

TABLE OF CONTENTS

- 01 Message from the Administrator
- 02 Fountain of Youth Clubhouse® Food Fare
- 03 Fountain of Youth Clubhouse® Activities Calendar
- 04 Employee Recognition
- 05 Bee Weller's Buzz on Health---Immunizations Month Explained
- 06 Advertise With Us!

A Message From the Administrator

Happy August!

We are excited to continue our monthly Lunch and Learn series at the Fountain of Youth Clubhouse on the 2nd Tuesday of every month.

Please join us on Tuesday, August the 11th at 12:00 PM for a FREE healthy lunch and an informative session on Heart Health including some BINGO FUN! Following the presentation, Nancy Hiner will be available to answer any relevant questions. We look forward to seeing you there!

---DG

LIVE Longer,
Better



Aging With Grace®

Your Best Independent Life Club

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



10 AM

Continental
Breakfast



1 PM

Dinner
Party



3:15 PM

Tea & A Tale
Time

MONDAY

3

Oatmeal, Fruit

Garlic Herb Salmon
Tender salmon seasoned with garlic
herbs served with brown rice and
fresh yellow squash

Oranges

10

Muffin, Fruit

Veggie Wrap
An array of fresh vegetables
wrapped in a tortilla and served
with avocado lime dressing

Tuna Pouches

17

Bagel, Fruit

Garlic Herb Salmon
Tender salmon seasoned with garlic
herbs served with brown rice and
fresh yellow squash

Greek Yogurt with Fruit

24

Cereal, Fruit

Mediterranean Chicken Salad
Chicken served on a bed of greens,
tomatoes, garbanzo beans, feta,
veggies and Greek dressing

Cheese Cubes with Crackers

31

Grits, Fruit

Fried Chicken
Healthy fried chicken breasts
served with mashed potatoes and
corn

Greek Yogurt with Fruit

TUESDAY

4

Bagel, Fruit

Steak Wrap
Steak, spring mix and peppers
wrapped in a Tortilla with Avacado
Lime Dressing

Popcorn

7

Cereal, Fruit

Mediterranean Steak Salad
Steak served on a bed of greens,
tomatoes, garbanzo beans, feta,
veggies and Greek dressing

Cottage Cheese and Fruit

18

Oatmeal, Fruit

Steak Bowl
Steak Bowl Chunky rub seasoned
Steak served with mashed potatoes
and corn

Oranges

25

Grits, Fruit

Steak Quesidilla
Steak, veggies, beans and cheese
folded in a tortilla served with salsa
and sour cream

Bananas

WEDNESDAY

5

Muffin, Fruit

Fiesta Bowl with Chicken
brown rice, fajita veggies, corn,
cheese, cilantro, jalapeños, and
red and green sauces

Cottage Cheese and Fruit

8

Bagel, Fruit

Honey Ginger Chicken
Chicken Breast with served with
honey ginger sauce, white rice and
mixed bell peppers

Savory Snack Mix

19

Cereal Bar, Fruit

Taco Salad
Seasoned ground beef on a bed of
spring mix, corn, black beans, fajita
mix, jalapeños, green and red salsa

Tuna Pouches

26

Oatmeal, Fruit

Korean Beef
Steak, white rice, fresh cucumber,
shaved carrots, and garnished with
green onion and sesame seeds and
Korean Sauce,

Greek Yogurt with Fruit

THURSDAY

6

Cereal, Fruit

Surf and Turf
Seasoned Steak and Shrimp served
with mashed potatoes and
green beans

Peanut Butter Crackers

9

Grits, Fruit

Turkey Club
Tender Turkey, Bacon, Cheese,
Lettuce, Tomato and Mayo, Red
Potatoes and Green Beans

Greek Yogurt with Fruit

20

Grits, Fruit

Chicken Wrap
Chiicken, spring mix and peppers
wrapped in a tortilla with avacado
lime dressing

Cheese Cubes and Crackers

27

Muffin, Fruit

Shrimp Bowl
Garlic and herb shrimp served with
white rice and mixed veggies

Cottage Cheese with Fruit

FRIDAY

7

Grits, Fruit

Buffalo Chicken Cheese Dip
buffalo chicken, white rice,
cauliflower, and cheese on top

Greek Yogurt with Fruit

10

Oatmeal, Fruit

Cherry BBQ Steak Bowl
Tender steak served with cherry
BBQ sauce, red potatoes and
brussel sprouts

Peanut Butter Crackers

21

Muffin, Fruit

Shepherd's Pie
beef simmered with a mix of fresh
vegetables, herbs, with mashed
sweet potatoes

Cottage Cheese with Fruit

28

Bagel, Fruit

Spinach and Cheese Burger
Beef burger topped with spinach
and cheese and served with
fried potatoes

Savory Snack Mix

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 CLUBHOUSE



EXTREME WEATHER

Please check WKYT TV for delayed openings under BUSINESSES.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 Book Club Improve Energy Health Club Basketball	4 Natural Resource Club Improve Strength Glee Club Kickball	5 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	6 Art Club Improve Strength Gardening Club Mind/Body Games	7 L.O.V.E. Club Improve Balance Game Club Corn Hole	8 <i>Weekends are by appointment only, please.</i>	9 <i>Weekends are by appointment only, please.</i>
10 Book Club Improve Energy Health Club Basketball	11 Natural Resource Club Improve Strength Glee Club Kickball	12 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	13 Art Club Improve Strength Gardening Club Mind/Body Games	14 L.O.V.E. Club Improve Balance Game Club Corn Hole	15 <i>Weekends are by appointment only, please.</i>	16 <i>Weekends are by appointment only, please.</i>
17 Book Club Improve Energy Health Club Basketball	18 Natural Resource Club Improve Strength Glee Club Kickball	19 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	20 Art Club Improve Strength Gardening Club Mind/Body Games	21 L.O.V.E. Club Improve Balance Game Club Corn Hole	22 <i>Weekends are by appointment only, please.</i>	23 <i>Weekends are by appointment only, please.</i>
24 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 <i>Weekends are by appointment only, please.</i>	30 <i>Weekends are by appointment only, please.</i>
31 Book Club Improve Energy Health Club Basketball						

Our Mission:

Improve your health & quality of life!

Our Core Values:

Continuous Improvement

Appreciation & Gratitude

Reciprocity & Respect

Exceptional Integrity

OUTSTANDING EMPLOYEES

Who Have Truly Embodied Our Core Values This Month

Tracy Giles	Martha McCann	Hanna Fowler
Jessica Connely	Alexis Courtney	Jennifer Freeman
Christine Thomas	Indiana Dingman	Angela Eads
Hannah Smith	Aracelli Vela-Sandoval	Alexus Brock
Emily Browning	Allanda Stevens	Sasha O'Bryan
Annika Blethen	Kimberly Gallagher	Melissa Chasteen
Amanda Hisle	Colby Floyd	Ashley Warren
Annie Smith	Liudmyla Biloshytska	Tiffanie Abney
Hannah Wilburn	Janet Sams	Daryl Rice
Brittney Reidenbaugh	Denetta McCann	Carol Jones
Avery Bast	Makenzie Gambrell	Miranda Feedback
James Smith III	Rebekkah Orbach	Elizabeth Colvin
Arsker Frazier	Deborah Stroud	Taylor Barnes
Lois Mounqazi Bazouzi	Hollie Jackson	
Robin Thompson	Joanna Patton	
Amy Erb	Linda Roberts	
Joshua Wise	Holly Heighton	
Stephany Gonzalez	Summer Beaty	

Congratulations!



**AUGUST
I. C.A.R.E.
REWARD
DRAWING!**

Kimberly Gallagher

1. What is your favorite food?
 - My favorite food is Sonnie's BBQ Pulled Pork
2. What do you like to do in your free time?
 - I like to play Fortnite, go fishing, and spend time with family and friends.
3. If you could go anywhere, where would you go on vacation?
 - Honestly I don't care where I go as long as I am with my husband and family.
4. Share an interesting fact that most people don't know about you.
 - I care more about how other people feel and want to make sure they have what they need than I do for myself.
5. How long have you worked with Aging With Grace?
 - I have worked at Aging With Grace for 2 years and 10 months.
6. What do you like best about your job?
 - Being able to care for others especially when it's hard for them to be able to take care of themselves.
7. What is something that Aging With Grace does well?
 - They care about their employees and their clients. And they treat you with the respect and kindness that you deserve.

What is National Immunization Awareness Month (NIAM)?

NIAM is a national observance held each August in the United States, organized to highlight the importance of vaccination for people of all ages. From infants to older adults, immunizations play a critical role in preventing serious diseases like measles, whooping cough, flu, and HPV-related cancers. The month offers a timely reminder as families prepare for back-to-school season and flu season approaches.

Healthcare professionals use this time to promote routine vaccinations, while communities run educational campaigns to counter misinformation and reduce vaccine hesitancy. The goal is simple: make immunization information accessible, accurate, and actionable.

Why National Immunization Awareness Month Matters

Vaccines save lives – but their success can make them easy to overlook. Thanks to immunization, diseases that once claimed thousands of lives each year have been drastically reduced or even eliminated in some regions. But this progress is fragile. When immunization rates drop, preventable diseases can resurface quickly, as seen with recent measles outbreaks in communities with low vaccination coverage.

NIAM matters because it helps close gaps in vaccine access, addresses misinformation, and reminds us that immunization is a shared responsibility. It's also a chance to reach underserved communities where barriers to healthcare can lead to missed vaccines – and missed chances to stay protected.

How to Get Involved in National Immunization Awareness Month

Whether you're a parent, teacher, healthcare worker, or simply someone who cares about public health, there are meaningful ways to take part in NIAM:

- **Schedule a Check-Up:** Use this month to catch up on any missed vaccines – for yourself or your children or your grandchildren.
- **Host an Event:** Schools, libraries, and community centers can organize immunization awareness events, health fairs, or Q&A sessions with local health professionals.
- **Share on Social Media:** Post vaccine facts, personal stories, or infographics using NIAM hashtags to help spread the message.
- **Talk to Your Community:** Help dispel myths and fears by having open, respectful conversations about the benefits of vaccines.
- **Support Access:** Volunteer with or donate to organizations that help provide free or low-cost vaccinations to those in need.

Noteworthy Facts About National Immunization Awareness Month

- Vaccines prevent more than 20 life-threatening diseases and save up to 5 million lives globally each year.
- In the U.S., vaccination has eliminated smallpox and drastically reduced diseases like polio, diphtheria, and rubella.
- Herd immunity requires high vaccination rates – usually between 85% and 95% depending on the disease.



Aging With Grace®

Your Best Independent Life Club

Contact Us

859-539-2147

www.agingwithgraceinfo.org

Visit Us

**The Fountain of
Youth Clubhouse**

743 B Allendale Dr, Lexington, KY 40503

**SCHEDULE
YOUR
TOUR TODAY!**



Listen on

Apple Podcasts &

<https://www.buzzsprout.com/1770592>



Aging With Grace®

Your Best Independent Life Club



***LUNCH &
LEARN***



Tuesday, August 11th

12:00-1:00 pm

Fountain of Youth Clubhouse ®

Join us for a healthy lunch and informative session on Heart Health and some BINGO FUN! Presented by Nancy Hiner and the Lexington-Fayette County

Health Department

Please RSVP by August 8th

To place an ad here, please call or text DG 859 539 2147