December 2025
Aging With Grace® Newsletter
ESTABLISHED 2010

VOLUME 12, ISSUE 12

LIVE BETTER, Longer!

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A Message From the Administrator

As we enter this joyful season, our team and I at Aging With Grace wish you peace, comfort, and connection throughout the month of December. I am excited to invite all of our clients and employees to our Holiday Extravaganza on December 6, a wonderful opportunity to gather and celebrate the spirit of the season together.

I also hope you'll join us for our December Lunch & Learn, taking place on the THIRD Tuesday this month (it is usually on the 2nd Tuesday). This session will focus on Final Matters, an important and thoughtful topic designed to help you prepare with clarity and confidence.

During this season of gratitude, we want to extend a heartfelt thank you to the dedicated Aging With Grace employees whose hard work, compassion, and commitment make everything we do possible. We are truly grateful for each member of our team.

We look forward to sharing this meaningful and festive month with all of you ❤

—-DG

Aging With Grace
Your Best Independent Life Club

VOLUME 12, ISSUE 12

Breakfast & Lunch Menu

December 2025

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 Muffin, Fruit Chicken Parmesan 4oz Chicken, Marinara & Shredded Cheese milk	2 Flavored Grits, Fruit Fiesta Bowl With 3oz Chicken Breast or Ground Beef, Steamed Brown Rice,Black Beans, Corn & Fajjita Veggies, Shredded Cheese milk	3 Granola Bar, Fruit Red potato Shepherd's Pie with Ground Beef, with Veggie Medley milk	4 Muffin, Fruit Surf N'Turf with Steak and Shrimp, Red Potato Mash, Fajita Veggies milk	5 Flavored Grits, Fruit Korean Bowl, with Ground Beef,~~Brown rice~~, Fresh Carrots and Cucumbers milk
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 Flavored Grits, Fruit Fiesta Bowl With 3oz Chicken Breast or Ground Beef, Steamed Brown Rice,~~Black Beans~~, Corn & Fajjita Veggies, Shredded Cheese milk	12 Granola Bar, Fruit Chicken Bteast Meal 3oz,, Red Potato Mash,VeggiePower Slaw
15 Muffin, Fruit Chicken Parmesan ~~4oz Chicken, Marinara~~ & Shredded Cheese milk	16 Oatmeal, Fruit Chicken Pesto with Shredded Cheese, Grape Tomatoes milk	17 Flavored Grits, Fruit Fiesta Bowl With 3oz Chicken Breast or Ground ~~Beef, Steamed~~ Brown Rice,Black Beans, Corn & Fajjita 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
22 Muffin, Fruit Chicken Bteast Meal 3oz,, Red Potato ~~Mash,VeggiePower~~ Slaw milk	23 Cereal Bar, Fruit Local Steak Meal, 3oz, Sweet Potatoe Mash, Organic Green Beans milk	24 Oatmeal, Fruit Chicken Pesto with Shredded Cheese, Grape Tomatoes milk	25 *closed for Christmas*	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 Flavored Grits, Fruit Surf N'Turf with Steak and Shrimp, Red Potato ~~Mash,~~ Fajita Veggies milk	31 Muffin, Fruit Chicken Bteast Meal 3oz,, Red Potato Mash,VeggiePower Slaw milk		

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

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Activities Calendar

December 2025

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
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29 Travel Club Improve Energy Health Club Basketball	30 Natural Resource Club Improve Strength Book Club Kickball	31 On a Mission Club Improve Mobility Craft Club Balloon Volleyball				

WEEKENDS BY APPOINTMENT ONLY

Employee Recognition

December 2025

Our Core Values:

Continuous Improvement

Appreciation & Gratitude

Reciprocity & Respect

Exceptional Integrity

OUTSTANDING EMPLOYEES
WHO HAVE TRULY EMBODIED OUR CORE VALUES THIS MONTH

Sandra Marshall
Taylor Barnes
Martha McCann
Allanda Stevens
Elizabeth Colvin
Angela Eads
Marsha Ford
Holly Heighton
Sasha O'bryan
Ruby Perez
Kayla Poole
Daryl Rice
Linda Roberts
Kimberly Smith
Deborah Stroud
Ashley Warren
Annie Smith
Stephanie Pilkington
Brittany Reidenbaugh
Jerricka Jackmon
Annika Blethen
Davonte Frazier
Hannah Wilburn Smith
Racheal Sylvester
Terricka Jackmon
Ashley Butler
Avery Bast
Angelina Lutskov
James Smith
Ruth Rodriguez
Sarah Steele
Amy Erb
Anaisy Delgado
Stephany Gonzalez
Octavia Smith
Rebekkah Orbach
Liudmyla Biloshytsk

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Our Mission:

Improve your Health and Quality of Life!

Congratulations

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

Sandra Marshall

1. What's your favorite food/meal?
My favorite food is chicken.

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

3.What do you like doing in your free time? I like spending time with my family.

4. Share a fun fact, something most people wouldn't know about you? I like to read.

5 How long have you been working for Aging with Grace? i have been here a little longer than two years.

6. What do you like best about your job? I like the fact that AWG works with us and willing to help with problems we have.

7. What is a good quality at AWG? Management is very nice.

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1.Set Realistic Expectations: Acknowledge that it's okay not to have a perfect holiday. Focus on what is most meaningful to you and let go of the pressure to meet societal standards or expectations.

2. Practice Self-Care: Prioritize self-care by engaging in activities that promote relaxation and well-being. Whether it's reading a book, taking a long walk, or practicing mindfulness, carve out time for yourself amidst the holiday hustle.

3. Stay Connected: Reach out to friends and loved ones, even if it's just for a quick chat. Sharing your feelings and experiences can help combat feelings of loneliness and foster a sense of connection.

4. Limit Social Media Exposure: Social media can often exacerbate feelings of inadequacy during the holiday season. Consider limiting your time on social platforms to reduce the impact of curated holiday images and posts.

5. Focus on Gratitude: Take time to reflect on the positive aspects of your life, no matter how small. Practicing gratitude can enhance emotional well-being and shift your perspective during this busy time.

6. Seek Professional Support: If you find yourself struggling with feelings of sadness, anxiety, or overwhelming stress, don't hesitate to reach out for professional help. The team at Aging With Grace is here to provide support and guidance as you navigate your mental health journey.

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!