

Membership

Exercise Sessions, Games, Puzzles, Art Projects, Guest Speakers/Entertainers and Club Meetings are Included in the Price of Membership.

Yearly Fee / 100.

Includes Wellness Map designed just for you.

Club Rate / 13. Per hour

May be eligible for Silver Sneakers Program, Medicaid, or Long Term Care Insurance reimbursement

Daily Club Rate / 65.

*Must pre-pay for a month, 4 days per week
Includes Breakfast and Tea and a Tale Time daily
plus one Spa Treatment per week.*

Nourishment

Breakfast, M-F, 8:00 to 9:00 / 3.*

Dinner, M-F Noon, Sat. 3:30 / 8.

A nutritionally balanced and delicious square meal is served daily. Sliding scale available.

Tea and a Tale Time, M-F 3:30 to 4:30 / 3.*

** NO CHARGE FOR DAILY BREAKFAST AND TEA AND A TALE TIME IF MEMBER PRE-PAYS FOR DAILY CLUB RATE.*

Open Daily

7:30a-6p

Saturday

12-6



Price List

2100 Liberty Road

Lexington, KY 40509

P. 859-539-2147 F. 859-309-2278

www.healthclubforseniors.com

Spa Treatments

One Half Hour to Relax & Unwind

Massage / 20. + club rate*

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Manicure / 10. + club rate*

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Pedicure / 15. + club rate*

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Total Body Skintilizing / 25. + club rate*

Transportation

One Way Within Fayette County / 10.

Trips are offered to and from Grace Place, as well as to doctor's appointments and other locations from Grace Place.

- *Trips must be requested one (1) week in advance.*
- *Trips for members arriving to enjoy time at Grace Place are scheduled for 7:30 and 9:00 am arrival.*
- *Trips for members leaving Grace Place for home are scheduled for 4:00 and 5:30 pm departure.*
- *Trips to other locations are available as requested except during breakfast (8:00–9:00 am), lunch (12:00–1:00 pm) and Tea and a Tale times (3:30–4:15 pm). Trips to other locations must depart and return to Grace Place between the operating hours of 7:30 am to 6:00 pm, M-F.*

Companion at Destination, Hourly / 13.

**NO CHARGE FOR ONE PER WEEK IF MEMBER PRE-PAYS FOR DAILY CLUB RATE.*

Hair Salon

Wash, Cut and Style / 25. + club rate

Short or Long, lady or gentleman

Wash and Style / 15. + club rate

Includes drying and setting curls, if desired

Wash and Perms / 40. + club rate

Includes drying and setting curls, if desired

Checkpoints

Counseling / varies

Blood and Urine Tests / varies

Blood Pressure Checks / 5. + club rate*

Balance Tests / 10. + club rate*

Mini Mental Tests / 12. + club rate*

Weight Checks / 3. + club rate*

Vaccines and Immunizations / varies

Other tests and screenings / varies

Some tests, screenings and vaccines are covered 100% by Medicare insurance plans.

Guided Endeavors

Physical, occupational and other therapies are available from providers who come to the clubhouse. Payment will be made by the member directly to the provider.