

November 2025

Aging With Grace® Newsletter

ESTABLISHED 2010

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LIVE
BETTER,
Longer!

VOLUME 12, ISSUE 11

A Message From the Administrator

November is a month of gratitude, and I want to take a moment to say how thankful I am for each of you—our wonderful clients and dedicated team. Your commitment to living well as we age together inspires everything we do.

We invite you to join us for our free Lunch and Learn on the second Tuesday of every month at 12:00 PM—a time to connect, learn, and share in good company.

And don't forget to tune in to the Aging With Grace® Podcast, where we discuss all things related to growing older with wisdom, health, and joy. Let's make this season a reminder of how much we have to be thankful for—especially each other.

With much love and gratitude,

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
3 Muffin, Fruit Chicken Parmesan 4oz Chicken, Marinara & Shredded Cheese	4 Flavored Grits, Fruit Fiesta Bowl With 3oz Chicken Breast or Ground Beef, Steamed Brown Rice, Black Beans, Corn & Fajita Veggies, Shredded Cheese	5 Granola Bar, Fruit Red potato Shepherd's Pie with Ground Beef, with Veggie Medley	6 Muffin, Fruit Surf N'Turf with Steak and Shrimp, Red Potato Mash, Fajita Veggies	7 Flavored Grits, Fruit Korean Bowl, with Ground Beef, Brown rice, Fresh Carrots and Cucumbers
10 Flavored Grits, Fruit Chicken Pesto with Shredded Cheese, Grape Tomatoes	11 Cereal, Fruit Local Steak Meal, 3oz, Sweet Potato Mash, Organic Green Beans	12 Oatmeal, Fruit Taco Salad 4oz, Springmix, Corn, Black Beans, Fajita mix Red Salsa	13 Flavored Grits, Fruit Fiesta Bowl With 3oz Chicken Breast or Ground Beef, Steamed Brown Rice, Black Beans, Corn & Fajita Veggies, Shredded Cheese	14 Granola Bar, Fruit Chicken Bteast Meal 3oz,, Red Potato Mash, VeggiePower Slaw
17 Muffin, Fruit Chicken Parmesan 4oz Chicken, Marinara & Shredded Cheese	18 Oatmeal, Fruit Chicken Pesto with Shredded Cheese, Grape Tomatoes milk	19 Flavored Grits, Fruit Fiesta Bowl With 3oz Chicken Breast or Ground Beef, Steamed Brown Rice, Black Beans, Corn & Fajita Veggies, Shredded Cheese milk	20 Granola Bar, Fruit Korean Bowl, with Ground Beef, Brown rice, Fresh Carrots and Cucumbers	21 Cereal, Fruit Surf N'Turf with Steak and Shrimp, Red Potato Mash, Fajita Veggies
24 Muffin, Fruit Chicken Bteast Meal 3oz,, Red Potato Mash, VeggiePower Slaw milk	25 Flavored Grits, Fruit Surf N'Turf with Steak and Shrimp, Red Potato Mash, Fajita Veggies	26 Oatmeal, Fruit Chicken Pesto with Shredded Cheese, Grape Tomatoes	27 Cereal Bar, Fruit Local Steak Meal, 3oz, Sweet Potatoe Mash, Organic Green Beans	28 Muffin, Fruit Taco Salad 4oz, Springmix, Corn, Black Beans, Fajita mix Red Salsa

ALL MEALS ARE SERVED WITH 40Z FRUIT CUP, 80Z MILK, 80Z OF WATER, ANND YOUR CHOICE OF HOT OR COLD TEA AND COFFEE!

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

Our Core Values:

Continuous Improvement

Appreciation & Gratitude

Reciprocity & Respect

Exceptional Integrity

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

Taylor Barnes
Kimberly Gallagher
Martha McCann
Sandra Marshall
Amanda Hisle
Allanda Stevens
Carina Cruz
Brittany Reidenbaugh
Jerricka Jackman
Annika Blethen
Davonte Frazier
Emilee Dykes
Hannah Wilburn
Destiny Brown
Terricka Jackman
Ashlay Butler
Annie Smith
Ashley Warren
Liudmyla Biloshytska
Stephanie Pilkington

Angelina Lutskov
Octavia Smith
James Smith
Ruth Rodriguez
Stephany Gonzalez
Sarah Steele
Amy Erb
Anaisy Delgado
Ashley Warren
Tammy Belts
Daryl Rice
Holly Heighton
Summer Beatty
Tiffani Abney
Rachael Baker
Elizabeth Colvin
Angela Eads
Mirianda Feedback
Jennifer Freeman
Linda Roberts
Kimbery Smith

Our Mission:

Improve your Health and Quality of Life!



Congratulations

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



Liudmyla Biloshytska



1. What's your favorite food/meal?

Sushi!

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

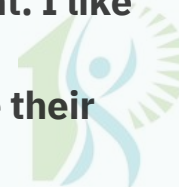
3. What do you like doing in your free time? Read books.

4. Share a fun fact, something most people wouldn't know about you. My profession as a pastry chef! In public I am always an extrovert. I always sleep with ear plugs and socks.

5 How long have you been working for Aging with Grace? Six months

6. What do you like best about your job? I like my client. I like my client's attitude towards me.

7. What do you like best about your supervisors? I like their communication and patience!



November is National Gratitude Month, providing a natural link between the season of Thanksgiving and a practice that benefits both mental and physical health. Studies have shown that a regular gratitude practice can lead to greater happiness and improved well-being.

Health benefits of gratitude

- Boosts mental well-being: A grateful attitude can help people experience more positive emotions, be more optimistic, and better cope with daily stress. Focusing on what is good in your life can reduce anxiety and depression.
- Improves physical health: Practicing gratitude is linked to better heart health, including lower blood pressure and reduced risk of disease. It can also boost the immune system and improve sleep quality.
- Strengthens relationships: Expressing appreciation for others can make them feel valued and strengthen your social connections. This builds a cycle of kindness and support, which is a key component of overall well-being.



CONTACT US

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VISIT US

The Fountain of Youth Clubhouse

743 B Allendale Dr, Lexington, KY 40503

www.agingwithgraceinfo.org

SCHEDULE YOUR TOUR TODAY!