

## Minerva Laborde Proves It's Never Too Late to 'Put Her Foot In the Water'

Minerva Laborde is proving it's never too late to 'put her foot in the water.' She's engaging in a plethora of activities she never dreamed of trying and expanding her social network with dozens of brand-new friends, partly because of her move to The Willows at Worcester, a new community for people 55 plus. A resident of Worcester for more than 45 years, Minerva is enjoying her life as she never experienced it before. For example:

- Minerva had never swum in her entire life, but she's always wanted to learn to swim. As soon as the swimming pool opened in her brand-new community, Minerva took the plunge and began learning how. Now she participates in aqua aerobics two to three times a week, to keep healthy and fit.
- Minerva had never held a golf club in her hands. She is now learning how to play golf using the community's Full Swing Golf Simulator, and is taking weekly instruction classes.
- She also meets with her very own personal trainer in the fitness center three times a week to do yoga and strength training.
- After picking up Wii Bowl at the community, she's now addicted and practically bowls all spares and strikes. She hopes to bring a league to the community next year.
- And, she just went to her first-ever horse race in Boston with a group of residents from the community.

