

ESTABLISHED 2010

LIVE BETTER, LONGER

Aging With Grace



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!

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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


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

Check out the scheduled Activities
and Clubs offered at
The Fountain of Youth Clubhouse





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Clubhouse

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APRIL 2024

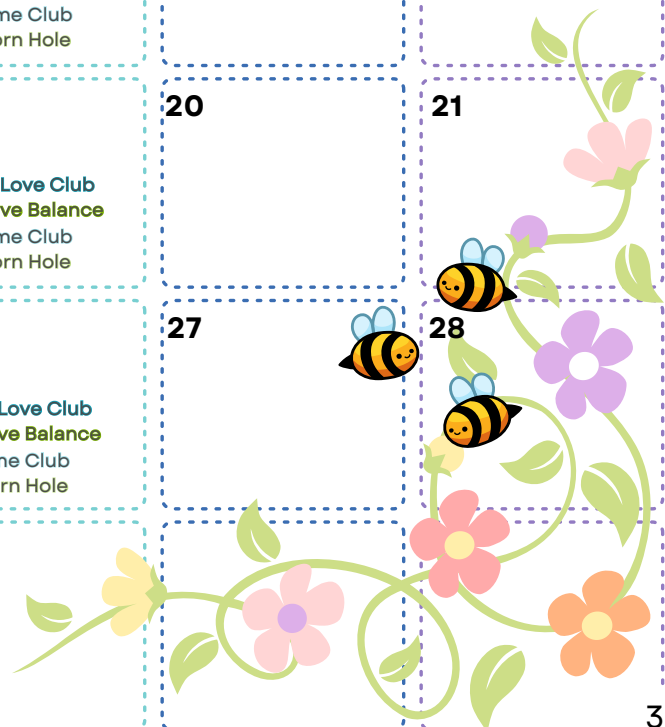
Activities Calendar

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	Weekends by Appointment	
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		
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		
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:

Continuous Improvement
Appreciation and Gratitude
Reciprocity and Respect
Exceptional Integrity

We CARE!

30 Day Water Challenge

Let's get Hydrated!



M					
T					
W					
T					
F					
S					
S					

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

Schedule your tour TODAY!

Aging With Grace

Your Best Independent Life Club

Presents

Lunch and Learn With

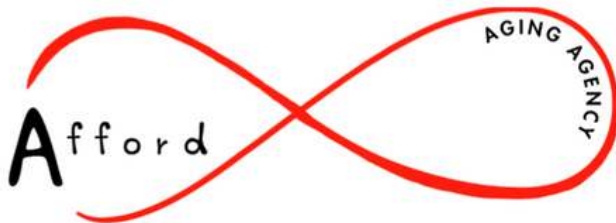
Afford & Neora

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.