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LIVE Longer,
Better

A Message From the Administrator

Happy October!

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, October 13 at 12:00 PM for a FREE healthy lunch and an informative session on Healthy Habits for Supporting Brain Health and Meredith Plant 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

5 Muffin, Fruit

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

Tuna Pouches

6 Cereal, Fruit

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

Cottage Cheese and Fruit

7 Bagel, Fruit

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

Savory Snack Mix

8 Grits, Fruit

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

9 Oatmeal, Fruit

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

12 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

14 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

15 Grits, Fruit

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

Cheese Cubes and Crackers

16 Muffin, Fruit

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

Cottage Cheese with Fruit

19 Cereal, Fruit

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

Cheese Cubes with Crackers

20 Grits, Fruit

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

Bananas

21 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

22 Muffin, Fruit

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

Cottage Cheese with Fruit

23 Bagel, Fruit

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

Savory Snack Mix

26 Oatmeal, Fruit

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

Greek Yogurt with Fruit

27 Muffin, Fruit

Steak Teriyaki Bowl
Tender Steak with Teriyaki Sauce,
Mixed Bell Peppers and White Rice

Oranges

28 Grits, Fruit

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

Tuna Pouches

29 Bagel, Fruit

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

Popcorn

30 Cereal, Fruit

Fiesta Bowl
topped with an array of chicken,
black beans, fajita veggies, corn,
cheese, cilantro, jalapenos, and
avpcadp lime dressing & salsa

Peanut Butter Crackers

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 Art Club Improve Strength Gardening Club Mind/Body Games	2 L.O.V.E. Club Improve Balance Game Club Corn Hole	3 Weekends are by appointment only, please.	4 Weekends are by appointment only, please.
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 Weekends are by appointment only, please.	11 Weekends are by appointment only, please.
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 are by appointment only, please.	18 Weekends are by appointment only, please.
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26 Book Club Improve Energy Health Club Basketball	27 Natural Resource Club Improve Strength Glee Club Kickball	28 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	29 Art Club Improve Strength Gardening Club Mind/Body Games	30 L.O.V.E. Club Improve Balance Game Club Corn Hole	31 Weekends are by appointment only, please.	

October 2026

Activities Calendar

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

Kimberly Gallagher	Robin Thompson	Miranda Feeback
Allanda Stevens	Amy Erb	Marsha Ford-Warren
Sandra Marshall	Joshua Wise	Hanna Fowler
Anaisya Aguiar Delgado	Stephany Gonzalez	Holly Heighton
Sherrie Schwartz	Jerricka Jackmon	Sasha O'Bryan
Tracy Giles	Ava Anderson	Joanna Patton
Jessica Connely	Liudmyla Biloshytska	Linda Roberts
Christine Thomas	Rebekkah Orbach	Deborah Stroud
Hannah Smith	Janet Sams	Morgan Woods
Emily Browning	Makenzie Gambrell	Ashley Warren
Annika Blethen	Tiffanie Abney	Selena Zuniga
Amanda Hisle	Rachael Baker	
Annie Smith	Summer Beaty	
Hannah Wilburn	Alexus Brock	
Brittney Reidenbaugh	Melissa Chasteen	
James Smith III	Elizabeth Colvin	
Davante Frazier	Angela Eads	

Congratulations!



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

Deborah Stroud

- What is your favorite food?
 - Mexican*
- What do you like to do in your free time?
 - Spending time with my grandkids.*
- If you could go anywhere, where would you go on vacation?
 - Hawaii*
- Share an interesting fact that most people don't know about you.
 - I have eleven grandchildren!*
- How long have you worked with Aging With Grace?
 - Five years!*
- What do you like best about your job?
 - I like helping people and knowing that the care and support I provide can make someone's day a little easier. I also enjoy building relationships with the people I care for and feeling like my work has a purpose.*
- What is something that Aging With Grace does well?
 - AWG is a great place to work, great incentives, and really good supervisors and owners. A caring and supportive environment where employees have the opportunity to make a meaningful difference in the lives of people we serve.*

October is **Emotional Wellness Month**, an annual observance dedicated to prioritizing mental health, managing everyday stress, and building emotional resilience.

Why Emotional Wellness Matters

- **Reduces physical strain:** Chronic stress can lead to headaches, sleep disruptions, high blood pressure, and a weakened immune system.
- **Improves daily balance:** Active emotional care helps you navigate difficult changes, sustain healthy relationships, and stay grounded.
- **Encourages proactive habits:** It serves as a reminder that mental health requires regular attention, just like physical health.

Simple Ways to Participate

- **Practice mindfulness:** Dedicate a few minutes each day to deep breathing exercises or morning meditation.
- **Set boundaries:** Learn to say no to overwhelming commitments and limit screen time.
- **Connect with others:** Reach out to friends, family, or support networks to strengthen social bonds.
- **Seek professional support:** Consider professional counseling or therapy if stress feels too heavy to manage alone. See the Aging With Grace Wellness Consultant for help connecting to a professional counselor



Contact Us

859-539-2147

www.agingwithgraceinfo.org

Visit Us

**The Fountain of
Youth Clubhouse**

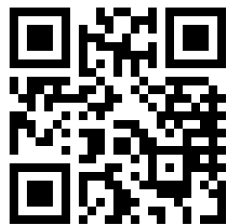
743 B Allendale Dr, Lexington, KY 40503

**SCHEDULE
YOUR
TOUR TODAY!**



Listen on
**Apple Podcasts &
YouTube**

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



Healthy Minds
Brighter
Tomorrows



Aging With Grace®
Your Best Independent Life Club

Knowledge
Today
A Brighter
Tomorrow



LUNCH & LEARN 

GOOD FOOD. HELPFUL INFORMATION. A BRIGHTER TOMORROW.

alzheimer's association®
THE BRAINS BEHIND
A BRIGHTER TOMORROW®

-  STAY ACTIVE
-  EAT WELL
-  MANAGE STRESS
-  STAY CONNECTED
-  GET QUALITY SLEEP

Healthy Habits for Supporting Brain Health

Presented by
Meredith Plant
with the Alzheimer's Association

 **TUESDAY,
OCTOBER 13, 2026**

 **12:00 PM – 1:00 PM**

 **Aging With Grace**
743 Allendale Dr, Lexington, KY 40503



*Small Habits
Make a
Big Difference*



*Educate
Support
Empower
Together*

RSVP Appreciated
 **859-787-4372**
Let's build brighter tomorrows —
together. 

Support • Community • Possibilities

Improve the health and quality of as many people as possible so they can live better, longer in their homes.

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