



# LIVE BETTER, LONGER

## Aging With Grace



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### A message from the Administrator

April is known as the month of showers...as in showers of rain. We need rain to make things grow. Let's think of a different kind of showers this April. Let's think of showers of blessings, or showers of gifts of kindness! And let's shower each other with good things this month and see how much we can grow...personally and professionally!





Come dine, laugh and socialize with us at  
The Fountain of Youth  
Clubhouse

# APRIL 2024

## Breakfast and Lunch menu

Breakfast- 10am  
 Lunch- 1pm

Special Dietary needs are met!

All meals are served with 8oz of water, your choice of milk, hot or cold tea and coffee!

MON	TUE	WED	THU	FRI
<p><b>1</b></p> <p>Oatmeal, Fruit</p> <p><b>Wendy's</b> Chili, Baked Potato</p>	<p><b>2</b></p> <p>Cereal, Fruit</p> <p><b>Subway</b> Turkey Sub, Fruit, Chips</p>	<p><b>3</b></p> <p>Flavored Grits, Fruit</p> <p><b>Critchfield's</b> Beef Pot Roast, Mashed Potatoes, Green Beans</p>	<p><b>4</b></p> <p>Muffins, Fruit</p> <p><b>Moe's Grill</b> Chicken, Veggies, Rice, Bean Bowl</p>	<p><b>5</b></p> <p>Cheese Stick, Fruit</p> <p><b>Frisch's</b> Italian Grilled Chicken, Carrots</p>
<p><b>8</b></p> <p>Oatmeal, Fruit cup</p> <p><b>Wang Wang's</b> Roast Pork with Chinese Vegetables</p>	<p><b>9</b></p> <p>Muffin, Fruit</p> <p><b>Jet's</b> Pizza, Tossed Salad</p>	<p><b>10</b></p> <p>Cereal Bar, Fruit</p> <p><b>Critchfield's</b> Chicken Tenders, Mashed Potatoes, Green Beans</p>	<p><b>11</b></p> <p>Waffle, Fruit</p> <p><b>Frisch's</b> White Fish Dinner Sweet Potato Fries Cole Slaw</p>	<p><b>12</b></p> <p>Boiled Egg, Fruit</p> <p><b>Good Food's Co-Op</b> Entree, Vegetable, Fruit</p>
<p><b>15</b></p> <p>Oatmeal, Fruit cup</p> <p><b>Tzatziki's</b> Grilled Chicken Platter, Greek Salad, Pita Chips</p>	<p><b>16</b></p> <p>Cereal, Fruit</p> <p><b>Subway</b> Ham Sub, Fruit, Chips</p>	<p><b>17</b></p> <p>Flavored Grits, Fruit</p> <p><b>Wendy's</b> Hamburger, Fries, Fruit</p>	<p><b>18</b></p> <p>Muffins, Fruit</p> <p><b>Moe's Grill</b> Steak, Veggies, Rice and Bean Bowl</p>	<p><b>19</b></p> <p>Cheese Stick, Fruit</p> <p><b>City Barbecue</b> Turkey Sandwich, Potato Salad</p>
<p><b>22</b></p> <p>Muffin, Fruit</p> <p><b>Frisch's</b> Chicken Breast Meal, Macaroni &amp; Cheese, Baked Apples</p>	<p><b>23</b></p> <p>Oatmeal, Fruit</p> <p><b>Chic-fil-A</b> Chicken Nuggets, Mac &amp; Cheese, Fruit</p>	<p><b>24</b></p> <p>Cereal Bar, Fruit</p> <p><b>Critchfield's</b> Beef Pot Roast, Mashed Potatoes, Green Beans</p>	<p><b>25</b></p> <p>Waffle, Fruit</p> <p><b>City Barbecue</b> Pulled pork Sandwich, Corn Pudding</p>	<p><b>26</b></p> <p>Boiled Egg, Fruit</p> <p><b>Good Food's Co-Op</b> Entree, Vegetable, Fruit</p>
<p><b>29</b></p> <p>Cereal, Fruit</p> <p><b>Wang Wang's</b> Chicken Fried Rice, Egg Roll</p>	<p><b>30</b></p> <p>Muffins, Fruit</p> <p><b>Tzatziki's</b> Grilled Chicken Platter, Greek Salad, Pita Chips</p>	<p><b>Check out the scheduled Activities and Clubs offered at</b>  <b><u>The Fountain of Youth Clubhouse</u></b></p>		





Come dine, laugh and socialize with us at  
The Fountain of Youth  
Clubhouse

# LIVE BETTER, LONGER



# APRIL 2024

## Activities Calendar

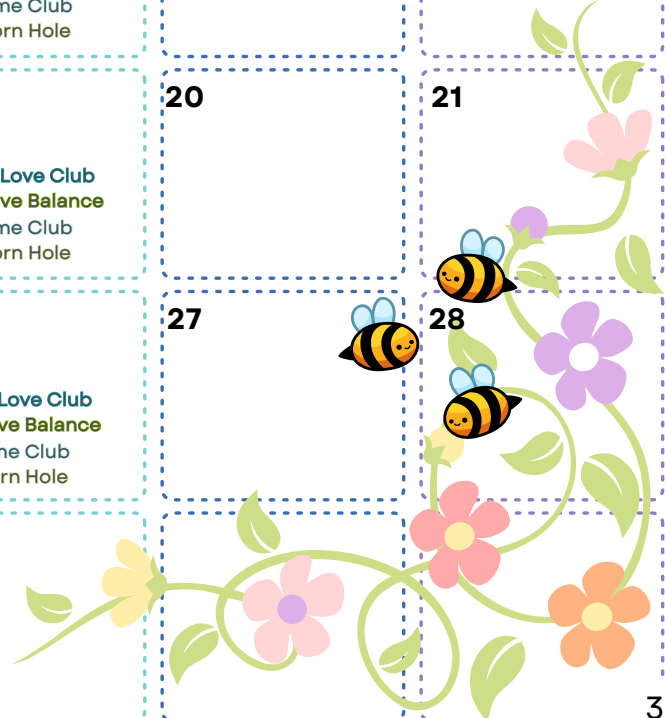
The Clubhouse is **OPEN:**  
Monday- Friday  
10am-4pm  
\$73 per day  
or  
\$16 per hour

Now open on  
evenings and  
weekends for  
Event rental!

**Call now to  
reserve your  
date!**

During **extreme  
weather** please  
check local TV  
station **WKYT**  
for delayed  
openings under  
**BUSINESSES**

MON	TUE	WED	THU	FRI	SAT	SUN
1 Travel Club Improve Energy Health Club Basketball	2 Natural Resources Club Improve Strength Book Club Cards	3 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	4 Art Club Improve Strength Gardening Club Mind/ Body Games	5 Self Love Club Improve Balance Game Club Corn Hole	6	7
8 Travel Club Improve Energy Health Club Basketball	9 Natural Resources Club Improve Strength Book Club Cards	10 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	11 Art Club Improve Strength Gardening Club Mind/ Body Games	12 Self Love Club Improve Balance Game Club Corn Hole	Weekends by Appointment	
15 Travel Club Improve Energy Health Club Basketball	16 Natural Resources Club Improve Strength Book Club Cards	17 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	18 Art Club Improve Strength Gardening Club Mind/ Body Games	19 Self Love Club Improve Balance Game Club Corn Hole	20	21
22 Travel Club Improve Energy Health Club Basketball	23 Natural Resources Club Improve Strength Book Club Cards	24 Lunch and Learn Afford & Neora	25 Art Club Improve Strength Gardening Club Mind/ Body Games	26 Self Love Club Improve Balance Game Club Corn Hole	27	28
29 Travel Club Improve Energy Health Club Basketball	30 Natural Resources Club Improve Strength Book Club Cards					





**Our Mission:**

To Improve your Health and Quality of Life!

# CONGRATULATIONS

TO THE WINNERS OF THIS MONTH'S CARE REWARD!

Jennifer Black & Elizabeth Colvin



**OUTSTANDING EMPLOYEES WHO HAVE TRULY EMBODIED OUR CORE VALUES THIS MONTH**

Martha McCann  
Asaad Alshaferi  
Oleksandra Vaschuk  
Starkeshia Ingram  
Elizabeth Colvin  
Jennifer Black  
Indiana Dingman  
Sasha Abel  
Laci Alcorn  
Taylor Barnes  
Olea Davis  
Kathy Fair  
Kayla Pool  
Rita Durham  
Stephany Gonzalez

Kenzei Simpson  
Deborah Rankin  
Ashley Warren  
Scott Potter  
Linda Roberts  
Juan Rodriguez  
Maddison Hall  
Cheyanne Lopez  
Shelly Martin  
Holly Heighton  
Terricka Jackmon  
Avery Bast  
Ambria Browning  
Stephanie Robinson  
Annie Smith  
James Smith

**To our Employees**

Thank you for living our values!

**Our Core Values:**

- C**ontinuous Improvement
- A**ppreciation and Gratitude
- R**eciprocity and Respect
- E**xceptional Integrity

**We CARE!**



# 30 Day Water Challenge

Let's get Hydrated!



M	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
T	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
W	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
T	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When it comes to liquids, water is the champion! It assists in increasing energy, promoting weight loss, flushing out toxins, and boosting the immune system.

It is recommended that an individual consume at least 64 ounces of water per day. Place a check for each day you achieved your water goal.

Okay, let's get started. Go fill up your water cup. Cheers to a healthier you!

**Easy**

	7	2		3			8	
8					9			
5	4			2	7		1	3
		6	2		8			
	8		7				1	
1	5		4	9			8	3
		5	9		2	3	7	
	6	3	1	8	5	4		9
	2						5	

**Medium**

9			5		3			2
2			6			8	3	
6		1	8		2			9
8				6		1		7
	5			8				
					5			
			9	2				
	1	6		4				8
4	9	2					6	

**Hard**

5		9						
	7			6				1
6				9				4
					9		5	
	4				3		8	
	5	8		7			2	
	6		2				4	
	8				7			3

# LIVE BETTER, LONGER



## Aging With Grace

Your Best Independent Life Club

**Contact us**

859-539-2147

**Visit us**

The Fountain of Youth Clubhouse

743 B Allendale Dr, Lexington, KY 40503

or online

[www.agingwithgraceinfo.org](http://www.agingwithgraceinfo.org)

**Schedule your tour TODAY!**

# Aging With Grace

## Your Best Independent Life Club

Presents

Lunch and Learn With

**Afford & Neora**

April 24th 1:00pm-2:00pm

743 B Allendale Drive Lexington, Ky.  
40503

RSVP- Karla Hines-

Advocate@agingwithgraceinfo.org



### AFFORD TOUR PARTICIPANTS VALUE:

- Educational/experienced one-on-one relationship **taking control of their own health** with everyday food choices
- Being the hands & feet for their clinicians to restock their fridge/pantry with:

\*Pesticide free produce

\*NO hydrogenated oils, high fructose corn syrup, trans fats found in many commercial baked goods

\*rBST in dairy

\*Nitrates/nitrites in processed meats

**“The wise man should consider that health is the greatest of human blessings. Let food be thy medicine.”**

**~ Hippocrates**

**TAKE THE CHALLENGE TO “EAT TO LIVE” NOT “LIVE TO EAT” AS BOOMERS AND BECOME “CENTENARIANS.**



**Neora**

### Our Passion and Purpose

Neora is committed to holding ourselves to the highest standards, which means accepting the shared responsibility to make a positive impact on our community.

### Products:

Setting a Sky-High Clean-Meets-Performance Standard

### Opportunity:

Giving Power To The People

### Culture:

It's Not Just Business, It's Personal.

### Philanthropy:

Moving Forward By Giving Back



### Clean Ingredients. Real Results

We believe that you shouldn't have to choose between clean ingredients and results.