

Center for Ageless Living
05 Thomas Rd
Los Lunas, NM 87031
505-865-8813; 505-865-4866 fax

NEWS RELEASE from Center for Ageless Living

For Immediate Release

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Contact: Suzette Lindemuth, Director; 505-249-1682; Email: slindem206@aol.com
www.nmagelessliving.com

Active and Ageless Describes September at The Center

Los Lunas, NM -- The Center for Ageless Living in Los Lunas celebrates September as Healthy Aging Month with the Second Annual "Honoring the Elders of Valencia County" Luncheon, 11am to 1pm, Friday, September 21, 2007. Valencia County seniors over 85 years of age can call 865-8813 for their free reservation.

Healthy Aging Month is an annual observance designed to focus national attention on the positive aspects of growing older. In addition, Active Aging Week is held each year during the last week of September in 2007, Monday September 24 through Monday October 1 (International Day of Older Persons).

In conjunction with the 2007 theme "Grow Ageless," the Center for Ageless Living in Los Lunas is hosting a variety of activities. A free yoga class on Wednesday September 19 at 6pm will emphasize stretching and breathing. Dora Hernandez, senior yoga student instructs. Hernandez will also perform a ceremonial Kathakali dance open to the public 7pm – 9pm Saturday, September 15, 2007 on behalf of the Yoga and Tai Chi Studio on the campus of the Center for Ageless Living. Admission, which includes Chai tea and an East Indian sampler plate is \$30, and may be purchased at The Center.

Special swim classes at The Center introduce seniors to the benefits of water exercise during Healthy Aging Month. The Center features an arthritis-certified, heated pool and offers ongoing water sessions to the public. Activities for the month culminate on October 1, International Day of the Older Persons, so designated by the United Nations General Assembly since 1991. The Assembly used this day to draw attention to the graying of the population, the "age of aging."

Fifty seniors live on the campus at The Center in Senior Living Systems; one senior, Eunice Sorrells, celebrated her 100th birthday on July 16th.

This year's "Honoring the Elders" luncheon event is catered by the Green House Rotisserie Restaurant on the campus for the Center. Approximately 200 attendees, including Senior Olympians of Valencia County and elders with significant contributions celebrated the event in 2006.

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A “Wine, Cheese and Chocolate” celebration 6pm to 9pm Saturday September 22, 2007 marks the 20th business anniversary for Suzette Lindemuth, Center Director, who began providing assisted-living services to elderly and disabled individuals through a network of assisted living communities in 1987; Senior Living Systems, Inc. is now the largest State provider for Medicaid Disabled and Elderly Waiver Program Assisted Living Component. Throughout her 20-year career in New Mexico, Lindemuth has been actively involved in numerous state and local committees for the improvement of long term care, licensing requirements and access under Medicaid for seniors.

The Center for Ageless Living is a unique facility that embraces and supports aging with a variety of programs and services that include family and community involvement. The five elements of The Center – Senior Living Systems, Personal Living Systems, the Garden Gate Day Spa and Salon, Green House Rotisserie and Community Park Programs – are located on Highway 47 just north of South El Cerro Loop in Los Lunas. For more information, log onto www.nmagelessliving.com.

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