

ESTABLISHED 2010

LIVE BETTER, LONGER

Aging With Grace



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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!





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



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


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

LIVE BETTER, LONGER July 2024

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!

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)2
- 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

Schedule your tour TODAY!