

# TABLE OF CONTENTS

- 01 Message from the Administrator
- 02 Fountain of Youth Clubhouse Food Menu
- 03 Fountain of Youth Clubhouse Activities Calendar
- 04 Employee Recognition
- 05 Bee Weller's Buzz on Health

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





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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1 HAPPY NEW YEAR!</b>	<b>2 Muffin, Fruit</b>  Korean Bowl with ground beef, brown rice, fresh carrots and cucumbers
<b>5 Flavored Grits, Fruit</b>  Chicken Pesto with shredded cheese, grape tomatoes & fruit salad	<b>6 Cereal, Fruit</b>  Local Steak, sweet potato mash, organic green beans	<b>7 Boiled Eggs, Toast</b>  Taco Salad Springmix, corn and blackbeans fajita mix, Red salsa	<b>8 Cereal Bar, Fruit</b>  Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese	<b>9 Granola Bar, Fruit</b>  Chicken Breast Meal, red potato mash, veggie power slaw
<b>12 Muffin, Fruit</b>  Chicken Parmesan Marinara with shredded cheese, salad	<b>13 Oatmeal, Fruit</b>  Surf & Turf w/ steak & shrimp, red potato mash, fajita veggies	<b>14 Flavored Grits, Fruit</b>  Korean Bowl with ground beef, brown rice, fresh carrots and cucumbers	<b>15 Granola Bar, Fruit</b>  Chicken Pesto with shredded cheese, grape tomatoes & fruit salad	<b>16 Cereal, Fruit</b>  Local Steak, sweet potato mash, organic green beans
<b>19 Muffin, Fruit</b>  Korean Bowl with ground beef, brown rice, fresh carrots and cucumbers	<b>20 Flavored Grits, Fruit</b>  Local Steak, sweet potato mash, organic green beans	<b>21 Oatmeal, Fruit</b>  Chicken Breast Meal, red potato mash, veggie power slaw	<b>22 Cereal Bar, Fruit</b>  Taco Salad Springmix, corn and blackbeans fajita mix, Red salsa	<b>23 Muffin, Fruit</b>  Korean Bowl with ground beef, brown rice, fresh carrots and cucumbers
<b>24 Muffin, Fruit</b> Chicken Pesto with shredded cheese, grape tomatoes & fruit salad <b>31 Cereal, Fruit</b> Local Steak, sweet potato mash, organic green beans	<b>25 Cereal, Fruit</b>  Surf & Turf w/ steak & shrimp, red potato mash, fajita veggies	<b>26 Flavored Grits, Fruit</b>  Taco Salad Springmix, corn and blackbeans fajita mix, Red salsa	<b>27 Muffin, Fruit</b>  Korean Bowl with ground beef, brown rice, fresh carrots and cucumbers	<b>28 Oatmeal, Fruit</b>  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
			1 Art Club Improve Strength Gardening Club Mind/Body Games	2 L.O.V.E. Club Improve Balance Game Club Corn Hole	3	4
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	8 Art Club Improve Strength Gardening Club Mind/Body Games	9 L.O.V.E. Club Improve Balance Game Club Corn Hole	10	11
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	17	WEEKENDS BY APPOINTMENT ONLY
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	23	
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



## Our Core Values:

**C**ontinuous Improvement**A**ppreciation & Gratitude**R**eciprocity & Respect**E**xceptional Integrity

OUTSTANDING EMPLOYEES  
WHO HAVE TRULY EMBODIED  
OUR CORE VALUES THIS MONTH

Stephany Gonzalez  
Anaisy Delgado Aguar  
Amy Erb

Nathan Watson  
Davonte Fravier  
James Smith  
Avery Bast  
Annie Smith  
Ashley Butler  
Stephanie Price  
Racheal Sylvester

Hannah Wilburn Smith  
Annika Blethen  
Hannah Claire Smith  
Denetta McCann  
Brittany Reidenbaugh  
Jerricka Jackmon  
Sandra Marshall  
Martha McCann  
Amanda Hisle

Allanda Stevens  
Indiana Dingman  
Rebekkah Orbach  
Liudmyla Biloshytska  
Maria Garcia  
Rebekkah Orbach  
Stephanie Pilkington  
Tiffanie Abney  
Summer Beaty  
Alexus Brock  
Melissa Chasteen  
Elizabeth Colvin  
Holly Heighton  
Carol Jones  
Sasha O'Bryan  
Ruby Perez  
Daryl Rice  
Linda Roberts  
Deborah Stroud  
Lori Walker  
Ashley Warren

## Our Mission:

**I**mprove Your Health and Quality of Life!

Congratulations!



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 freetime? 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.



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**CONTACT US**

**859 539 2147**

**VISIT US**

**The Fountain of Youth Clubhouse**

743 B Allendale Dr, Lexington, KY 40503

[www.agingwithgraceinfo.org](http://www.agingwithgraceinfo.org)

**SCHEDULE YOUR TOUR TODAY!**