



The Connector

community thread

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Aging in a New Way

Remember when living to 100 seemed unusual? Stillwater recently lost one of its oldest residents when Mabel Zoldan died at age 104. As her daughter shared with the Stillwater Gazette, "Mabel had a willingness to learn something new every day and she never stopped moving – she was always working on something." Mabel practiced aging well by continuing to learn, staying physically active and having a purpose.

At Community Thread, we provide options for adults aged 55+ who want to stay active, engaged and connected. Throughout this issue, you will find ways to move your body, engage your mind and connect with others. Whether you are interested in active outdoor activities, learning how to use a computer with ease, or in giving back to your community, we offer something for everyone!



We also know that as our lifespan continues to increase, many older adults are choosing to remain in their homes for as long as safely possible. Please reach out if you or someone you know would benefit from a volunteer who can provide transportation to medical appointments or lend a helping hand around the house.

Wherever you are on your life journey - we hope to visit with you soon!

See pages 7-8 for the Senior Center Calendar



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