

July 2025

Aging With Grace Newsletter

ESTABLISHED 2010

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**LIVE
BETTER,
Longer!**

VOLUME 12, ISSUE 7

A Message From the Administrator

Happy July! As we enjoy the warmth of summer, I want to thank each of you—clients and staff alike—for being the heart of our community.

**Your energy, care, and commitment continue to make
Aging With Grace truly special!**

Don't forget our Monthly Lunch & Learn on Tuesday, July 8th at noon!

**We're excited to welcome a special guest from
McGrath Medical, a wound care doctor who makes
house calls—an invaluable resource for maintaining
health and independence at home.**

Wishing you all a joyful, healthy July!



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 <u>Good Foods Coop</u> Entree, Vegetable, Fruit	2 KFC Chicken Pot Pie Cole Slaw Fruit	3 Muffin, Fruit Dad's Potato Soup and Rachel Chicken Sandwich, fruit	4 4th of July
7 Flavored Grits, Fruit <u>Tazikis Grilled</u> Chicken Salad, Pita Chips	8 Cereal, Fruit <u>Good Foods Coop</u> Entree, Vegetable, Fruit	9 Oatmeal, Fruit <u>South of Wrigley</u> Frankfurter, bun sauer kraut, Fruit	10 Cereal Bar, Fruit <u>City Barbeque</u> Pulled Pork Sandwich, Green Beans, Fruit	11 Granola Bar, Fruit Moe's Grill Steak, Veggies, Rice Bean Bowl
14 Muffin, Fruit <u>Good Food's Co-Op</u> Entree, Vegetable, Fruit	15 Oatmeal, Fruit Chic-Fil-A Chicken Nuggets, Mac & Cheese, Fruit	16 Flavored Grits, Fruit <u>Critchfields Beef Pot</u> Roast, Mashed Potatoes, Salad	17 Granola Bar, Fruit <u>Wong Wong's</u> Chicken Stir Fry, Egg Roll	18 Cereal, Fruit McCalister's Deli Sandwich and salad or soup
21 Muffin, Fruit Waffle House Eggs, Bacon, Waffle Fruit	22 Flavored Grits, Fruit <u>City Barbecue</u> Turkey Sandwich, Potato Salad, fruit	23 Oatmeal, Fruit <u>Gyroz Eatery</u> Chicken Kabob, Salad, Rice, Hummus	24 Cereal Bar, Fruit <u>Critchfields</u> Meat Loaf, Mashed Potatoes, Green Beans	25 Muffin, Fruit KFC Chicken Pot Pie Cole Slaw Fruit
28 Cereal, Fruit Dad's <u>Potato Soup</u> and Rachel Chicken Sandwich, fruit	29 Chic-Fil-A Chicken Nuggets, Mac & Cheese, Fruit	30 <u>Good Foods Coop</u> Entree, Vegetable, Fruit	31 <u>Wong Wong's</u> Chicken Stir Fry, Egg Roll	

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

July 2025

Breakfast & Lunch Menu

July 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 	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	<div>WEEKENDS BY APPOINTMENT ONLY</div>	
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		
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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

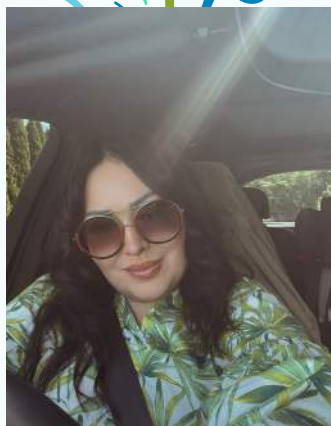
Annie Smith	Penny Ware
Rita Durham	Sandra Marshall
Damaris Booth	Kimberly Gallagher
Stephanie Gilliam	Martha McCann
James Smith	Oleksandra V
Destiny Goode	Colby Floyd
sarah steele	Zack Knauss
Davonte Frazier	Joshua Wise
kayla poole	Amy Erb
Holly Heighton	Anaisy Delgado
Daryl Rice	Stephanie Gonzalez
Ashley Warren	Brandon Delaney
Sasha Abel	Avery Bast
Linda Roberts	Annika Blethen
Lori Walker	Brittany Reidenbaugh
Carol Jones	Jerricka Jackmon
Deborah Stroud	Heather Lopez
Jennifer Freeman	Terricka Jackmon
Ruby Perez	Lundyn Evans
Liudmyla biloshytska	Stephanie Pilkington
Maria Garcia	Melissa chasteen
Rebekkah Orbach	

Our Mission:

Improve your Health and Quality of Life!

Congratulations!

TO THE WINNERS OF THIS
MONTH'S CARE REWARD!

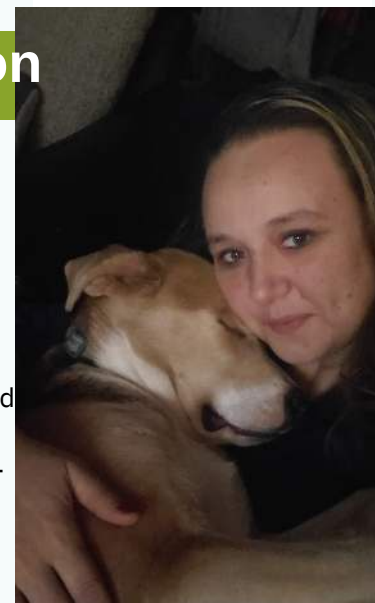


Oleksandra Vaschuk

1. What's your favorite food/meal?
Steak & Seafood, (Surf and Turf)
2. If you could go anywhere, where would you go for vacation? To Brazil on Carnival
3. What do you like doing in your free time? Travel to new places and spend time with my family.
4. Share a fun fact, something most people wouldn't know about you. I Love to make T-shirts decorating them with stones.
5. How long have you been working for Aging with Grace? 2 Years
6. What do you like best about your job? I like the opportunity to be needed. I feel like I make a real difference with the elderly by giving them care, attention and warmth.
7. What do you like best about your supervisors? The humanity and respect for their employees & it creates a team atmosphere and allows professional growth.

Stephanie Pilkington

1. What is your favorite food? Mac and Cheese with hotdogs
2. What do you like to do in your free time? I enjoy fishing.
3. If you could go anywhere, where would you go for vacation?
Italy
4. How long have you been working for Aging with Grace?
8 Months
5. What do you like best about your job? The one on one care.
6. The Best thing about my supervisors? The communication and the open hours to work.
7. What do you enjoy doing in your spare time? I love to play co-softball with my husband.



Happy Independence Day!!!! July is the perfect time to engage with your family and in your community! In July we celebrate Independence Day on the 4th....Health observances are National Minority Mental Health Awareness Month, World Hepatitis Day and World Brain Month! July marks the middle of the year and a great time to make important changes for a healthier you! The Mediterranean Diet has been awarded again by U.S. News and World Report as healthiest style of eating because its easy to follow and the powerful support of overall better health and prevention of disease processes. Here is a quick and easy Mediterranean Diet Recipe! ENJOY!!

5 Minute



Avocado White Bean Hummus with Lemon

If you love lemon, avocado, and hummus, you will love this recipe. It's fast, easy, and delicious, and the protein from the beans and the healthy fat from the avocado will keep you full and satisfied.

To make it, you'll need:



1.5 cup (one can) white beans (I used cannellini beans)

1 cup of Baby Spinach

Half large ripe avocado

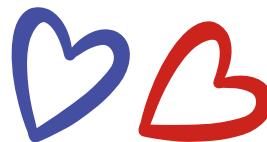
1 Cup of baby spinach

Juice from 1 lemon

2 Cloves of garlic

1 Tablespoon olive oil

Season with salt and pepper to taste!



Instructions:

1. Toss all ingredients in a food processor and process until smooth.
2. Serve chilled with crackers and veggies, or use as a sandwich spread!



4th of July



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!