

June 2025

Aging With Grace Newsletter

ESTABLISHED 2010

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LIVE
BETTER,
Longer!

VOLUME 12, ISSUE 6

A Message From the Administrator

As June arrives, bringing with it the warmth of summer, we have an extra special reason to celebrate! This month marks the 10-year anniversary of Aging with Grace! We are incredibly grateful for the journey we've shared with all of you. To our cherished clients, your trust and the grace with which you embrace each day have been the cornerstone of our success. Thank you for allowing us to be a part of your lives for the past decade. To our dedicated employees, your unwavering commitment, compassion, and hard work have made Aging with Grace the caring company it is today. Your dedication has been instrumental in reaching this significant milestone. To commemorate this special occasion, we would be delighted if you would join us for a 10-year anniversary celebration on Saturday, June 7th, at 6:00 PM at The Signature Club on Landsdowne.

Please RSVP your attendance by sending a text or calling 859-539-2147 so we can finalize the arrangements.

We look forward to celebrating this milestone with all of you – the heart and soul of Aging with Grace!



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
2 Tazikis Grilled Chicken Salad, Pita Chips	3 <u>Good Foods Coop</u> Entree, Vegetable, Fruit	4 South of Wrigley Frankfurter, bun sauer kraut, Fruit	5 Muffin, Fruit Dad's Potato Soup and Rachel Chicken Sandwich, fruit	6 Muffin, Fruit <u>Fazolis</u> Pasta Entree, Vegetable, Fruit
9 Flavored Grits, Fruit Tazikis Grilled Chicken Salad, Pita Chips	10 Cereal, Fruit <u>Good Foods Coop</u> Entree, Vegetable, Fruit	11 Oatmeal, Fruit South-of-Wrigley Frankfurter, bun sauer kraut, Fruit	12 Cereal Bar, Fruit <u>City Barbeque</u> Pulled Pork Sandwich, Green Beans, Fruit	13 Granola Bar, Fruit Moe's Grill Steak, Veggies, Rice Bean Bowl
16 Muffin, Fruit <u>Good Food's Co-Op</u> Entree, Vegetable, Fruit	17 Oatmeal, Fruit Chic-Fil-A Chicken Nuggets, Mac & Cheese, Fruit	18 Flavored Grits, Fruit Critchfields Beef Pot Roast, Mashed Potatoes, Salad	19 Granola Bar, Fruit <u>Wong Wong's</u> Chicken Stir-Fry, Egg Roll	20 Cereal, Fruit McCalister's Deli Sandwich and salad or soup
23 Muffin, Fruit Waffle House Eggs, Bacon, Waffle Fruit	24 Flavored Grits, Fruit City Barbecue Turkey Sandwich, Potato Salad, fruit	25 Oatmeal, Fruit <u>Gyroz Eatery</u> Chicken Kabob, Salad, Rice, Hummus	26 Cereal Bar, Fruit <u>Critchfields</u> Meat Loaf, Mashed Potatoes, Green Beans	27 Muffin, Fruit DVS Kitchen Basil Chicken Sandwich, Radishes Fruit
30 Cereal, Fruit Dad's Potato Soup and Rachel Chicken Sandwich, fruit	hello SUMMER			

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

June 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 Travel Club Improve Energy Health Club Basketball	2 Natural Resource Club Improve Strength Book Club Kickball	3 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	4 Art Club Improve Strength Gardening Club Mind/Body Games	5 Self Love Club Improve Balance Game Club Corn Hole	6	7
8 Travel Club Improve Energy Health Club Basketball	9 Natural Resource Club Improve Strength Book Club Kickball	10 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	11 Art Club Improve Strength Gardening Club Mind/Body Games	12 Self Love Club Improve Balance Game Club Corn Hole	13	14
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Our Core Values:

Continuous Improvement

Appreciation & Gratitude

Reciprocity & Respect

Exceptional Integrity

OUTSTANDING EMPLOYEES

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

Sarah Steele
Annika Blethen
Anaisy Delgado
Heather Lopez
Carlos Saucedo
Joshua Wise
Amy Erb
Corina Cruz Frias
Stephanie Gonzalez
Brandon Delaney
Avery Bast
Sharon Jennings
Brittany Reidenbaugh
Jerricka Jackmon
Kaitlyn Workman
Terricka Jackmon
Annie Smith
Rita Durham
Damaris Booth
Lori Walker
Sasha Abel

Stephanie Gilliam
James Smith
Destiny Goode
Zack Knauss
Martha McCann
Asaad Alshaferi
Penny Ware
Oleksandra V
Allanda Stevens
Ashley Butler
Renee Furnish
Kimberly Gallagher
Sandra Marshall
Colby Floyd
Rachel Baker
Miranda Feeback
Kayla Pool
Daryl Rice
Tammy Beltz
Holly Heighton
Destiny Nichols
Ashley Warren
Deborah Stroud

Our Mission:

Improve your Health and Quality of Life!

Congratulations!

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



Carina Cruz

1. What's your favorite food/meal?
Seafood
2. If you could go anywhere, where would you go for vacation? Walt Disney
3. What do you like doing in your free time? Crochet
4. Share a fun fact, something most people wouldn't know about you. I Love to dance!
5. How long have you been working for Aging with Grace? 3 Months
6. What do you like best about your job? I love being able to help a person generate a feeling of satisfaction and joy.
7. What do you best about your supervisors? Professionalism, teamwork, communication and problem solving

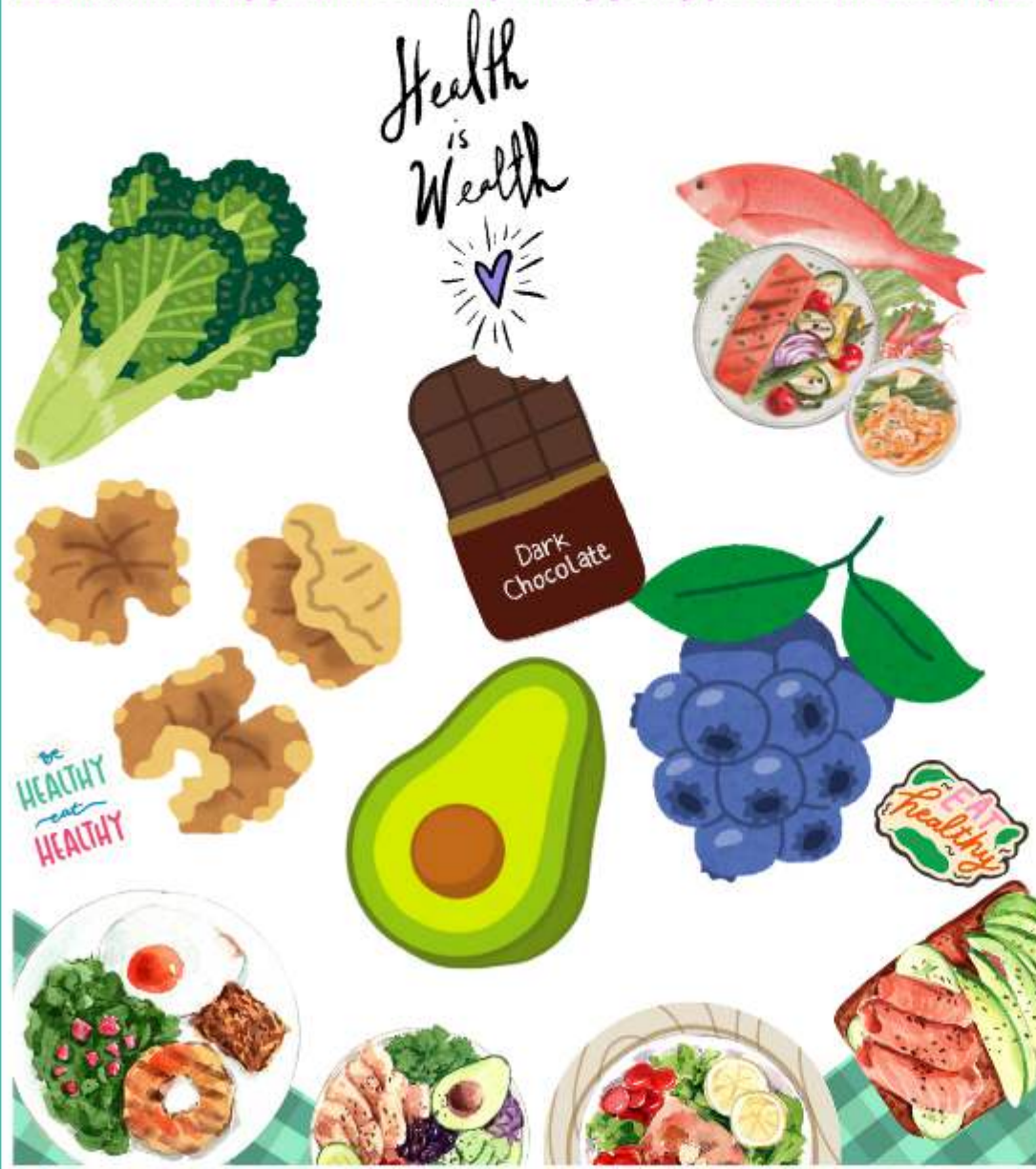
Sarah Steele

1. What is your favorite food? Shepards's pie.
2. What do you like to do in your free time? I enjoy nature, hiking and reading.
3. If you could go anywhere, where would you go for vacation ? Scotland.
4. How long have you been working for Aging with Grace? 7 Months
5. What do you like best about your job? Making connection with people. and making them feel valued.
6. The Best thing about my supervisors? Is they take the time to listen and help when needed. Work around life schedules and they want everyone to provide the Greatest Care to their clients!!!



June is National Alzheimer's Awareness Month, Men's Health Month,
Sickle Cell Awareness &
National HIV Testing Day

There is no magic wand to prevent certain disease processes, such as
Alzheimer's Disease or Cognitive decline. There are foods that are
healthier for you! These foods that are good for your brain, also are
the same foods that protect your heart and blood vessels! Make the
decision this month to eat healthier and get your lab work as
recommended by your doctor, especially yearly prevention check-ups.



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!