

May 2025

Aging With Grace Newsletter

ESTABLISHED 2010

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LIVE
BETTER,
Longer!

VOLUME 12, ISSUE 5

A Message From the Administrator

Warm greetings to our cherished clients and dedicated team, As the beauty of May unfolds here in Lexington, it brings a renewed sense of energy. At Aging With Grace, supporting well-being is at the heart of everything we do. We know that staying active is fundamental to this, helping combat stiffness, maintain balance, and preserve independence as we age. Whether you're a client working towards your goals or a valued member of our staff supporting that journey (and tending to your own health!), I encourage us all to embrace gentle movement this month. Even small efforts in daily stretching and activity make a significant difference in our quality of life. Let's continue to support each other in aging gracefully and actively.

Wishing you all a healthy and vibrant
May!



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
			1 Muffin, Fruit Dad's Potato Soup and Rachel Chicken Sandwich, fruit	2 Muffin, Fruit Fazolis Pasta Entree, Vegetable, Fruit
5 Flavored Grits, Fruit Tazikis Grilled Chicken Salad, Pita Chips	6 Cereal, Fruit Good Foods Coop Entree, Vegetable, Fruit	7 Oatmeal, Fruit South-of-Wrigley Frankfurter, bun sauer kraut, Fruit	8 Cereal Bar, Fruit City Barbeque Pulled Pork Sandwich, Green Beans, Fruit	9 Granola Bar, Fruit Moe's Grill Steak, Veggies, Rice Bean Bowl
12 Muffin, Fruit Good Food's Co-Op Entree, Vegetable, Fruit	13 Oatmeal, Fruit Chic-Fil-A Chicken Nuggets, Mac & Cheese, Fruit	14 Flavored Grits, Fruit Critchfields Beef Pot Roast, Mashed Potatoes, Salad	15 Granola Bar, Fruit Wong Wong's Chicken Stir-Fry, Egg Roll	16 Cereal, Fruit McCalister's Deli Sandwich and salad or soup
19 Muffin, Fruit Waffle House Eggs, Bacon, Waffle Fruit	20 Flavored Grits, Fruit City Barbecue Turkey Sandwich, Potato Salad, fruit	21 Oatmeal, Fruit Gyroz Eatery Chicken Kabob, Salad, Rice, Hummus	22 Cereal Bar, Fruit Critchfields Meat Loaf, Mashed Potatoes, Green Beans	23 Muffin, Fruit DV8 Kitchen Basil Chicken Sandwich, Radishes Fruit
26 Cereal, Fruit Dad's Potato Soup and Rachel Chicken Sandwich, fruit	27 Muffin, Fruit Subway 6 Inch sub, Fruit, Carrots	28 Flavored Grits, Fruit Critchfields Beef Pot Roast, Mashed Potatoes, Salad	29 Oatmeal, Fruit Wendy's Chili Baked Potato Salad	30 Cereal, Fruit Good Food's Co-Op Entree, Vegetable, Fruit

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

May 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 Art Club Improve Strength Gardening Club Mind/Body Games	2 Self Love Club Improve Balance Game Club Corn Hole	3	4
5 Travel Club Improve Energy Health Club Basketball	6 Natural Resource Club Improve Strength Book Club Kickball	7 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	8 Art Club Improve Strength Gardening Club Mind/Body Games	9 Self Love Club Improve Balance Game Club Corn Hole	10	11
12 Travel Club Improve Energy Health Club Basketball	13 Natural Resource Club Improve Strength Book Club Kickball	14 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	15 Art Club Improve Strength Gardening Club Mind/Body Games	16 Self Love Club Improve Balance Game Club Corn Hole	17	WEEKENDS BY APPOINTMENT ONLY
19 Travel Club Improve Energy Health Club Basketball	20 Natural Resource Club Improve Strength Book Club Kickball	21 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	22 Art Club Improve Strength Gardening Club Mind/Body Games	23 Self Love Club Improve Balance Game Club Corn Hole	24	
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Our Core Values: Our Mission:

Continuous Improvement

Appreciation & Gratitude

Reciprocity & Respect

Exceptional Integrity

OUTSTANDING EMPLOYEES

WHO HAVE TRULY EMBODIED
OUR CORE VALUES THIS MONTH

Sarah Steele
Annika Blethen
Arskar Frasier
Kaitlyn Workman
Carlos Saucedo
Hannah Claire
Smith
Amy Erb
Corina Cruz Frias
Stephanie
Gonzalez
Anaisy Delgado
Emilee Dykes
Terricka
Jackmon
Joshua Wise
Heather Lopez

Melissa Chasteen
stephanie Gilliam
Demaris Booth
Ashley warren
Linda Roberts
Deborah Stroud
Daryl Rice
Sasa Abel
Marsha Warren
Ford
Stephanie Brewer
Mollie Zungia

Improve your Health and Quality of Life!

Congratulations!

TO THE WINNERS OF THIS
MONTH'S CARE REWARD!



Terricka Jockman

1. What's your favorite food/meal?
Italian and Mexican
2. If you could go anywhere, where would you go for vacation? Italy
3. What do you like doing in your free time? spending time with family.
4. Share a fun fact, something most people wouldn't know about you. I am working on a children's book!
5. How long have you been working for Aging with Grace? 2 Years
6. What do you like best about your job? I love that there is a unique blend of personal and professional fulfillment.
7. What do you best about your supervisors? Their ability to Problem Solve!

Damaris Booth

1. What is your favorite food? Seafood.
2. What do you like to do in your free time? I enjoy taking my Chihuahua for walks and volunteering in ministry work, where I teach others about the Bible.
3. If you could go anywhere, where would you go for vacation ? Ireland
4. How long have you been working for Aging with Grace? I have been with AWG for over a month, but I have been with my client for over 3 years.
5. What do you like best about your job? The Best thing I like about working at aging With Grace is being there for those who need help and bringing light to their day. I like that AWG is Well organized and consistent!



May is Mental Health Awareness Month

To boost mental health, prioritize self-care, practice mindfulness, and engage in social activities. Also, consider regular exercise, healthy eating habits, and adequate sleep, along with seeking professional help when needed.

Remember...

Believe in Yourself
BE KIND
to yourself
Love YOURSELF



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!