

August 2025

# Aging With Grace<sup>®</sup> Newsletter

ESTABLISHED 2010

## TABLE OF CONTENTS

Message from the Administrator  
Fountain of Youth Clubhouse Menu  
Activities Calendar  
Employee Recognition  
Bee Weller's Buzz on Health

LIVE  
BETTER,  
Longer!

VOLUME 12, ISSUE 8

### A Message From the Administrator

As the vibrant days of summer continue, we're filled with gratitude for our incredible community—our dedicated employees and cherished clients. At Aging With Grace, we believe in embracing every season of life with joy, connection, and continuous learning. We're thrilled to invite you to our Summer Celebration Block Party on Friday, August 23rd, from noon to 2 PM! Come on down for an afternoon of good company, delicious food, and fun. It's the perfect opportunity to connect, share stories, and simply enjoy being together. We can't wait to celebrate with you! And don't forget our popular free Lunch & Learn series, held on the second Tuesday of each month at noon. This month, on August 13th, we'll be focusing on a topic many of you have asked about: moving and downsizing tips and information for seniors. Whether you're considering a change or simply curious, this session will provide valuable insights and practical advice to help make any transition smoother. Please RSVP at 859 539 2147

We're committed to supporting you every step of the way, fostering a community where grace, growth, and connection flourish. We look forward to seeing you at these upcoming events!

Wishing you well. DG



*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 Good Food's Co-Op Entree, <u>Vegetable</u> , Fruit
4 Flavored Grits, Fruit <u>Tazikis Grilled</u> Chicken Salad, Pita Chips	5 Cereal, Fruit Good Foods Coop Entree, <u>Vegetable</u> , Fruit	6 Oatmeal, Fruit South-of-Wrigley Frankfurter, bun sauer kraut, Fruit	7 Cereal Bar, Fruit <u>City Barbeque</u> Pulled Pork Sandwich, Green Beans, Fruit	8 Granola Bar, Fruit Moe's Grill Steak, <u>Veggies</u> , Rice Bean Bowl
11 Muffin, Fruit <u>Good Food's Co-Op</u> Entree, <u>Vegetable</u> , Fruit	12 Oatmeal, Fruit Chic-Fil-A Chicken <u>Nuggets</u> , Mac & Cheese, Fruit	13 Flavored Grits, Fruit <u>Critchfields Beef Pot</u> Roast, Mashed Potatoes, Salad	14 Granola Bar, Fruit <u>Wong Wong's</u> Chicken <u>Stir Fry</u> , Egg Roll	15 Cereal, Fruit McCalister's Deli Sandwich and salad or soup
18 Muffin, Fruit Waffle House Eggs, Bacon, Waffle Fruit	19 Flavored Grits, Fruit <u>City Barbecue</u> Turkey Sandwich, Potato Salad, fruit	20 Oatmeal, Fruit <u>Gyroz Eatery</u> Chicken <u>Kabob</u> , <u>Salad, Rice, Hummus</u>	21 Cereal Bar, Fruit <u>Critchfields</u> Meat Loaf, Mashed Potatoes, Green Beans	22 Muffin, Fruit KFC Chicken Pot Pie <u>Cole Slaw</u> Fruit
25 Cereal, Fruit Dad's <u>Potato Soup</u> and Rachel Chicken Sandwich, fruit	26 Chic-Fil-A Chicken <u>Nuggets</u> , Mac & Cheese, Fruit	27 <u>Good Foods Coop</u> Entree, <u>Vegetable</u> , Fruit	28 <u>Wong Wong's</u> Chicken <u>Stir Fry</u> , Egg Roll	29 Cereal Bar, Fruit <u>Critchfields</u> Catfish, <u>colestaw</u> , mac n cheese

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

August 2025

# Breakfast & Lunch Menu



# August 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 Self Love Club Improve Balance Game Club Corn Hole	2	6
4 Travel Club Improve Energy Health Club Basketball	5 Natural Resource Club Improve Strength Book Club Kickball	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	9	10
11 Travel Club Improve Energy Health Club Basketball	12 Natural Resource Club Improve Strength Book Club Kickball	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	16	WEEKENDS BY APPOINTMENT ONLY
18 Travel Club Improve Energy Health Club Basketball	19 Natural Resource Club Improve Strength Book Club Kickball	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	23	
25 Travel Club Improve Energy Health Club Basketball	26 Natural Resource Club Improve Strength Book Club Kickball	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	
						31

## Our Core Values:

**C**ontinuous Improvement

**A**ppreciation & Gratitude

**R**eciprocity & Respect

**E**xceptional Integrity

### OUTSTANDING EMPLOYEES

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

Brittany Reidenbaugh	Sarah Steele
Heather Lopez	Anaisy Delgado
Sharron Jennings	Josh Wise
Jerricka Jackmom	Zach Knauss
Annika Blethen	Stephany Gonzalez
Stephanie Robinson	Holly Heighton
Davante Frazier	Daryl Rice
Emilee Dykes	Linda Roberts
Hannah Wilburn	Tiffanie Abney
Destiny Brown	Summer Beatty
Rachel Hollar	Deborah Stroud
Terricka Jackmom	Ashley Warren
Ashley Butler	Kimberly Gallagher
Annie Smith	Penny Ware
Rita Durham	Amy Guynn
Damaris Booth	Oleksandra Vaschuk
Amy Erb	Robin Thompson
James Smith	Colby Floyd
Ruth Rodriguez	Rebekkah Orbach
Kathy Irvine	Elizabeth Colvin
Patrice Laffoon	Sasha O`Bryan
Debra Owens	Rachel Baker
Brandon Delaney	Cheyenne Lopez
Lundyn Evans	Liudmyla Biloshytska
Stephanie Pilkington	Maria Garcia

## Our Mission:

Improve your Health and Quality of Life!

## Congratulations

TO THE WINNER OF  
THIS MONTH'S "I CARE"  
REWARD!!!



**Josh Wise**

**1. What's your favorite food/meal?**

**Pizza**

**2. If you could go anywhere, where would you go for vacation? Cruise around the world**

**3. What do you like doing in your free time? Fishing.**

**4. Share a fun fact, something most people wouldn't know about you. I have perfect feet!!**

**5 How long have you been working for Aging with Grace? Right at 1 year**

**6. What do you like best about your job? Being able to care and show compassion for others that are less fortunate. And getting paid to do something that I Love!**

**7. What do you best about your supervisors? Good quality with AWG as the company gets it. They understand the need that is there, and try to respond to that as best they can. AWG has so many opportunities and services that are available for the senior to help them live longer comfortable lives, right where they are at.**





August National Days include World Lung Day, National Immunization and Overdose awareness day. August marks the end of summer in the Northern Hemisphere and also marks the beginning of Winter in the Southern Hemisphere. August is named after the Roman Emperor Augustus who was known for bringing peace over the Greco-Roman world in 27 BCE. Emperor Augustus famous last words are often debated, however historical sources suggest he said, "I found Rome in a city of clay, but left it in a city of marble", go forth with the mindset of making great work in all you do! As summer ends, we are going to leave you with this easy four ingredient peach cobbler.

### Amanda's Mommas Easy Peach Cobbler (Ruthlynn's Peach Cobbler)



Ingredients: 1 Stick of Butter  
1 Cup of Flour  
1 Cup of Sugar  
1 Cup of Milk  
1 12oz Can of Peaches



Begin by melting the butter in 8x8 pan in oven while preheating to 350  
While butter is melting, in separate bowl mix together flour, milk, and sugar  
Once oven has reached temperature, pull butter out of the oven and pour batter over hot butter  
Add drained peaches on top of batter  
Bake for 45 minutes until golden brown  
Enjoy!



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](http://www.agingwithgraceinfo.org)

**SCHEDULE YOUR TOUR TODAY!**





**Visit a Sam's Club Representative during the  
Aging With Grace Block Party for a special membership!  
Event Details**

**Aging With Grace Clubhouse  
August 23, 2025 12noon-2pm  
743 Allendale Drive, Lexington, KY**