

ESTABLISHED 2010

# Aging With Grace



## LIVE BETTER, LONGER

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### A message from the Administrator

July newsletter. Happy July! My hope for everyone in July is to enjoy the out of doors early in the morning or in the shade before the heat becomes overwhelming! Air conditioning is a wonderful gift of modern life but did you know that viruses die around 100 degrees? Think of the heat as a sauna that is good for you...to a point. Please be mindful of the warning signs of heat stroke and be sure to keep hydrated including electrolytes replacement. I'm wishing you a month of making happy July memories!

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





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

**July** 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
<b>1</b> Flavored Grits, Fruit  <b>City Barbecue</b> Turkey Sandwich, Potato Salad	<b>2</b> Oatmeal, Fruit  <b>Wendy's</b> Hamburger, Fries, Fruit	<b>3</b> Muffin, Fruit  <b>Frisch's</b> Chicken Breast Meal, Macaroni & Cheese, Baked Apples	<b>4</b> Cheese Stick, Fruit  <b>Chic-fil-A</b> Chicken Nuggets, Mac & Cheese, Fruit	<b>5</b> Cereal, Fruit  <b>Moe's Grill</b> Steak, Veggies, Rice and Bean Bowl
<b>8</b> Oatmeal, Fruit  <b>Good Food's Co-Op</b> Entree, Vegetable, Fruit	<b>9</b> Cereal Bar, Fruit  <b>Critchfield's</b> Beef Pot Roast, Mashed Potatoes, Green Beans	<b>10</b> Cereal, Fruit  <b>Subway</b> 6 inch Sub, Fruit, Chips	<b>11</b> Muffin, Fruit  <b>Wong Wong's</b> Chicken Fried Rice, Egg Roll	<b>12</b> Cheese Stick, Fruit  <b>City Barbecue</b> Pulled pork Sandwich, Corn Pudding
<b>15</b> Oatmeal, Fruit  <b>Tzatziki's</b> Grilled Chicken Platter, Greek Salad, Pita Chips	<b>16</b> Muffin, Fruit  <b>Frisch's</b> Chicken Breast Meal, Macaroni & Cheese, Baked Apples	<b>17</b> Oatmeal, Fruit  <b>Good Food's Co-Op</b> Entree, Vegetable, Fruit	<b>18</b> Cheese Stick, Fruit  <b>Chic-fil-A</b> Chicken Nuggets, Mac & Cheese, Fruit	<b>19</b> Cereal Bar, Fruit  <b>Critchfield's</b> Beef Pot Roast, Mashed Potatoes, Green Beans
<b>22</b> Flavored Grits, Fruit  <b>City Barbecue</b> Turkey Sandwich, Potato Salad	<b>23</b> Oatmeal, Fruit  <b>Wendy's</b> Hamburger, Fries, Fruit	<b>24</b> Cereal, Fruit  <b>Subway</b> 6 inch Sub, Fruit, Chips	<b>25</b> Cheese Stick, Fruit  <b>Chic-fil-A</b> Chicken Nuggets, Mac & Cheese, Fruit	<b>26</b> Cereal, Fruit  <b>Moe's Grill</b> Steak, Veggies, Rice and Bean Bowl
<b>29</b> Muffin, Fruit  <b>Wong Wong's</b> Chicken Fried Rice, Egg Roll	<b>30</b> Muffin, Fruit  <b>Frisch's</b> Chicken Breast Meal, Macaroni & Cheese, Baked Apples	<b>31</b> Cereal Bar, Fruit  <b>Critchfield's</b> Beef Pot Roast, Mashed Potatoes, Green Beans	<p><b>Check out the scheduled Activities and Clubs offered at</b>  <b>The Fountain of Youth Clubhouse</b></p>	



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

# LIVE BETTER, LONGER

# July 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 	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 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	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	31 On a Mission Club Improve Mobility Craft Club Balloon Volleyball				

# Red, White, & Boom



**Our Mission:**

To Improve your Health and Quality of Life!

# CONGRATULATIONS

TO THE WINNERS OF THIS MONTH'S CARE REWARD!

Kathy Fair & Stephanie Robinson

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

Kayla Poole  
Jennifer Freeman  
Jessica Padgett  
Asley Warren  
Miranda Feedback  
Terrica Jackman  
Cheyanne Lopez  
Juan Rodriquez  
Devante Frazier  
Sarah Ross  
Kathy Fair  
Heather Barker  
Holy Heighton  
Hannah Wilburn  
James Smith

Annika Blethen  
Avery Bast  
Stella Harris  
Zach Knauss  
Brittany Reidenbaugh  
Sarah Ross  
Penny Ware  
Sandra Marshall  
Stephanie Robinson  
Melissa Price  
Devon Pringle  
Ashley Butler  
Allanda Stevens  
Renesul Robinson  
Renee Furnish

**Our Core Values:**

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

**We CARE!**

**To our Employees**

Thank you for living our values!



## Benefits of Daily Walking

There are many benefits of daily walking, and they aren't just physical.

### Benefits of walking can include:

- Maintaining (or achieving) a healthy weight
- Reduced food cravings
- Better sleep
- Stronger bones and muscles
- Decreased stress
- Boosted immune system
- Reduced risk of certain medical conditions, such as heart disease, diabetes, or cancer
- Decreased joint pain
- Improved memory
- Reduced risk of developing glaucoma
- Longer lifespan
- Decreased symptoms of depression
- Lower blood pressure

### How Many Miles Is 10,000 Steps?

Based on an average step length of 2 1/2 feet, 10,000 steps is roughly equal to 5 miles. However, due to factors such as your height and walking speed, this number can vary. Online calculators can help determine how many miles you'll cover in 10,000 steps.

### 10,000 Steps Isn't for Everyone

Many fitness trackers have a default daily step goal of 10,000. While this is often viewed as the "ideal" daily step count, that doesn't mean it's appropriate for everyone. People with physical, mental, or environmental barriers to getting 10,000 steps daily shouldn't be discouraged. Instead of focusing on your number of daily steps, focus on moving your body in ways you enjoy and can do consistently. On average, people living a sedentary lifestyle may only take between 1,000 to 3,000 steps daily. Setting an initial goal of 10,000 could be too much too soon, depending on your current activity level.

How does this number compare to counting steps? Based on the average step length a person takes:

- 152 steps per minute while walking at a 15-minute mile pace (4 miles per hour)
- 156 steps per minute when jogging
- 178 steps per minute while running a 12-minute mile (5 miles per hour)<sup>2</sup>

Walking for 30 minutes daily could add roughly 3,000 steps toward your goal.

### Shortcuts to Walk More Steps in a Day

#### There are many ways you can add more steps to your day:

- Park a little further away from your destination
- Take the stairs rather than the elevator
- Use a bathroom that is further away from your office while at work
- Take a short walk during your lunch break
- Walk on a treadmill while you watch TV
- Take a walk with a friend rather than talking on the phone

# 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!**