Day</u> <u>Mind/Body Games</u>	4 <u>S.O.L.V.E. Club</u> <u>Int'l Respect for Chickens Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>National Orange Juice Day</u>	5/6 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card Player's Club</u>
7 <u>Natural Resources Club</u> <u>Gardening for Wildlife Month</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Nat'l Pet Week</u> <u>Basketball</u>	8 <u>On a Mission Club</u> <u>Nat'l Teachers Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>No Socks Day</u> <u>Kickball</u>	9 <u>UK Fan Club</u> <u>Nat'l Bike to School Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>National Bike Month</u> <u>Balloon Volleyball</u>	10 <u>Art Club</u> <u>Older Americans Month</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>Personal History</u> <u>Awareness Month</u> <u>Mind/Body Games</u>	11 <u>S.O.L.V.E. Club</u> <u>Nat'l Transportation Week</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Nat'l Wildflower Week</u>	12/13 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card Player's Club</u>
14 <u>Natural Resources Club</u> <u>Nat'l Police Week</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Healthy Vision Month</u> <u>Basketball</u>	15 <u>On a Mission Club</u> <u>Int'l Day of Families</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Foster Care Mo.</u> <u>Kickball</u>	16 <u>UK Fan Club</u> <u>Biographers Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Love a Tree Day</u> <u>Balloon Volleyball</u>	17 <u>Art Club</u> <u>Nat'l Walnut Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>World Information Society Day</u> <u>Mind/Body Games</u>	18 <u>S.O.L.V.E. Club</u> <u>Int'l Museum Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Virtual Assistants Day</u> <u>Corn Hole</u>	19/20 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card Player's Club</u>
21 <u>Natural Resources Club</u> <u>Patch for That Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Nat'l Backyard Games Week</u> <u>Basketball</u>	22 <u>On a Mission Club</u> <u>World Goth Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Int'l Day Biological Diversity</u> <u>Kickball</u>	23 <u>UK Fan Club</u> <u>Nat'l Meditation Month</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Nat'l Turtle Day</u> <u>Balloon Volleyball</u>	24 <u>Art Club</u> <u>Int'l Tiara Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>Scavenger Hunt Day</u> <u>Mind/Body Games</u>	25 <u>S.O.L.V.E. Club</u> <u>Get Caught Reading Month</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Towel Day</u> <u>Corn Hole</u>	26/27 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card Player's Club</u>
28 <u>Natural Resources Club</u> <u>Memorial Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Nat'l Hamburger Day</u> <u>Basketball</u>	29 <u>On a Mission Club</u> <u>Nat'l Osteoporosis Month</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Nat'l Photo Mo.</u> <u>Kickball</u>	30 <u>UK Fan Club</u> <u>Nat'l Mint Julep</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Nat'l Senior Health & Fitness Day</u> <u>Balloon Volleyball</u>	31 <u>Art Club</u> <u>What You Think Upon Grows Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>World No Tobacco Day</u> <u>Mind/Body Games</u>	<div style="background-color: yellow; padding: 10px; border-radius: 15px;"> <p>We love our members! Members choose what they would like to do while at the clubhouse!</p> </div>	

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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. BREAKFAST IS 8-9, DINNER 12-1, TEA & A TALE TIME 3:30-4:30. SPA TREATMENTS AND CHECKPOINTS ARE FOR MEMBERS ONLY ON A FIRST SIGNED UP/FIRST SERVED BASIS FROM 9-10:30 AND FROM 1-2:30.

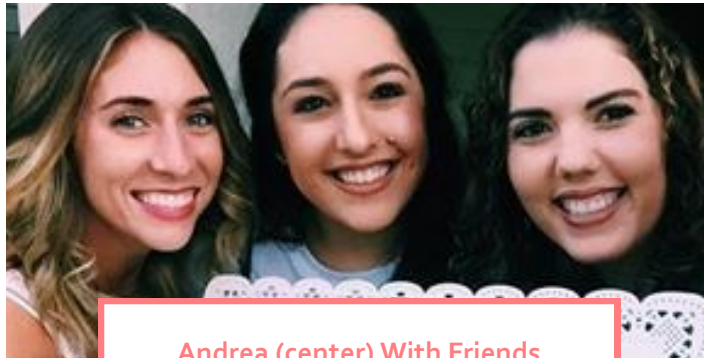
Improvement: Meet Our Precious Volunteer Andrea

Andrea is graduating this month with a bachelor's degree in Health Science from the University of Kentucky. She has been volunteering at Aging With Grace for over a year. We met Andrea early in 2017 when she contacted us about working on a project at Aging With Grace for one of her classes. The project involved two other students. Andrea and her classmates have helped us far more than we helped them. Andrea's bright smile and sparkling eyes lit up the room when she appeared on Friday mornings. Friday mornings are also bible study times, and Andrea joined in and made the study richer and more exciting. Andrea also helped us by setting up our Wii game with Mii characters that looked like the players and by

troubleshooting glitches in the game. Our members looked forward to challenging Andrea to a game of Wii bowling after she set it up for them. She joined us in our Improving Balance Classes on Friday mornings and even led a class one day. Andrea seems to have good balance, in every way. Andrea shared her personal life with our members. She is from

West Virginia and is going back there after she graduates. She has a handsome boyfriend that she met at UK, who is a member of the Acoustikats...an acapella singing group. She played a video of one of their performances to our delight. She showed us photos of her family and told us about how her parents met.

Andrea is planning to become a Physician's Assistant (PA) someday. We will miss Andrea and hope to keep in contact with her. We love pen pals and sending cards! We wish Andrea all the best in life for her future.



Andrea (center) With Friends

Bee Well's Buzz on Health: Circulation

Your circulatory system nourishes and maintains every cell in your body, so it's important to keep it in optimal working order for the sake of your health and wellbeing.

Good circulation depends on a number of factors: healthy blood that's able to effectively carry oxygen and nutrients to the cells; a strong heart, capable of efficiently pumping this rich blood to all the body's extremities and organs; normal blood pressure; and unclogged blood vessels. Here are some simple ways to boost your circulation every day.

1. Drink tea
2. Eat more iron-rich foods
3. Have less saturated fats
4. Monitor your weight and blood pressure
5. Eat buckwheat
6. Keep fit
7. Stand up at your desk
8. Ditch the tobacco
9. Get your fill of folate
10. Start body brushing
11. Add some ginkgo biloba
12. Indulge in an aromatherapy massage
13. Increase your intake of phytoestrogens
14. Monitor your levels of trace minerals
15. Try taking hawthorn
16. Get bouncing
17. Eat oily fish once or twice a week
18. Load up on garlic
19. Get your "Ommm" on.
20. Add some ginger



Always consult your doctor before beginning any new herbal regimen.

<https://www.bodyandsoul.com>



Our Meals are
Catered by
Chef Doug!

May Dinner Menu

Dinner is from Noon To 1:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	1 <i>Beef Bolognese Sauce Buttered Egg Noodles Tossed Salad Strawberries</i>	2 <i>Salisbury Steak Mashed Potatoes /Gravy Pineapple Yeast Rolls</i>	3 <i>Chicken Caccitore Saffron Yellow Rice Mixed Vegetables Tropical Fruit Salad</i>	4 <i>Pulled Pork Seasoned Potato- Wedges Peaches Enriched Buns</i>	5/6 <i>Ham Sandwiches Cole Slaw Fresh Fruit Mix</i>
7 <i>Meatballs/Marinara Spaghetti Mix Veggies Mixed Fruit Garlic Toast</i>	8 <i>Stuffed Peppers Mustard Greens Tropical Fruit Whole Wheat Bread</i>	9 <i>Chicken Alfredo Pasta Fettucine Green Beans Pears Whole Wheat Bread</i>	10 <i>Beef Chili House Salad Baked Potato Peaches Whole Wheat Bread</i>	11 <i>Cheese Burgers Oven Roasted Wedges Lettuce, Tomato, On- ions, Pickle Spears Enriched Bun</i>	12/13 <i>Roast Beef Sandwiches Potato Salad Fruit Cup</i>
14 <i>Grilled Chicken Cutlet House Salad Pineapple Rice Pilaf</i>	15 <i>Salisbury Steak Sweet Potato Melons Yeast Roll</i>	16 <i>Roasted Chicken Honey Roasted Carrots Mixed Fruit Rice Pilaf</i>	17 <i>Turkey Marinara Caesar Salad Pineapple Enriched Pasta</i>	18 <i>Loaded Red Beans Plantains Tomato Medley Yellow Rice</i>	19/20 <i>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing</i>
21 <i>Beef Stew House Salad Fruit Whole Wheat Bread</i>	22 <i>Vegetarian Lasagna Tossed Salad Mandarin Oranges Garlic Roll</i>	23 <i>Pulled Pork Cole Slaw Peaches Whole Wheat Buns</i>	24 <i>Lemon Pepper Fish Creamed Spinach Grapes Cous Cous Enriched</i>	25 <i>Turkey Meatloaf Mashed Potatoes Green Beans Fruit Whole Wheat Buns</i>	26/27 <i>Egg Salad Sandwiches Yogurt Green Salad w/dressing Chex Mix</i>
28 <i>Pork Loin Mixed Vegetables Applesauce Corn Muffins</i>	29 <i>BBQ Chicken Sauteed Kale/Cabbage Fried Apples Whole Wheat Roll</i>	30 <i>Beef Chili Dog With Cheese Carrot Sticks Fresh Fruit Enriched Bun</i>	31 <i>Roasted Turkey Dressing Green Beans Whole Wheat Rolls</i>	Dinner At Noon is served with 8oz of milk and water, choice of coffee or hot or cold tea.	

Dinner...Did You Know...?

In addition to our regular Dinner at Noon routine, we have a new routine that begins at noon. Instead of just playing pretty music and displaying beautiful scenery on our big screen television, we are pretending to travel to different parts of the world as we dine. It all started when one of our members requested a video tour of Paris, her favorite city, while we were eating. From there we traveled to

Barcelona, Rome, Venice, Tokyo, and many other destinations...one place each day. We are also learning words in a new language as we 'travel'.

Dr. Schraberg gave a lecture last month and mentioned how research has shown that traveling and learning a new language is a good way to deter or delay dementia by challenging the brain in so many ways.

Come join us as a member or volunteer and help your brain!





May Breakfast Menu

Continental Breakfast 8-9



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	<i>1</i> Flavored Grits Boiled Egg	<i>2</i> Pancakes Fresh Fruit	<i>3</i> Waffles Applesauce	<i>4</i> Hash Browns Boiled Egg	<i>5/6</i> Cereal Fresh Fruit Mix
<i>7</i> Pancakes Fresh Fruit	<i>8</i> Blueberry Muffin Mixed Fruit	<i>9</i> French Toast Fresh Fruit	<i>10</i> Whole Wheat English Muffin Fruit	<i>11</i> Flavored Grits Sausage Patty	<i>12/13</i> Cereal Fresh Fruit Mix
<i>14</i> Boiled Egg Toast	<i>15</i> Whole wheat Bagel Cream Cheese Oranges	<i>16</i> Hash Browns Boiled Egg	<i>17</i> Oatmeal Fruit	<i>18</i> Banana Muffin Boiled Egg	<i>19/20</i> Cereal Fresh Fruit Mix
<i>21</i> Waffles Banana	<i>22</i> Toast Fresh Pineapples	<i>23</i> Oatmeal Fruit	<i>24</i> Blueberry Muffin Mixed Fruit	<i>25</i> Whole Wheat English Muffin Fruit	<i>26/27</i> Cereal Fresh Fruit Mix
<i>28</i> Cinnamon Toast Fresh Fruit Mix	<i>29</i> Bran Muffin Boiled Egg	<i>30</i> Cold Cereal Fruit	<i>31</i> Sausage Patty Toast	Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.	

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!



May Tea & A Tale Time Menu

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



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	<i>1 Deviled Eggs Crackers</i>	<i>2 Olives and Cheese and Crackers</i>	<i>3 Boiled Eggs Celery and Carrot Sticks</i>	<i>4 Fresh Pineapple And Ham Kabobs</i>	<i>5/6 Soft Pretzels and Cheese Dip</i>
<i>7 Fresh Fruit & Cheese</i>	<i>8 Cottage Cheese and Fruit</i>	<i>9 Pimento Cheese Sandwiches</i>	<i>10 Chicken Salad Sandwich</i>	<i>11 Mozzarella Balls Basil Leaves Grape Tomatoes</i>	<i>12/13 Deviled Eggs Crackers</i>
<i>14 Cheese & Crackers Fruit</i>	<i>15 Peanut Butter and Crackers Apple Slices</i>	<i>16 Chicken Salad Sandwich</i>	<i>17 Cottage Cheese, Peaches</i>	<i>18 Cheese Blocks and Apple Wedges</i>	<i>19/20 Fresh Fruit Mix Peanut Butter Crackers</i>
<i>21 Cheese, Crackers Applesauce</i>	<i>22 Fresh Veggies and Ranch Dip and nuts</i>	<i>23 Egg Salad Sandwich</i>	<i>24 Cottage Cheese Pineapple</i>	<i>25 Dried Figs Dried Apricots Pita Bread with Cream Cheese</i>	<i>26/27 Cheese & Crackers</i>
<i>28 Fresh Fruit & Cheese</i>	<i>29 Salad with Boiled Eggs</i>	<i>30 Tuna Salad Sandwiches</i>	<i>31 Egg Rolls</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?
 “What’s a hipster?” asked my four-year-old cousin.

“Someone who will wear something just to look different,” I said. “They’ll often buy clothes in thrift shops and wear thick glasses.”

“Is Grandma a hipster?” he asked.

In the hardware store, a clerk asked, “Can I help you find anything?”

“How about my misspent youth,” joked my husband.

The clerk shot back, “We keep that in the back, between world peace and winning lottery tickets.”

”When I was in high school, I wore Birkenstocks. Or as I call them now, the '80s version of a purity ring.



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We're On the
Web
www.AgingWithGraceInfo.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 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.*