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LIVE BETTER,

Longer

A Message From the Administrator

Happy New Year! As we step into January, I want to express my deepest gratitude to our incredible employees for their dedication and to our clients for trusting us to be part of your lives. At Aging With Grace, we believe every day of the year is an opportunity to grow, learn, and support one another with kindness and excellence.

To kick off the year with a focus on empowerment and planning, I would like to invite everyone to our first Lunch and Learn of 2026.

Event Details

- Topic: Navigating Long-Term Care Insurance
- When: Tuesday, January 13th (The second Tuesday of the month)
- Time: 12:00 PM – 1:00 PM
- Where: The Fountain of Youth Clubhouse

This session will provide valuable insights into securing a comfortable future.

We hope to see you there for good food and even better conversation!

Let's make 2026 a year of health, community, and aging with grace.---DG



Aging With Grace

Your Best Independent Life Club



BREAKFAST
10 AM

COME DINE, LAUGH AND SOCIALIZE WITH US AT
THE FOUNTAIN OF
YOUTH CLUB HOUSE



LUNCH
1 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Flavored Grits, Fruit Chicken Pesto with shredded cheese, grape tomatoes & fruit salad	6 Cereal, Fruit Local Steak, sweet potato mash, organic green beans	7 Boiled Eggs, Toast Taco Salad Springmix, corn and blackbeans fajita mix, Red salsa	1 HAPPY NEW YEAR!	2 Muffin, Fruit Korean Bowl with ground beef, brown rice, fresh carrots and cucumbers
12 Muffin, Fruit Chicken Parmesan Marinara with shredded cheese, salad	13 Oatmeal, Fruit Surf & Turf w/ steak & shrimp, red potato mash, fajita veggies	14 Flavored Grits, Fruit Korean Bowl with ground beef, brown rice, fresh carrots and cucumbers	8 Cereal Bar, Fruit Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese	9 Granola Bar, Fruit Chicken Breast Meal, red potato mash, veggie power slaw
19 Muffin, Fruit Korean Bowl with ground beef, brown rice, fresh carrots and cucumbers	20 Flavored Grits, Fruit Local Steak, sweet potato mash, organic green beans	21 Oatmeal, Fruit Chicken Breast Meal, red potato mash, veggie power slaw	15 Granola Bar, Fruit Chicken Pesto with shredded cheese, grape tomatoes & fruit salad	16 Cereal, Fruit Local Steak, sweet potato mash, organic green beans
24 Muffin, Fruit Chicken Pesto with shredded cheese, grape tomatoes & fruit salad	25 Cereal, Fruit Surf & Turf w/ steak & shrimp, red potato mash, fajita veggies	26 Flavored Grits, Fruit Taco Salad Springmix, corn and blackbeans fajita mix, Red salsa	22 Cereal Bar, Fruit Taco Salad Springmix, corn and blackbeans fajita mix, Red salsa	23 Muffin, Fruit Korean Bowl with ground beef, brown rice, fresh carrots and cucumbers
31 Cereal, Fruit Local Steak, sweet potato mash, organic green beans			27 Muffin, Fruit Korean Bowl with ground beef, brown rice, fresh carrots and cucumbers	28 Oatmeal, Fruit Chicken Breast Meal, red potato mash, veggie power slaw

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



CLUB HOUSE HOURS

Monday - Friday | 10am - 4pm
\$86/day or \$16/hour

**COME DINE, LAUGH AND
SOCIALIZE WITH US AT
THE
FOUNTAIN OF YOUTH
CLUB HOUSE**



EXTREME WEATHER

Please check WKYT TV for delayed openings under BUSINESSES.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 Book Club Improve Energy Health Club Basketball	6 Natural Resource Club Improve Strength Glee Club Kickball	7 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	1 Art Club Improve Strength Gardening Club Mind/Body Games	2 L.O.V.E. Club Improve Balance Game Club Corn Hole	3	4
12 Book Club Improve Energy Health Club Basketball	13 Natural Resource Club Improve Strength Glee Club Kickball	14 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	15 Art Club Improve Strength Gardening Club Mind/Body Games	16 L.O.V.E. Club Improve Balance Game Club Corn Hole	10	11
18 Book Club Improve Energy Health Club Basketball	19 Natural Resource Club Improve Strength Glee Club Kickball	20 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	21 Art Club Improve Strength Gardening Club Mind/Body Games	22 L.O.V.E. Club Improve Balance Game Club Corn Hole	17	WEEKENDS BY APPOINTMENT ONLY
24 & 31 Book Club Improve Energy Health Club Basketball	25 Natural Resource Club Improve Strength Glee Club Kickball	26 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	27 Art Club Improve Strength Gardening Club Mind/Body Games	28 L.O.V.E. Club Improve Balance Game Club Corn Hole	29	30

Employee Recognition

Our Core Values:
Continuous Improvement
Appreciation & Gratitude
Reciprocity & Respect
Exceptional Integrity

OUTSTANDING EMPLOYEES
WHO HAVE TRULY EMBODIED
OUR CORE VALUES THIS MONTH

Stephany Gonzalez	Allanda Stevens
Anaisy Delgado Aguilar	Indiana Dingman
Amy Erb	Rebekkah Orbach
Nathan Watson	Liudmyla Biloshytska
Davonte Fravier	Maria Garcia
James Smith	Rebekkah Orbach
Avery Bast	Stephanie Pilkington
Annie Smith	Tiffanie Abney
Ashley Butler	Summer Beaty
Stephanie Price	Alexus Brock
Racheal Sylvester	Melissa Chasteen
Hannah Wilburn Smith	Elizabeth Colvin
Annika Blethen	Holly Heighton
Hannah Claire Smith	Carol Jones
Denetta McCann	Sasha O'Bryan
Brittany Reidenbaugh	Ruby Perez
Jerricka Jackmon	Daryl Rice
Sandra Marshall	Linda Roberts
Martha McCann	Deborah Stroud
Amanda Hisle	Lori Walker
	Ashley Warren

Our Mission:

Improve Your Health and Quality of Life!



TO THE WINNER OF THIS
MONTH'S I. C.A.R.E.
REWARD DRAWING!

Annika Blethen

1. What is your favorite food? Seafood boil.
2. What do you like to do in your free time? Spend time with my pups.
3. If you could go anywhere, where would you like to go on vacation? The Bahamas
4. Share an interesting fact...something that most people don't know about you. I really enjoy fishing.
5. How long have you worked with Aging With Grace? Two years.
6. What do you like best about your job? The companionship you get with your client.
7. What is a good quality at Aging With Grace? The supervisors are very understanding with any situation and put you first.

For Healthy Senior Skin

Focus on gentle cleansing with mild, moisturizing soaps, short warm (not hot) showers, and daily application of thick moisturizers, especially after bathing, to combat dryness. Protect skin from the sun with broad-spectrum SPF 30+ sunscreen and protective clothing, maintain hydration and a nutrient-rich diet, avoid smoking, and see a dermatologist for regular skin cancer checks. Using a humidifier, getting enough rest, managing stress, and gentle exercise also significantly help.

Daily Skincare Routine

- Cleanse Gently: Use mild, fragrance-free, hydrating cleansers and avoid harsh scrubbing; pat skin dry.
- Moisturize Generously: Apply thick creams or ointments daily, especially after bathing, to lock in moisture. Look for ingredients like hyaluronic acid, glycerin, and ceramides.
- Protect from Sun: Use broad-spectrum SPF 30+ sunscreen daily and wear wide-brimmed hats and sunglasses.
- Humidify: Use a humidifier in dry indoor environments, especially during winter.

Bathing Habits

- Warm, Not Hot: Use warm water for short baths or showers (5-10 minutes) to avoid stripping natural oils.
- Gentle Soaps: Opt for moisturizing, fragrance-free bars or liquid cleansers.
- Pat Dry: Gently pat skin dry with a soft towel to leave some moisture, then moisturize immediately.

Lifestyle & Nutrition

- Hydrate & Eat Well: Drink plenty of water and eat a diet rich in vitamins (A, C, E, K) and antioxidants from fruits, vegetables, and healthy fats (like omega-3s in salmon/nuts).
- Avoid Smoking: Smoking accelerates skin aging and wrinkles.
- Exercise: Regular movement improves circulation, nourishing the skin.
- Rest & Stress: Prioritize sleep and find ways to manage stress for better skin repair.

Important Considerations

- Protect Extremities: Keep hands and feet covered in cold weather.
- Dermatologist Visits: Schedule regular skin cancer screenings.
- Avoid Irritants: Use mild detergents and avoid fabric softeners on clothes that touch the skin.



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!