



FOR IMMEDIATE RELEASE

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ROMEIO Club is the new social networking

FARGO, N.D. — A new club will be fostering friendships in Fargo by holding regular lunch dates. Retired Old Men Eating Out (or ROMEIO) is an opportunity to socialize over a good meal. ROMEIO clubs are gathering men of a similar stage in life all across the country. Now, thanks to a Touchmark resident's suggestion, groups will be meeting in the Red River Valley.

On Wednesday, Aug. 24, at 2 p.m., Touchmark at Harwood Groves will hold the first ROMEIO event. This lunch is open to anyone in retirement who would like to be a part of the club and brainstorming regular outings. Members will plan how often they'll meet and where, while enjoying beer, pretzels and each other's company.

There is no charge to be a part of regular club meetings, just the cost to cover your own meal. To RSVP, please call 701-476-1200. And check Touchmark's Full Life community calendar at www.TouchmarkFargo.com for future ROMEIO gatherings.

Friendships make us healthier

Men, especially, can be more prone to loneliness and boredom in retirement. The social interaction ROMEIO provides can improve mental and physical health as research from Brigham Young University shows a low rate of interaction can be as unhealthy as smoking 15 cigarettes a day. The ROMEIO Club sets out to build a sense of connectedness for those in retirement by making plans and getting together with friends.

A full-service retirement community, Touchmark at Harwood Groves offers people 55-plus years a full life. There is a wide range of homes and lifestyle options as well as an on-site health and fitness club, which is open to anyone over 40. For more information, visit Touchmark.com.

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