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A Message From the Administrator

Happy Holidays Everyone! This year of 2024 has flown by, and I believe it is because, as the saying goes...time flies when you are having fun! I am looking forward to even more fun in 2025. I have hopes of growing and improving Aging With Grace for everyone's sake. For the people we help and the people who are doing the helping. Each year, my gift to all employees is a AAA membership. Please check your mailbox and don't throw it away by accident! If you don't receive your membership card by the end of the year, please let us know. For everyone else... please join The Fountain of Youth Clubhouse where Santa comes to visit! Come have a photo with Santa and receive a unique gift!

Hope to see you then ❤️



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>2 Oatmeal, Fruit <u>Critchfields</u> Fried Chicken, Salad, Fruit</p>	<p>3 Cereal, Fruit Subway 6 Inch sub, Fruit, Chips</p>	<p>4 Oatmeal, Fruit <u>Good Food's Co-Op</u> Entree, Vegetable, Fruit</p>	<p>5 Muffin, Fruit <u>Freddy's</u> Hamburger, Fries, Fruit</p>	<p>6 Muffin, Fruit <u>Fazolis</u> Pasta Entree, Vegetable, Fruit</p>
<p>9 Flavored Grits, Fruit <u>Tazikis</u> Grilled Chicken Salad, Pita Chips</p>	<p>10 Cereal, Fruit <u>Good Foods Coop</u> Entree, Vegetable, Fruit</p>	<p>11 Muffin, Fruit <u>Frisch's</u> Chicken Breast Meal, Macaroni & Cheese, Baked Apples</p>	<p>12 Cereal Bar, Fruit <u>City Barbeque</u> Pulled Pork Sandwich, Green Beans, Fruit</p>	<p>13 Granola Bar, Fruit <u>Moe's Grill</u> Steak, Veggies, Rice Bean Bowl</p>
<p>16 Muffin, Fruit <u>Good Food's Co-Op</u> Entree, Vegetable, Fruit</p>	<p>17 Oatmeal, Fruit <u>Chic-Fil-A</u> Chicken Nuggets, Mac & Cheese, Fruit</p>	<p>18 Flavored Grits, Fruit <u>Critchfields</u> Beef Pot Roast, Mashed Potatoes, Salad</p>	<p>19 Granola Bar, Fruit <u>Wong Wong's</u> Chicken Stir-Fry, Egg Roll</p>	<p>20 Cereal, Fruit <u>Wendy's</u> Chili, Baked Potato, Fruit</p>
<p>23 Muffin, Fruit <u>Waffle House</u> Eggs, Bacon, Waffle Fruit</p>	<p>24 Flavored Grits, Fruit <u>City Barbecue</u> Turkey Sandwich, Potato Salad</p>	<p>25 Oatmeal, Fruit <u>Gyroz Eatery</u> Chicken Kabob, Salad, Rice, Hummus</p>	<p>26 Cereal Bar, Fruit <u>Critchfields</u> Meat Loaf, Mashed Potatoes, Green Beans</p>	<p>27 Muffin, Fruit <u>Fazolis</u> Pasta Entree, Vegetable, Fruit</p>
<p>30 Muffin, Fruit <u>Critchfields</u> Fish Basket, Cole Slaw, Fries</p>	<p>31 Cereal, Fruit <u>Good Food's Co-Op</u> Entree, Vegetable, Fruit</p>			

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



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
<p>2</p> <p>Travel Club Improve Energy Health Club Basketball</p>	<p>3</p> <p>Natural Resource Club Improve Strength Book Club Kickball</p>	<p>4</p> <p>On a Mission Club Improve Mobility Craft Club Balloon Volleyball</p>	<p>5</p> <p>Art Club Improve Strength Gardening Club Mind/Body Games</p>	<p>6</p> <p>Self Love Club Improve Balance Game Club Corn Hole</p>	7	8
<p>9</p> <p>Travel Club Improve Energy Health Club Basketball</p>	<p>10</p> <p>Natural Resource Club Improve Strength Book Club Kickball</p>	<p>11</p> <p>On a Mission Club Improve Mobility Craft Club Balloon Volleyball</p>	<p>12</p> <p>Art Club Improve Strength Gardening Club Mind/Body Games</p>	<p>13</p> <p>Self Love Club Improve Balance Game Club Corn Hole</p>	<p>WEEKENDS BY APPOINTMENT ONLY</p>	
<p>16</p> <p>Travel Club Improve Energy Health Club Basketball</p>	<p>17</p> <p>Natural Resource Club Improve Strength Book Club Kickball</p>	<p>18</p> <p>On a Mission Club Improve Mobility Craft Club Balloon Volleyball</p>	<p>19</p> <p>Art Club Improve Strength Gardening Club Mind/Body Games</p>	<p>20</p> <p>Self Love Club Improve Balance Game Club Corn Hole</p>		
<p>23</p> <p>Travel Club Improve Energy Health Club Basketball</p>	<p>24</p> <p>Natural Resource Club Improve Strength Book Club C</p>	<p>25</p> <p>On a Mission Club Improve Mobility Craft Club Balloon Volleyball</p>	<p>26</p> <p>Art Club Improve Strength Gardening Club Mind/Body Games</p>	<p>27</p> <p>Self Love Club Improve Balance Game Club Corn Hole</p>		
<p>30</p> <p>Travel Club Improve Energy Health Club Basketball</p>	<p>31</p> <p>Natural Resource Club Improve Strength Book Club Kickball</p>					

Our Core Values:

Continuous Improvement

Appreciation & Gratitude

Reciprocity & Respect

Exceptional Integrity

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

Holly Heighton
Jennifer freeman
Alive Aulick
Racheal Baker
Pamela Johnson
Miranda Feeback
Cheyanne Lopez
Anaisy Delgado
Latasha Posey
Devante Frazier
Kimberly Gallagher
Penny Ware
Asaad Alshaferi
Martha McCann
Taylor Barnes
Leighann Cromer
Allanda Stevens
Colby Floyd
Miranda Garcia
Norkeysha Lewis
Joquetta Parrish

Amy Erb
Brittney Reidenbaugh
Jerricka Jackmon
Annika Blethen
Sarah Brown
Kaitlyn Workman
Hannah Wilburn
Racheal Couch
Renasul Robinson
Destiny Goode
Ayries Manuel
Adam McCloskey
Avery Bast
Emilee Dykes
Amanda Hisle
Joshua Wise
Stephanie Gonzalez
Kayla Poole
Carol Jones
Linda Roberts
Sandra Marshall
Ashely Butler
Oleksandra Vaschuk

Our Mission:

To Improve your Health and Quality of Life!



Congratulations!

**TO THE WINNERS OF THIS
MONTH'S CARE REWARD!**



Destiny Good

1. What's your favorite food/meal?
Authentic Mexican

2. If you could go anywhere, where would you go for vacation? Maldives. **3** Share a fun fact, something most people wouldn't know about you. I love being outdoors! I love hiking, lakes, kayaking, and camping. **4.** How long have you been working for Aging with Grace? 11 Months **5.** What you like best about your job? I like the friendships/relationships I get to build with my clients. I like simply just being there for them and making things easier for them and their family.

Norkeysha Lewis



1. What is your favorite food? Chinese Food
2. What do you like to do in your free time?
I like to go to the show.
3. If you could go anywhere, where would you go for vacation
Virginia Beach or Ocean City
4. Share a fun fact that most people would not know.
I love animals
5. How long have you been working for Aging with Grace?
Almost a year.
6. What do you like best about your job?
My client and the job is very flexible.



Gracefully Rooted
Product & Price List

Elderberry Syrup.	\$15/pint
Fire Cider	\$15/pint
Beef Tallow Body Cream.	\$10/ 4oz (vol)
Antibacterial Salve.	\$8/ 2oz
Magnesium Spray.	\$8/ 2 oz
Anti- Itch sticks.	\$5/1 oz
Beard Oil.	\$8/2oz
Pain Salve.	\$8/2oz
Cold & Flu Tea Blend.	\$5/3oz(vol)
Sleep Tea.	\$5/3oz (vol)

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100% Natural & Organic Products for your everyday lifestyle

Please note: The Aging With Grace Company is not endorsing or liable for these products



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!

December 2024



Meet One of our Amazing DSP Supervisors Amanda Fayne. She has been here at Aging With Grace for over 6 years.

Amanda enjoys gardening in her spare time. She grows fruits and vegetables, including growing her own herbs and spices. Amanda's passion for gardening has grown into a medicinal herbalist producing pain reducing balm, golden cough syrup, elderberry juice and even beard growth oil!! Please feel free to contact Amanda to purchase any of her products as they will make Excellent Gifts as the Holiday Season is upon us!

Call or Text
(859) 420-0159