

October 2025

Aging With Grace® 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 10

A Message From the Administrator

As we move into this lovely season, I'm reminded of how much joy and purpose our time together at Aging With Grace® brings. Each day, our team is inspired by our clients and fellow team members enthusiasm for learning, laughter, and living well. Whether you're joining us for services in your home, a Lunch & Learn, or a relaxing afternoon at the Fountain of Youth Clubhouse®, we are grateful to be part of your journey toward aging with strength, grace, and connection.

Our goal is to continue creating meaningful experiences that support your health, happiness, and sense of community. Thank you for making Aging With Grace® such a vibrant place to grow older together!



Aging With Grace

Your Best Independent Life Club

October 2025

Breakfast & Lunch Menu

COME DINE, LAUGH AND SOCIALIZE WITH US
AT
**THE FOUNTAIN OF
YOUTH CLUB HOUSE**
MEALS PROVIDED BY LEAN FEAST

VOLUME 12, ISSUE 10



BREAKFAST
10 AM



LUNCH
1 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Granola Bar, Fruit Protein Pancake Breakfast, Turkey Sausages, Mixed Fruit	2 Muffin, Fruit Red potato Shepherd's Pie with Ground Beef, with Veggie Medley	3 Flavored Grits, Fruit Korean Bowl, with Ground Beef, Brown rice, Fresh Carrots and Cucumbers
6 Flavored Grits, Fruit Chicken Pesto with Shredded Cheese, Grape Tomatoes	7 Cereal, Fruit Local Steak Meal, 3oz, Sweet Potatoe Mash, Organic Green Beans	8 Oatmeal, Fruit Taco Salad 4oz, Springmix, Corn, Black Beans, Fajita mix Red Salsa	9 Cereal Bar, Fruit Breakfast Bowl, Scrabbled Eggs, Turkey Sausages & Breakfast Hash	10 Granola Bar, Fruit Chicken Bteast Meal 3oz,, Red Potato Mash, VeggiePower Slaw
13 Muffin, Fruit Chicken Parmesan 4oz-Chicken, Marinara & Shredded Cheese	14 Oatmeal, Fruit Protein Pancake Breakfast, Turkey Sausages, Mixed Fruit milk	15 Flavored Grits, Fruit Fiesta Bowl With 3oz Chicken Breast or Ground Beef, Steamed Brown Rice, Black Beans, Corn & Fajita Veggies, Shredded Cheese milk	16 Granola Bar, Fruit Korean Bowl, with Ground Beef, Brown rice, Fresh Carrots and Cucumbers	17 Cereal, Fruit Surf N'Turf with Steak and Shrimp, Red Potato Mash, Fajita Veggies
20 Muffin, Fruit Chicken Bteast Meal 3oz,, Red Potato Mash, VeggiePower Slaw milk	21 Cereal Bar, Fruit Breakfast Bowl, Scrabbled Eggs, Turkey Sausages & Breakfast Hash	22 Oatmeal, Fruit Chicken Pesto with Shredded Cheese, Grape Tomatoes	23 Cereal Bar, Fruit Local Steak Meal, 3oz, Sweet Potatoe Mash, Organic Green Beans	24 Muffin, Fruit Taco Salad 4oz, Springmix, Corn, Black Beans, Fajita mix Red Salsa
27 Cereal, Fruit Korean Bowl, with Ground Beef, Brown rice, Fresh Carrots and Cucumbers milk	28 Oatmeal, Fruit Fiesta Bowl With 3oz Chicken Breast or Ground Beef, Steamed Brown Rice, Black Beans, Corn & Fajita Veggies, Shredded Cheese	29 Oatmeal, Fruit Taco Salad 4oz, Springmix, Corn, Black Beans, Fajita mix Red Salsa	30 Cereal Bar, Fruit Local Steak Meal, 3oz, Sweet Potatoe Mash, Sweet Peas	31 Cereal, Fruit Surf N'Turf with Steak and Shrimp, Red Potato Mash, Fajita Veggies

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

October 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 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	2 Art Club Improve Strength Gardening Club Mind/Body Games	3 Self Love Club Improve Balance Game Club Corn Hole	4	5
6 Travel Club Improve Energy Health Club Basketball	7 Natural Resource Club Improve Strength Book Club Kickball	8 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	9 Art Club Improve Strength Gardening Club Mind/Body Games	10 Self Love Club Improve Balance Game Club Corn Hole	11	12
13 Travel Club Improve Energy Health Club Basketball	14 Natural Resource Club Improve Strength Book Club Kickball	15 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	16 Art Club Improve Strength Gardening Club Mind/Body Games	17 Self Love Club Improve Balance Game Club Corn Hole	18	WEEKENDS BY APPOINTMENT ONLY
20 Travel Club Improve Energy Health Club Basketball	21 Natural Resource Club Improve Strength Book Club Kickball	22 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	23 Art Club Improve Strength Gardening Club Mind/Body Games	24 Self Love Club Improve Balance Game Club Corn Hole	25	
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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

Carina Cruz	James Smith
Brittany Reidenbaugh	Ruth Rodriguez
Isabella Gaunce	Brandon Delaney
Christine Workman	Sarah Steele
Jerricka Jackman	Amy Erb
Annika Blethen	Anaisy Delgado
Davonta Frazier	Josh Wise
Destiny Brown	Stephany Gonzalez
Terricka Jackman	Liudmyla Biloshyska
Ashley Buttler	Lundyn Evans
Annie Smith	Rebekkah Orbach
Angelina Lutskov	Linda Roberts
Holly Heighton	Stepanie Bewer
Debera Stroud	Elizabeth Colvin
Tammy Belts	Daryl Rice
Angela Eads	Kayla Poole
Ashley Warren	Sasha O'bryan
	Tiffany Abney

Our Mission:

Improve your Health and Quality of Life!



Congratulations

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



AMY ERB!



1. What's your favorite food/meal?

My favorite is Anything Pasta Related!!

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

3. What do you like doing in your free time? I love to craft and run my side business ErbanCreations, as well as spend time with my husband and children.

4. Share a fun fact, something most people wouldn't know about you. I have changed my job careers 3 times, banker, to cake decorator, to now care giver!

5 How long have you been working for Aging with Grace? Over 2 years!

6. What do you like best about your job? I love that I get to help people and better their lives everyday!

7. What do you like best about your supervisors? The People! Everyone here truly cares about the clients, as well as the employees. I love working somewhere where I am appreciated and encouraged to continue to grow.



Cabbage Soup

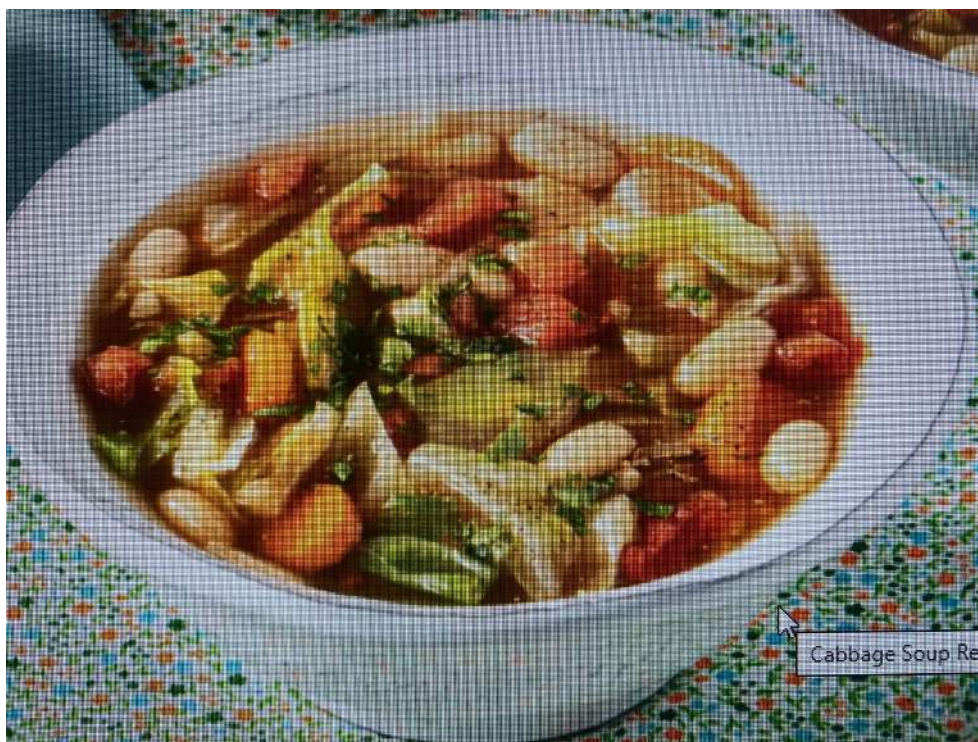
Ingredients

- 3 Tbsp. olive oil, 1 medium yellow onion, chopped, 2 medium carrots, sliced, 1 tsp. salt,
- 1/2 tsp. ground black pepper
- 1/2 tsp. ground fennel seeds (optional)
- 1 small (2-lb.) head green cabbage, chopped
- 4 garlic cloves, chopped
- 4 cups vegetable broth
- 2 (15-oz.) cans diced tomatoes, undrained
- 2 bay leaves
- 2 (15-oz.) cans white beans, drained and rinsed
- Chopped parsley, for serving

Directions

1. In a large Dutch oven, heat the olive oil over medium heat. Add the onion, carrot, salt, pepper, and fennel seeds, if using. Cook, stirring occasionally, until the vegetables are slightly softened, 5 to 7 minutes. Add the cabbage and garlic to the pot and stir to combine. Cook, stirring occasionally, until the cabbage is slightly softened, about 5 minutes.
- 2 Add the broth, tomatoes, and bay leaves. Bring to a simmer; cover, and cook until the cabbage is tender, about 15 minutes. Stir in the white beans and simmer, uncovered, for 5 minutes. Remove the bay leaves.
3. Serve in soup bowls topped with parsley

*eat
drink
AND BE
thankful*



Cabbage Soup Rec



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!