

CELEBRATING CENTENARIANS

Mary Tysdal, 100



Mary Cecelia Moran Tysdal was born in South Dakota on November 7, 1909. She celebrates reaching the century mark in the home she and her husband shared for over 60 years, and the same home where he celebrated his 100th in 2006! Now a widow, she says she's getting along just fine and recently renewed her drivers license for another five years. Mary is pleased to be able to live independently, drive to get her own groceries and go out for coffee and social events "with the girls," most of whom are 20 years younger. She believes that both family and friends are important for maintaining a good quality of life in later years. Read more about Mary: www.adlercentenarians.org.

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 Veterans' Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30					