

April 2025

Aging With Grace Newsletter

ESTABLISHED 2010

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LIVE
BETTER,
Longer!

VOLUME 12, ISSUE 4

A Message From the Administrator

Hello clients and employees at our wonderful Aging With Grace! As the warmth of spring blossoms around us, so too does the joy we find in each day spent together. April is a time for renewal and growth, and I'm so grateful for the vibrant energy and compassionate spirit you all bring to our organization. To our dedicated team, thank you for your unwavering commitment to providing exceptional care. To our cherished clients, your smiles and stories brighten our days, and we look forward to a month filled with engaging activities and shared moments of happiness. Here's to a cheerful and thriving April for everyone at Aging With Grace!




Aging With Grace

Your Best Independent Life Club

April 2025

Breakfast & Lunch Menu



BREAKFAST
10 AM

COME DINE, LAUGH AND SOCIALIZE WITH US AT THE FOUNTAIN OF YOUTH CLUB HOUSE



LUNCH
1 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Cereal, Fruit</p> <p><u>Good Food's Co-Op</u> Entree, Vegetable, Fruit</p>	<p>2 Oatmeal, Fruit</p> <p>Subway 6 Inch sub, Fruit, Chips</p>	<p>3 Muffin, Fruit</p> <p>Dad's Potato Soup and Rachel Chicken Sandwich, fruit</p>	<p>4 Muffin, Fruit</p> <p><u>Fazolis</u> Pasta Entree, Vegetable, Fruit</p>
<p>7 Flavored Grits, Fruit</p> <p><u>Tazikis</u> Grilled Chicken Salad, Pita Chips</p>	<p>8 Cereal, Fruit</p> <p><u>Good Foods Coop</u> Entree, Vegetable, Fruit</p>	<p>9 Oatmeal, Fruit</p> <p>South-of-Wrigley Frankfurter, bun sauer kraut, Fruit</p>	<p>10 Cereal Bar, Fruit</p> <p><u>City Barbeque</u> Pulled Pork Sandwich, Green Beans, Fruit</p>	<p>11 Granola Bar, Fruit</p> <p>Moe's Grill Steak, Veggies, Rice Bean Bowl</p>
<p>14 Muffin, Fruit</p> <p><u>Good Food's Co-Op</u> Entree, Vegetable, Fruit</p>	<p>15 Oatmeal, Fruit</p> <p>Chic-Fil-A Chicken Nuggets, Mac & Cheese, Fruit</p>	<p>16 Flavored Grits, Fruit</p> <p><u>Critchfields Beef Pot</u> Roast, Mashed Potatoes, Salad</p>	<p>17 Granola Bar, Fruit</p> <p><u>Wong Wong's</u> Chicken Stir Fry, Egg Roll</p>	<p>18 Cereal, Fruit</p> <p>McCalister's Deli Sandwich and salad or soup</p>
<p>21 Muffin, Fruit</p> <p>Waffle House Eggs, Bacon, Waffle Fruit</p>	<p>22 Flavored Grits, Fruit</p> <p>City Barbecue Turkey Sandwich, Potato Salad, fruit</p>	<p>23 Oatmeal, Fruit</p> <p><u>Gyroz Eatery</u> Chicken Kabob, Salad, Rice, Hummus</p>	<p>24 Cereal Bar, Fruit</p> <p><u>Critchfields</u> Meat Loaf, Mashed Potatoes, Green Beans</p>	<p>25 Muffin, Fruit</p> <p>DV8 Kitchen Basil-Chicken Sandwich, Chips, Fruit</p>
<p>28 Cereal, Fruit</p> <p>Dad's Potato Soup and Rachel Chicken Sandwich, fruit</p>	<p>29 Muffin, Fruit</p> <p>Subway 6 Inch sub, Fruit, Chips</p>	<p>30 Flavored Grits, Fruit</p> <p><u>Critchfields Beef Pot</u> Roast, Mashed Potatoes, Salad</p>		

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

April 2025

Activities Calendar



CLUB HOUSE HOURS

Monday - Friday | 10am - 4pm

\$82/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 Natural Resource Club Improve Strength Book Club Kickball	2 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	3 Art Club Improve Strength Gardening Club Mind/Body Games	4 Self Love Club Improve Balance Game Club Corn Hole	5	6
7 Travel Club Improve Energy Health Club Basketball	8 Natural Resource Club Improve Strength Book Club Kickball	9 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	10 Art Club Improve Strength Gardening Club Mind/Body Games	11 Self Love Club Improve Balance Game Club Corn Hole	12	13
14 Travel Club Improve Energy Health Club Basketball	15 Natural Resource Club Improve Strength Book Club Kickball	16 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	17 Art Club Improve Strength Gardening Club Mind/Body Games	18 Self Love Club Improve Balance Game Club Corn Hole	19	20
21 Travel Club Improve Energy Health Club Basketball	22 Natural Resource Club Improve Strength Book Club Kickball	23 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	24 Art Club Improve Strength Gardening Club Mind/Body Games	25 Self Love Club Improve Balance Game Club Corn Hole	26	27
28 Travel Club Improve Energy Health Club Basketball	29 Natural Resource Club Improve Strength Book Club Kickball	30 On a Mission Club Improve Mobility Craft Club Balloon Volleyball				

WEEKENDS BY
APPOINTMENT
ONLY

Employee Recognition

Our Core Values:

Continuous Improvement

Appreciation & Gratitude

Reciprocity & Respect

Exceptional Integrity

OUTSTANDING EMPLOYEES

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

Sarah Steele	Sandra Marshall
Annika Blethen	Renee Furnish
Sarah Brown	Colby Floyd
Kaitlyn Workman	Martha McCann
Hannah Wilburn	Norkeysha Lewis
Hannah Claire Smith	Latevious Brown
Amy Erb	Penny Ware
Corina Cruz Frias	Amy Guynn
Stephanie Gonzalez	Rachael Baker
Avery Bast	Ashley Warren
Emilee Dykes	Miranda Feedback
Terricka Jackmon	Daryl Rice
Joshua Wise	Deborah Stoud
Arskar Frasier	Destiny Nichols
Carlos Saucedo	Linda Roberts
Asaad Alshaferi	Ruby Perez
Oleksandra Vaschuk	Tammy Beltz
Allanda Stevnes	Kayla Poole

Our Mission:

Improve your Health and Quality of Life!



Congratulations!

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



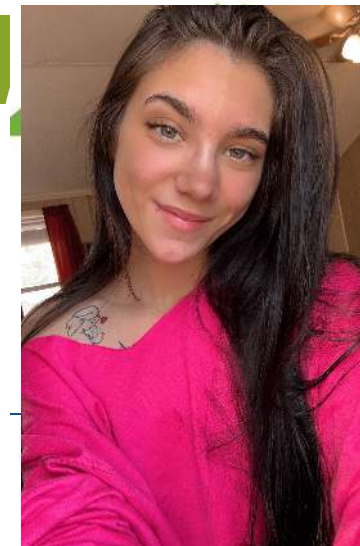
Avery Bast

1. What's your favorite food/meal?
Seafood
2. If you could go anywhere, where would you go for vacation? Hawaii

3. What do you like doing in your free time? Hanging out with my daughter, having family time and doing nails.
4. Share a fun fact, something most people wouldn't know about you. I like reading poem books.
5. How long have you been working for Aging with Grace? 1 year 3 months
6. What do you like best about your job? I love being able to care for others and able to be here for them. Growing a bond with them and knowing my presence helps them.
7. What do you like to do in your spare time? It's a good company. Very respectful people, good communication, caring.

Miranda Feedback

1. What is your favorite food? Steak
2. What do you like to do in your free time? Ride Four-Wheelers
3. If you could go anywhere, where would you go for vacation? Hawaii
4. How long have you been working for Aging with Grace? Almost 2 Years now
5. What do you like best about your job? The Best thing I like about working at aging With Grace is being connected with my resident and his family and having the connection we do. My supervisors are the most respectful and understanding people!!





Live
Laugh
Love

April is National Earth Day Month, World Autism Awareness Month, National Minority Health Awareness and Stress Awareness Month. April is all about new beginnings, growth and transformation. If life hands you lemons, embrace these concepts, find inner peace and contentment. Let go of past pain and hurts, embrace the present and look forward to the future, with hope and optimism.

Ancient Greek tragedian Aeschylus wrote:
"There is no pain so great, as the memory of joy
in present grief".

April is the month of inner peace...
as the birds do not worry about finding worms to eat, we
shouldn't worry either. Dr. Maya Angelou reminds us...
when she said...

"I know for sure that love saves us and we must
create space for love"...part of that love is
self-care, do something nice , just
for yourself this month ♥



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!