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A Message From the Administrator

The second annual Aging With Grace Autumn Craft Fair is the first Sunday in November , the 3rd, starting at 1:00pm. Last year's Craft Fair was a big success and this year's will be even better! Come sell and/or shop with us! Support local small businesses and get a jump start on holiday shopping with unique gifts!

November is the month of Thanksgiving and I am SO GRATEFUL for everyone past and present who has contributed to the success of the Aging With Grace company. Thank you from the bottom of my heart for being good to my fourth child and helping her grow!



Aging With Grace

Your Best Independent Life Club



COME DINE, LAUGH AND SOCIALIZE WITH US AT

**THE FOUNTAIN OF
YOUTH CLUB HOUSE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 Muffin, Fruit</p> <p><u>Fazolis</u> Pasta Entree, Vegetable, Fruit</p>
<p>4 Flavored Grits, Fruit <u>Critchfields</u> Hot Brown, Mashed Potatoes, Green Beans</p>	<p>5 Cereal, Fruit</p> <p><u>Subway</u> 6 Inch sub, Fruit, Chips</p>	<p>6 Muffin, Fruit <u>Frisch's</u> Chicken Breast Meal, Macaroni & Cheese, Baked Apples</p>	<p>7 Oatmeal, Fruit</p> <p><u>Tazikis</u> Grilled Chicken Salad, Pita Chips</p>	<p>8 Granola Bar, Fruit</p> <p><u>Moe's Grill</u> Steak, Veggies, Rice Bean Bowl</p>
<p>11 Muffin, Fruit</p> <p><u>Good Food's Co-Op</u> Entree, Vegetable, Fruit</p>	<p>12 Oatmeal, Fruit</p> <p><u>Chic-Fil-A</u> Chicken Nuggets, Mac & Cheese, Fruit</p>	<p>13 Flavored Grits, Fruit <u>Critchfields</u> Beef Pot Roast, Mashed Potatoes, Green Beans</p>	<p>14 Granola Bar, Fruit</p> <p><u>Wong Wong's</u> Chicken Fried Rice, Egg Roll</p>	<p>15 Cereal, Fruit</p> <p><u>Wendy's</u> Hamburger, Fries, Fruit</p>
<p>18 Muffin, Fruit</p> <p><u>Waffle House</u> Eggs, Bacon, Waffle Fruit</p>	<p>19 Flavored Grits, Fruit</p> <p><u>City Barbecue</u> Turkey Sandwich, Potato Salad</p>	<p>20 Oatmeal, Fruit</p> <p><u>Tazikis</u> Grilled Chicken Salad, Pita Chips</p>	<p>21 Cereal Bar, Fruit <u>Critchfields</u> Meat Loaf, Mashed Potatoes, Green Beans</p>	<p>22 Muffin, Fruit</p> <p><u>Fazolis</u> Pasta Entree, Vegetable, Fruit</p>
<p>25 Flavored Grits, Fruit <u>Critchfields</u> Hot Brown, Mashed Potatoes, Green Beans</p>	<p>26 Cereal, Fruit</p> <p><u>Subway</u> 6 Inch sub, Fruit, Chips</p>	<p>27 Muffin, Fruit <u>Frisch's</u> Chicken Breast Meal, Macaroni & Cheese, Baked Apples</p>	<p>28 Oatmeal, Fruit</p> <p><u>Tazikis</u> Grilled Chicken Salad, Pita Chips</p>	<p>29 Granola Bar, Fruit</p> <p><u>Moe's Grill</u> Steak, Veggies, Rice Bean Bowl</p>

ALL MEALS ARE SERVED WITH 8OZ OF WATER, YOUR CHOICE OF MILK, HOT OR COLD TEA AND COFFEE!

NOVEMBER 2024

Breakfast & Lunch Menu

NOVEMBER 2024
Activities Calendar



CLUB HOUSE HOURS

Monday - Friday | 10am - 4pm

\$73/day or \$16/hour

COME DINE, LAUGH AND
 SOCIALIZE WITH US AT

**THE FOUNTAIN OF
 YOUTH CLUB HOUSE**



EXTREME WEATHER

Please check local TV for delayed openings under BUSINESSES.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Self Love Club Improve Balance Game Club Corn Hole	2	3 Aging With Grace Autumn Craft Fair
4 Travel Club Improve Energy Health Club Basketball	5 Natural Resource Club Improve Strength Book Club Cards	6 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	7 Art Club Improve Strength Gardening Club Mind/Body Games	8 Self Love Club Improve Balance Game Club Corn Hole	WEEKENDS BY APPOINTMENT ONLY Now open on evenings and weekends for event rental! Call now to reserve your date!	
11 Travel Club Improve Energy Health Club Basketball	12 Natural Resource Club Improve Strength Book Club Cards	13 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	14 Art Club Improve Strength Gardening Club Mind/Body Games	15 Self Love Club Improve Balance Game Club Corn Hole		
18 Travel Club Improve Energy Health Club Basketball	19 Natural Resource Club Improve Strength Book Club Cards	20 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	21 Art Club Improve Strength Gardening Club Mind/Body Games	22 Self Love Club Improve Balance Game Club Corn Hole		
25 Travel Club Improve Energy Health Club Basketball	26 Natural Resource Club Improve Strength Book Club Cards	27 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	28 Art Club Improve Strength Gardening Club Mind/Body Games	29 Self Love Club Improve Balance Game Club Corn Hole	30	

Our Core Values:

Continuous Improvement

Appreciation & Gratitude

Reciprocity & Respect

Exceptional Integrity

OUTSTANDING EMPLOYEES WHO HAVE TRULY EMBODIED OUR CORE VALUES THIS MONTH

Amy Erb	Terricka Jackmon
Brittany Reidenbaugh	latasha posey
Jerricka Jackmon	kathy fair
Joshua Wise	Linda roberts
Annika Blethen	Chyanne Lopez
Sarah Brown	Miranda Feedback
Hannah Wilburn	Devante Frazier
Destiny Brown	Ashley Warren
Destany Goode	Linda Roerts
Melissa Price	Anaisy Delgado
Renasul Robinson	Racheal Baker
Ayries Manuel	Carol Jones
Stella Harris	Alicia Aulick
Avery Bast	Pamela Johnson
Emilee Dykes	Ashley Centers
Zach Knauss	Martha McCann
Stephanie Gonzalez	Ashley Butler
Penny Ware	Norkeysha Lewis
Meliss Chasteen	Joquetta Parrish
Leighann Cromer	Asaad Alshaferi
Oleksandra Vaschuk	Wendy Spires
	Kimberly Gallagher

Our Mission:

To Improve your Health and Quality of Life!



Congratulations!

TO THE WINNERS OF THIS
MONTH'S CARE REWARD!



Zach Knauss

1. What's your favorite food/meal? Pasta
2. What do you like to do in your free time? Binge shows
3. If you could go anywhere, where would you go for vacation? New York
4. Share a fun fact, something most people wouldn't know about you. I use to own a music studio/song writer
5. How long have you been working for Aging with Grace? I've been here going on a year I believe
6. What you like best about your job? I love helping people and seeing them smile

Norkeysha Lewis



1. What do you like to do in your free time? I like to relax in my free time
2. If you could go anywhere, where would you go for vacation? Somewhere warm
3. How long have you been working for Aging with Grace? 3 years

AGING WITH GRACE'S 2nd ANNUAL



CRAFT FAIR

November 3rd, 2024, 1 to 4 p.m.

743 Allendale Drive, Lexington, KY 40503

RSVP TheHealthClubForSeniors@gmail.com

www.AgingWithGraceInfo.org



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

www.agingwithgraceinfo.org

SCHEDULE YOUR TOUR TODAY!

NOVEMBER 2024