

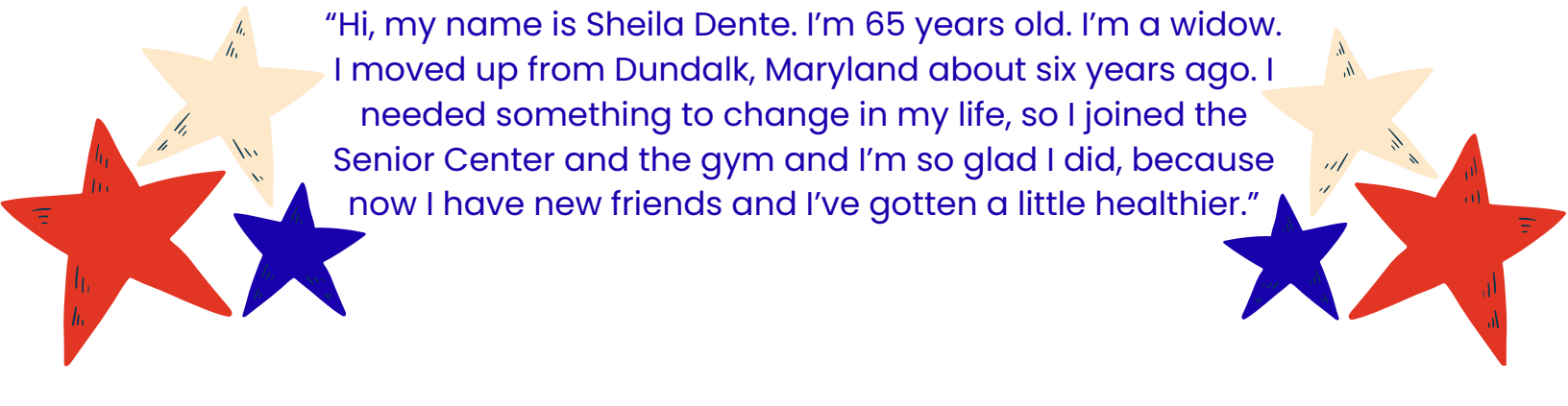


SENIOR OF THE MONTH



SHEILA DENTE

Member & Volunteer



"Hi, my name is Sheila Dente. I'm 65 years old. I'm a widow. I moved up from Dundalk, Maryland about six years ago. I needed something to change in my life, so I joined the Senior Center and the gym and I'm so glad I did, because now I have new friends and I've gotten a little healthier."