

ESTABLISHED 2010

Aging With Grace



A message from the Administrator

May is the month for flowers! Think of the Aging With Grace company as a flower with four stems... four branches. The AT HOME HEALTH & HELP stem/branch has two flowers on it. One is the Home and Community Based Waiver Attendant Care services. The other flower is private pay and long-term care insurance and Veterans benefits. Another stem/branch has the FOUNTAIN of YOUTH CLUBHOUSE flower. The FOUNTAIN of YOUTH CLUBHOUSE can be paid for with the HCB waiver, private pay, Long-term care insurance, and Veterans benefits. The third branch has two flowers: INDEPENDENCE CONSULTATIONS for private pay, and CASE MANAGEMENT for Medicaid HCB Waiver. The fourth stem has one flower: HOME IMPROVEMENT which can be paid for with the HCB waiver up to \$3020 a year or with private pay. The Aging With Grace company flower is growing and flourishing, thanks to your help!

LIVE BETTER, LONGER

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*Take Care and Nurture Yourself!
Aging With Grace 50+ Can Help!*





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

May 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>Check out the scheduled Activities and Clubs offered at <u>The Fountain of Youth Clubhouse</u></p>		<p>1 Oatmeal, Fruit</p> <p>Wendy's Chili, Baked Potato</p>	<p>2 Cereal, Fruit</p> <p>Subway Turkey Sub, Fruit, Chips</p>	<p>3 Flavored Grits, Fruit</p> <p>Critchfield's Beef Pot Roast, Mashed Potatoes, Green Beans</p>
<p>6 Muffins, Fruit</p> <p>Moe's Grill Chicken, Veggies, Rice, Bean Bowl</p>	<p>7 Cheese Stick, Fruit</p> <p>Jet's Pizza, Tossed Salad</p>	<p>8 Oatmeal, Fruit</p> <p>Critchfield's Chicken Tenders, Mashed Potatoes, Green Beans</p>	<p>9 Muffin, Fruit cup</p> <p>Wang Wang's Roast Pork with Chinese Vegetables</p>	<p>10 Cereal Bar, Fruit</p> <p>Frisch's White Fish Dinner Sweet Potato Fries Cole Slaw</p>
<p>13 Waffle, Fruit cup</p> <p>Tzatziki's Grilled Chicken Platter, Greek Salad, Pita Chips</p>	<p>14 Boiled Egg, Fruit</p> <p>Subway Ham Sub, Fruit, Chips</p>	<p>15 Oatmeal, Fruit</p> <p>Wendy's Hamburger, Fries, Fruit</p>	<p>16 Cereal, Fruit</p> <p>Moe's Grill Steak, Veggies, Rice and Bean Bowl</p>	<p>17 Flavored Grits, Fruit</p> <p>City Barbecue Turkey Sandwich, Potato Salad</p>
<p>20 Muffin, Fruit</p> <p>Frisch's Chicken Breast Meal, Macaroni & Cheese, Baked Apples</p>	<p>21 Cheese Stick, Fruit</p> <p>Chic-fil-A Chicken Nuggets, Mac & Cheese, Fruit</p>	<p>22 Cereal Bar, Fruit</p> <p>Critchfield's Beef Pot Roast, Mashed Potatoes, Green Beans</p>	<p>23 Oatmeal, Fruit</p> <p>City Barbecue Pulled pork Sandwich, Corn Pudding</p>	<p>24 Waffle, Fruit</p> <p>Good Food's Co-Op Entree, Vegetable, Fruit</p>
<p>27 Muffin, Fruit</p> <p>Wang Wang's Chicken Fried Rice, Egg Roll</p>	<p>28 Oatmeal, Fruit</p> <p>Tzatziki's Grilled Chicken Platter, Greek Salad, Pita Chips</p>	<p>29 Cereal, Fruit</p> <p>Subway Turkey Sub, Fruit, Chips</p>	<p>30 Waffle, Fruit</p> <p>Frisch's White Fish Dinner Sweet Potato Fries Cole Slaw</p>	<p>31 Boiled Egg, Fruit</p> <p>Good Food's Co-Op Entree, Vegetable, Fruit</p>





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Clubhouse

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May 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 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	2 Art Club Improve Strength Gardening Club Mind/ Body Games	3 Self Love Club Improve Balance Game Club Corn Hole	4	5
6 Travel Club Improve Energy Health Club Basketball	7 Natural Resources Club Improve Strength Book Club Cards	8 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	9 Art Club Improve Strength Gardening Club Mind/ Body Games	10 Self Love Club Improve Balance Game Club Corn Hole	Weekends by Appointment	
13 Travel Club Improve Energy Health Club Basketball	14 Natural Resources Club Improve Strength Book Club Cards	15 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	16 Art Club Improve Strength Gardening Club Mind/ Body Games	17 Self Love Club Improve Balance Game Club Corn Hole	18 Senior Prom 6-8 PM	19
20 Travel Club Improve Energy Health Club Basketball	21 Natural Resources Club Improve Strength Book Club Cards	22 Lunch and Learn Afford & Neora	23 Art Club Improve Strength Gardening Club Mind/ Body Games	24 Self Love Club Improve Balance Game Club Corn Hole	25	26
27 Travel Club Improve Energy Health Club Basketball	28 Natural Resources Club Improve Strength Book Club Cards	29 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	30 Art Club Improve Strength Gardening Club Mind/ Body Games	31 Self Love Club Improve Balance Game Club Corn Hole		





Our Mission:

To Improve your Health and Quality of Life!

CONGRATULATIONS

TO THE WINNERS OF THIS MONTH'S CARE REWARD!

Annie Smith & Holly Heighton



OUTSTANDING EMPLOYEES WHO HAVE TRULY EMBODIED OUR CORE VALUES THIS MONTH

Annika Blethen
Rita Durham
Devante Frazier
Linda Roberts
Lori Walker
Ashley Warren
Amanda Hisle
Sharon Jennings
Annie Smith
James Smith
Sandra Marshall
Martha McCann
Asaad Alshafri
Norkeysha Lewis
Avery Bast

Destiny Brown
Kayla Poole
Juan Rodriguez
Holly Heighton
Oleksandra Vaschuk
Allanda Stevens
Joquetta Parish
Jennifer Ashcraft
Kathy Fair
Miranda Feeback
Marsha Ford
Terricka Jackmon
Cheyanne Lopez

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 Kindness Challenge

Find the phrase hidden inside the image



89% of relationships improve if you pick a person with whom you want a better relationship; then for 30 days:



Say nothing negative about that person - either to them or about them to anyone else.



Each day find one positive thing you can praise or affirm about that person and tell them and tell someone else.



Each day, do one small act of kindness or generosity for them.

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S

Fa πce

5:00 PM
5:00 PM

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

Schedule your tour TODAY!

Aging With Grace

Presents
The Senior Prom

Dancing for Parkinson's

Join us for Dancing, Refreshments, and a Great Cause!
No charge, donations encouraged

Featuring

**Matt Gerwin and
Jump the Curb**

Saturday May 18th, 2024
6-8pm

743 Allendale Drive
Lexington, Ky 40503

RSVP: 859-407-8229

advocate@agingwithgraceinfo.org

