

NEWS RELEASE



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Touchmark seniors unite to form JULIET – ‘Just Us Ladies Into Eating Together’ – and invite others to join

BISMARCK, N.D. — Bismarck and Mandan have ROMEO (Retired Old Men Eating Out), and now there's JULIET (Just Us Ladies Into Eating Together). The efforts of retirement-age, female seniors at Touchmark on West Century have led to the formation of the region's very own social networking group for older women revolving around the joy of eating together.

One of the group's founders is Gertie Mettler, whose husband is a member of ROMEO. For Gertie, it was the positive change she saw in her husband after he attended ROMEO outings that prompted her to start a JULIET group.

“When they started ROMEO for men, I thought that's just the cutest thing! Then I thought we should have something to do for the ladies,” says Mettler, who is originally from the Minot area and has lived at Touchmark for two-and-a-half years. “My goal with JULIET is to have a good time and relax. I'm all for that!”

The first meeting for JULIET in the capital city is January 23 at 11:30 a.m. at the Ground Round on 526 South 3rd Street. Organizers plan on holding the gathering at a different area restaurant on the fourth Wednesday of every month. Mettler hopes other retirement-age ladies from across the area will join the group. “It's a positive, easy way to get to know other ladies and enjoy the light spirit that comes with laughter, enjoyment, great company and good food,” she says.

The JULIET club is modeled after the success of the ROMEO clubs. ROMEO clubs are a gathering of retired men across the country, including cities like Bismarck and Fargo. Some of the men who reside at Touchmark started a local ROMEO group in 2016. JULIET clubs nationwide are in their infancy.

About Touchmark

A full-service retirement community, Touchmark on West Century offers a range of homes and lifestyle options for people 55-plus years. An on-site health and fitness club is open to anyone over 50 and features a variety of fitness options. For more information, visit Touchmark.com.

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