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LIVE Longer,
Better

A Message From the Administrator

Happy September!

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, September 8 at 12:00 PM for a FREE healthy lunch and an informative session on Healthy Hearing= Healthy Aging. Following the presentation, Marcey Ansley will be available to answer any relevant questions. We look forward to seeing you there!

---DG



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Bagel, Fruit
Steak Wrap
Steak, spring mix and peppers
wrapped in a Tortilla with Avacado
Lime Dressing
Popcorn

2 Muffin, Fruit
Fiesta Bowl with Chicken
brown rice, fajita veggies, corn,
cheese, cilantro, jalapeños, and
red and green sauces
Cottage Cheese and Fruit

3 Cereal, Fruit
Surf and Turf
Seasoned Steak and Shrimp served
with mashed potatoes and
green beans
Peanut Butter Crackers

4 Grits, Fruit
Buffalo Chicken Cheese Dip
buffalo chicken, white rice,
cauliflower, and cheese on top
Greek Yogurt with Fruit

7 Muffin, Fruit
Veggie Wrap
An array of fresh vegetables
wrapped in a tortilla and served
with avocado lime dressing
Tuna Pouches

8 Cereal, Fruit
Mediterranean Steak Salad
Steak served on a bed of greens,
tomatoes, garbanzo beans, feta,
veggies and Greek dressing
Cottage Cheese and Fruit

9 Bagel, Fruit
Honey Ginger Chicken
Chicken Breast with served with
honey ginger sauce, white rice
and mixed bell peppers
Savory Snack Mix

10 Grits, Fruit
Turkey Club
Tender Turkey, Bacon, Cheese,
Lettuce, Tomato and Mayo, Red
Potatoes and Green Beans
Greek Yogurt with Fruit

11 Oatmeal, Fruit
Cherry BBQ Steak Bowl
Tender steak served with cherry
BBQ sauce, red potatoes and
brussel sprouts
Peanut Butter Crackers

14 Bagel, Fruit
Garlic Herb Salmon
Tender salmon seasoned with garlic
herbs served with brown rice and
fresh yello squash
Greek Yogurt with Fruit

15 Oatmeal, Fruit
Steak Bowl
Steak Bowl Chunky rub seasoned
Steak served with mashed potatoes
and corn
Oranges

16 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

17 Grits, Fruit
Chicken Wrap
Chiicken, spring mix and peppers
wrapped in a tortilla with avacado
lime dressing
Cheese Cubes and Crackers

18 Muffin, Fruit
Shepherd's Pie
beef simmered with a mix of fresh
vegetables, herbs, with mashed
sweet potatoes
Cottage Cheese with Fruit

21 Cereal, Fruit
Mediterranean Chicken Salad
Chicken served on a bed of greens,
tomatoes, garbanzo beans, feta,
veggies and Greek dressing
Cheese Cubes with Crackers

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

23 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

24 Muffin, Fruit
Shrimp Bowl
Garlic and herb shrimp served with
white rice and mixed veggies
Cottage Cheese with Fruit

25 Bagel, Fruit
Spinach and Cheese Burger
Beef burger topped with spinach
and cheese and served with
fried potatoes
Savory Snack Mix

28 Oatmeal, Fruit
Fried Chicken
Healthy fried chicken breasts
served with mashed potatoes and
corn
Greek Yogurt with Fruit

29 Muffin, Fruit
Steak Teriyaki Bowl
Tender Steak with Teriyaki Sauce,
Mixed Bell Peppers and White Rice
Oranges

30 Grits, Fruit
Buffalo Chicken Cheese Dip
buffalo chicken, white rice,
cauliflower, and cheese on top
Tuna Pouches

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
	1 Natural Resource Club Improve Strength Glee Club Kickball	2 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	3 Art Club Improve Strength Gardening Club Mind/Body Games	4 L.O.V.E. Club Improve Balance Game Club Corn Hole	5 <i>Weekends are by appointment only, please.</i>	6 <i>Weekends are by appointment only, please.</i>
7 Book Club Improve Energy Health Club Basketball	8 Natural Resource Club Improve Strength Glee Club Kickball	9 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	10 Art Club Improve Strength Gardening Club Mind/Body Games	11 L.O.V.E. Club Improve Balance Game Club Corn Hole	12 <i>Weekends are by appointment only, please.</i>	13 <i>Weekends are by appointment only, please.</i>
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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	Jerricka Jackmon	Melissa Chasteen
Jessica Connely	Monroe Beck	Ashley Warren
Christine Thomas	Denetta McCann	Linda Roberts
Hannah Smith	Makenzie Gambrell	Daryl Rice
Emily Browning	Janet Sams	Elizabeth Colvin
Annika Blethen	Liudmyla Biloshytska	Martha McCann
Amanda Hisle	Rebekkah Orbach	Allanda Stevens
Annie Smith	Joanna Patton	Indiana Dingman
Hannah Wilburn	Deborah Stroud	Anaisy Aguiar Delgado
Brittney Reidenbaugh	Morgan Woods	Sandra Marshall
Avery Bast	Holly Heighton	Racheal Couch
James Smith III	Marsha Ford-Warren	Kimberly Gallagher
Arsker Frazier	Summer Beaty	
Lois Mounqazi Bazouzi	Hanna Fowler	
Robin Thompson	Jennifer Freeman	
Amy Erb	Kayla McIntosh	
Joshua Wise	Angela Eads	
Stephany Gonzalez	Alexus Brock	

Congratulations!



**SEPTEMBER
I. C.A.R.E.
REWARD
DRAWING
WINNER:**

Tracy Giles!

- What is your favorite food?
 - Fried Chicken*
- What do you like to do in your free time?
 - Gardening*
- If you could go anywhere, where would you go on vacation?
 - To visit my son in Oregon*
- Share an interesting fact that most people don't know about you.
 - I have 8 wonderful children, I married my best friend, and I have 12 grandchildren*
- How long have you worked with Aging With Grace?
 - 3 months*
- What do you like best about your job?
 - Spending time with each person one on one*
- What is something that Aging With Grace does well?
 - They take care of their employees*

Simple Ways to Care for Your Skin This Month (and Every Month!)

- Sunscreen isn't just for summer – Apply SPF 30 or higher daily, even on cloudy days. Sun damage adds up year-round.
- Hydrate, hydrate, hydrate – Keep your skin plump and healthy by drinking water and using a good moisturizer.
- Cleanse gently – Over-washing or using harsh scrubs can strip your skin. Choose mild cleansers that support your natural barrier.
- Nourish from the inside out – A balanced diet rich in fruits, vegetables, and healthy fats can boost your health.
- Don't skip self-checks – Watch for new or changing moles and spots, and see a dermatologist if you notice anything concerning.

A Fresh Season, A Fresh Start

September is a time of transition—back to routines, back to school, and often back indoors. It's also the perfect time to reassess your skin care. Whether you need to repair sun damage, refresh your moisturizer, or schedule your annual skin exam, a little attention now can make a big difference later.

Spread the Glow

One of the best parts of Skin Care Awareness Month is sharing what you know. Encourage your friends and family to wear sunscreen, schedule skin checkups, and practice daily habits that support healthy, happy skin.

This September, make a promise to yourself: love the skin you're in. A few simple steps today can protect your skin for years to come. After all, healthy skin is always in style!



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, September 8th

12:00-1:00 pm

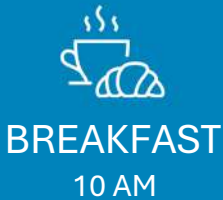
Fountain of Youth Clubhouse ®

Join us for a healthy lunch and informative session
on Healthy Hearing and Healthy Aging. Presented
by Marcey Ansley from The Hearing & Speech
Center

Please RSVP by September 4th

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





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cereal Bar, Fruit Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese	3 Cereal Bar, Fruit	4 Cereal Bar, Fruit	5 Cereal Bar, Fruit Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese	6 Cereal Bar, Fruit Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese
9 Cereal Bar, Fruit Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese	10 Cereal Bar, Fruit	11 Cereal Bar, Fruit Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese	12 Cereal Bar, Fruit Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese	13 Cereal Bar, Fruit Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese
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REMAIN HIDDEN AND LOCKED.

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16 President's Day! Clubhouse Closed	17 Natural R Club Improve Glee Kickball				21 <i>Weekends are by appointment only, please.</i>	22 <i>Weekends are by appointment only, please.</i>
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