

September 2025

Aging With Grace® Newsletter

ESTABLISHED 2010

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LIVE
BETTER,
Longer!

VOLUME 12, ISSUE 9

A Message From the Administrator

Happy September! May you enjoy this month that begins with a celebration of work: Labor Day, because Labor Day was created as a federal holiday in the United States in 1894 by President Grover Cleveland to honor the social and economic contributions of American workers.

I'm thrilled to announce our next Lunch and Learn event on Tuesday, September 10th, at noon.

We are delighted to have Dr. Todd McGrath visit us a second time as our special guest. Dr. McGrath is an expert in home wound care and Medicare programs, and he will share valuable insights that are relevant to all of us.

Another great source of information is my podcast that comes out every month. You can find it wherever you listen to podcasts if you search for Aging With Grace.

Looking ahead, we will have a fun fall celebration in October for all company employees! We're planning a happy gathering at a local orchard to build up one another and strengthen relationships. More details on this will be coming soon!

Thank you for being an important part of Aging With Grace. The Aging With Grace company continues to be better and better because of your work, dear employees, and because of your patronage, dear clients. I am 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

MEALS PROVIDED BY LEAN FEAST



BREAKFAST
10 AM



LUNCH
1 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cereal, Fruit Fiesta Bowl With 3oz Chicken Breast or Ground Beef, Steamed Brown Rice, Black Beans, Corn & Fajita Veggies, Shredded Cheese	2 Oatmeal, Fruit Chicken Parmesan 4oz Chicken, Marinara & Shredded Cheese	3 Granola Bar, Fruit Protein Pancake Breakfast, Turkey Sausages, Mixed Fruit	4 Muffin, Fruit Red potato Shepherd's Pie with Ground Beef, with Veggie Medley	5 Flavored Grits, Fruit Korean Bowl, with Ground Beef, Brown rice, Fresh Carrots and Cucumbers
8 Flavored Grits, Fruit Chicken Pesto with Shredded Cheese, Grape Tomatoes milk	9 Cereal, Fruit Local Steak Meal, 3oz, Sweet Potatoe Mash, Organic Green Beans milk	10 Oatmeal, Fruit Taco Salad 4oz, Springmix, Corn, Black Beans, Fajita mix Red Salsa milk	11 Cereal Bar, Fruit Breakfast Bowl, Scrabbled Eggs, Turkey Sausages & Breakfast Hash milk	12 Granola Bar, Fruit Chicken Bteast Meal 3oz,, Red Potato Mash, VeggiePower Slaw milk
15 Muffin, Fruit Chicken Parmesan 4oz Chicken, Marinara & Shredded Cheese milk	16 Oatmeal, Fruit Protein Pancake Breakfast, Turkey Sausages, Mixed Fruit milk	17 Flavored Grits, Fruit Fiesta Bowl With 3oz Chicken Breast or Ground Beef, Steamed Brown Rice, Black Beans, Corn & Fajita Veggies, Shredded Cheese milk	18 Granola Bar, Fruit Korean Bowl, with Ground Beef, Brown rice, Fresh Carrots and Cucumbers milk	19 Cereal, Fruit Surf N'Turf with Steak and Shrimp, Red Potato Mash, Fajita Veggies milk
22 Muffin, Fruit Chicken Bteast Meal 3oz,, Red Potato Mash, VeggiePower Slaw milk	23 Cereal Bar, Fruit Breakfast Bowl, Scrabbled Eggs, Turkey Sausages & Breakfast Hash milk	24 Oatmeal, Fruit Chicken Pesto with Shredded Cheese, Grape Tomatoes milk	25 Cereal Bar, Fruit Local Steak Meal, 3oz, Sweet Potatoe Mash, Organic Green Beans milk	26 Muffin, Fruit Taco Salad 4oz, Springmix, Corn, Black Beans, Fajita mix Red Salsa milk
29 Cereal, Fruit Korean Bowl, with Ground Beef, Brown rice, Fresh Carrots and Cucumbers milk	30 Oatmeal, Fruit Fiesta Bowl With 3oz Chicken Breast or Ground Beef, Steamed Brown Rice, Black Beans, Corn & Fajita Veggies, Shredded Cheese milk			

ALL MEALS ARE SERVED WITH 4OZ FRUIT CUP, 8OZ MILK, 8OZ OF WATER, ANND YOUR CHOICE OF HOT OR COLD TEA AND COFFEE!

September 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
15 Travel Club Improve Energy Health Club Basketball	16 Natural Resource Club Improve Strength Book Club Kickball	17 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	18 Art Club Improve Strength Gardening Club Mind/Body Games	19 Self Love Club Improve Balance Game Club Corn Hole	20	WEEKENDS BY APPOINTMENT ONLY
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29 Travel Club Improve Energy Health Club Basketball	30 Natural Resource Club Improve Strength Book Club Kickball					

Our Core Values:

Continuous Improvement

Appreciation & Gratitude

Reciprocity & Respect

Exceptional Integrity

OUTSTANDING EMPLOYEES

WHO HAVE TRULY EMBODIED OUR CORE VALUES THIS MONTH

Holly Heighton	Kimberly Gallagher
Linda Roberts	Martha McCann
Tiffanie Abney	Sandra Marshall
Deborah Stroud	Josh Wise
Ashley Warren	Zach Knauss
Daryl Rice	Carina Cruz
Kayla Poole	Brittany Reidenbaugh
Rachel Baker	Heather Lopez
Carol Jones	Stephany Gonzalez
Marsha Ford	Jerricka Jackmom
Sasa O`bryan	Annika Blethen
Stepanie Bewer	Stephanie Robinson
Angela Eads	Davante Frazier
Jennifer Freeman	Emilee Dykes
Mackenzie Powell	Hannah Wilburn
Elizabeth Colvin	Destiny Brown
Rebekkah Orbach	Rachel Hollar
Oleksandra Vaschuk	Terricka Jackmom
Colby Floyd	Ashley Butler
Taylor Barnes	Annie Smith
Joquetta Parrish	Rita Durham
Amy Guynn	Damaris Booth
Liudmyla Biloshytska	Amy Erb
Maria Garcia	James Smith
Lundyn Evans	Ruth Rodriguez
Melissa Chasteen	Brandon Delaney
Stephanie Pilkington	Sarah Steele
Christine Workman	Anaisy Delgado
	avery Bast
	Hannah Claire Smith

Our Mission:

Improve your Health and Quality of Life!



Congratulations

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



Hannah Smith



1. What's your favorite food/meal?

Chicken Alfredo

2. If you could go anywhere, where would you go for vacation? Italy

3. What do you like doing in your free time? I like to fish, go riding, and watch movies.

4. Share a fun fact, something most people wouldn't know about you. I am a Very Good cook.

5 How long have you been working for Aging with Grace? 7 almost 8 Months

6. What do you like best about your job? Talking with the elderly people I meet and getting to know them and their stories.

7. What do you like best about your supervisors? Good quality with AWG as the company gets it. Every supervisor I've had has always been very sweet, polite, and caring individuals. You can tell they really love their job and are passionate about what they do. They always go above and beyond.



September is National Healthy Aging Month and National Suicide Prevention Month. As the Season's are changing from hot and muggy to cool and brisk, its an urge to change things up to improve your health.. Exercise is medicine, Food is Medicine!

Fall into trying healthier option alternatives to still enjoy some of your favorite foods like

Olive oil instead of butter, Avocado instead of mayonnaise, Salsa or hummus instead of dips, and Fresh herbs and spices instead of processed seasonings!

Easy Dutch Oven Butternut Squash

Soup

Ingredients:

- ½ Tbsp. olive oil
- 2 garlic cloves minced
- 1 onion diced
- 1 butternut squash peeled and diced into cubes
- 32 ounces vegetable broth
- 1-2 tsp. salt

Instructions:

- In a dutch oven pot (or heavy pot), heat olive oil over medium heat. Add onion and garlic. cook until softened, about 5 minutes.
- Add cut up butternut squash and vegetable broth. Bring to a boil then cover and simmer for 15-20 minutes until squash is softened.

Carefully pour entire contents of pot into blender (I use my Vitamix). Add salt.
Carefully blend until smooth. Serve in bowls with thyme if desired. Enjoy!



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!