

Rose Manica proves it's never too late to 'put her foot in the water'

At age 85, Rose Manica developed a “to do” list of goals she wants to accomplish in her lifetime. An achiever by nature, Rose continues to cross items off her “life list” one at a time.

For example, Rose has been afraid of water her entire life, but she's always wanted to learn to swim. In February, Rose took the plunge and began learning how to swim. Now she participates in water aerobics at Santa Marta two to three times a week, to keep healthy and fit.

Each morning, Rose wakes up excited to accomplish yet another goal. Recently she learned how to ballroom dance like a seasoned professional and joined her first book club. This month she plans to travel to Tuscany to explore the charming community. Her list includes everything from learning to play bingo, to becoming an active member in church, to putting away her real estate license and retiring, and many more. Rose feels a real sense of accomplishment and great personal achievement each time she crosses a goal off of her life list.

A resident of the Kansas City metro for more than 22 years, Rose currently lives at Santa Marta, a new life care retirement community in Olathe, Kan., and is enjoying her life as she never experienced it before.

