

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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Come dine, laugh and socialize with us at

The Fountain of Youth

Clubhouse



Frisch's

White Fish Dinner

Sweet Potato Fries

Cole Slaw

Good Food's Co-Op

Entree, Vegetable,

Fruit

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

Subway

Turkey Sub, Fruit,

Chips

Tzatziki's

Grilled Chicken

Platter, Greek Salad,

Pita Chips

Wang Wang's

Chicken Fried Rice,

Egg Roll



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

Come dine, laugh and socialize with us at

The Fountain of Youth Clubhouse





MON	TUE	WED	THU	FRI	SAT	SUN	
		1	2	3	4	5	
		On a Mission Club	Art Club	Self Love Club			
		Improve Mobility Craft Club	Improve Strength Gardening Club	Improve Balance Game Club			
<u>}</u>	(}:(Balloon Volleyball	Mind/ Body Games	Corn Hole	Weekends by Appointment		
6	7	8	9	10	11	12	
Travel Club Improve Energy Health Club Basketball	Natural Resources Club Improve Strength Book Club Cards	On a Mission Club Improve Mobility Craft Club Balloon Volleyball	Art Club Improve Strength Gardening Club Mind/ Body Games	Self Love Club Improve Balance Game Club Corn Hole		**	
13	14	15	16	17	18	19	
					Senior Prom		
Travel Club Improve Energy Health Club Basketball	Natural Resources Club Improve Strength Book Club Cards	On a Mission Club Improve Mobility Craft Club Balloon Volleyball	Art Club Improve Strength Gardening Club Mind/ Body Games	Self Love Club Improve Balance Game Club Corn Hole	6-8 PM		
20	21	22 Lunch and Learn Afford & Neora	23	24	25	26	
Travel Club Improve Energy Health Club Basketball	Natural Resources Club Improve Strength Book Club Cards	On a Mission Club Improve Mobility Craft Club Balloon Volleyball	Art Club Improve Strength Gardening Club Mind/ Body Games	Self Love Club Improve Balance Game Club Corn Hole			
27	28	29	30	31			
Travel Club Improve Energy Health Club	Natural Resources Club Improve Strength Book Club	On a Mission Club Improve Mobility Craft Club	Art Club Improve Strength Gardening Club	Self Love Club Improve Balance Game Club			



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:



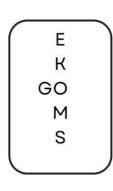
Say nothing negative about that person - either to them or about them to anyone else.



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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5:00 PM

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

LIVE BETTER, LONGER



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!



Presents
The Senior Prom

Dancing for Parkinson's

Join us for Dancing, Refreshments, and a Great Cause!

No charge, donations encouraged



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