



FOR IMMEDIATE RELEASE

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JULIET gatherings give retirement-age females their own social networking group

FARGO, N.D. — The Fargo area has 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 at Harwood Groves have led to the formation of the region's very own social networking group for older women revolving around the joy of eating together.

"Increasingly, research is underscoring the importance of social activities for our physical and mental health," says Anna Lawler, Touchmark Life Enrichment/Wellness Coordinator. "There is real value and benefit in getting together with like-minded individuals, and we hope women in this region will get involved with the JULIET group."

The JULIET group met in January for the first time, with organizers planning to hold the gathering at a different area restaurant on the third Wednesday of every month. February's meeting will be at Johnny Carino's at 4410 17th Ave. South in Fargo, from 11:30 a.m. to 1 p.m. on Feb. 20.

Gail Antonoplos attended the first group meeting, and she is hoping that other women in the region will see the value of getting together. "I talk it up to others! It's a fun time, going out to eat. It's worth it," said Antonoplos, a 55-year resident of the Fargo area and Touchmark resident for just over a year.

There is no cost to be part of the group; it is open to any retirement-age female in the Fargo/West Fargo/Moorhead area. Individuals are asked to cover the cost of their own meal.

About Touchmark at Harwood Groves

A full-service retirement community, Touchmark at Harwood Groves offers people 55-plus years a wide range of homes and lifestyle options. Membership in the on-site health and fitness club is open to anyone 50 years and older. More information is available at Touchmark.com.

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