

Age and The Elderly

A couple married 40 years and is revisiting the same places they went to on their honeymoon. As they are driving through the secluded countryside, they pass a ranch with a tall deer fence running along the road. The wife says, "Sweetheart, let's do the same thing we did here 40 years ago!"

The husband stops the car. His wife backs against the fence, and they immediately make love like never before. She was SCREAMING and GYRATING and SHAKING uncontrollably; and then, much to her husband's surprise, she FAINTED!

After he revived her and got her back into the car, the husband, quite astounded says: "Darlin', you sure never moved like that 40 year ago - or ANYTIME SINCE that I can remember."

The woman, gasping for breath, finally able to speak, says: "40 YEARS AGO THAT DARN FENCE WASN'T ELECTRIFIED!"

Mid-life is when ...you go to the doctor and you realize you are now so old that you have to pay someone to look at you naked.

... you bounce (a lot), but you don't bounce back. (It's more like Splat!)

... your 1970's 'Body-by-Jake' now includes 'Legs-by-Rand McNally'. (More red and blue lines than an accurately scaled map of the state of Wisconsin).

... you want to grab every firm young lovely in a tube top and scream, "Listen, honey, even the Roman Empire fell, and those things will too!"

... you start to repeat yourself... and your chins follow suit.

... you realize that if you were a dog, you'd need a control top flea collar.

... your memory really starts to go. The only thing you still retain is water.

The good news about mid-life is that the glass is still half-full - of course, the bad news is that it won't be long before your teeth are floating in it.

Mid-life women no longer have upper arms, they have wingspans ... they're no longer women in sleeveless shirts, but flying squirrels in drag.

You know you are getting old when you go for a mammogram and you realize it is the only time someone will ask you to appear topless on film.

Mid-life brings the wisdom that life throws you curves ... and that you're now sitting on your biggest ones.

You become more reflective in mid-life, and start pondering the "big" questions: what is life, why am I here ... how much Healthy Choice ice cream can I eat before it's no longer a healthy choice.

A strong young man at the construction site was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of Morris, one of the older workmen. After several minutes, Morris had enough.

"Why don't you put your money where your mouth is?" he said. "I will bet a week's wages that I can haul something in a wheelbarrow over to that outbuilding that you won't be able to wheel back."

"You're on, old man," the braggart replied. "It's a bet! Let's see what you got."

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Morris reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said, "All right. Get in."

An elderly woman decided to have her portrait painted. She told the artist: "Paint me with diamond earrings, a diamond necklace, emerald bracelets, a ruby broach, and gold Rolex."

"But you are not wearing any of those things."

"I know," she said. "It's in case I should die before my husband. I'm sure he will remarry right away, and I want his new wife to go crazy looking for the jewelry!"

An 80-year-old man went into the confessional and told the priest the following: "Father, I am 80 years old, I'm married, I have 4 children and 11 grandchildren. Last night I strayed and had an affair with two 18-year old girls. We partied and made love all night long."

The priest said, "My son, when was the last time you were at confession?"

The old man said, "I have never been to confession. I'm Jewish."

The priest said, "Then why are you here telling me this?"

The old man said, "Father, I'm telling everyone!"

[From a *Washington Post* Report about how much harder people had it in the old days]

SECOND RUNNER-UP:

In my day, we couldn't afford shoes, so we went barefoot. In the winter we had to wrap our feet with barbed wire for traction. (Bill Flavin, Alexandria)

FIRST RUNNER-UP:

In my day we didn't have MTV or in-line skates, or any of that stuff. No, it was 45s and regular old metal-wheeled roller skates, and the 45s always skipped, so to get them to play right you'd weigh the needle down with something like quarters, which we never had because our allowances were too small, so we'd use our skate keys instead and end up forgetting they were taped to the record player arm so that we couldn't adjust our skates, which didn't really matter because those crummy metal wheels would kill you if you hit a pebble anyway, and in those days roads had real pebbles on them, not like today. (Russell Beland, Springfield)

AND THE WINNER OF THE VELOUR BICENTENNIAL POSTER:

In my day, we didn't have no rocks. We had to go down to the creek and wash our clothes by beating them with our heads. (Barry Blyveis, Columbia)

HONORABLE MENTIONS:

In my day, we didn't have dogs or cats. All I had was Silver Beauty, my beloved paper clip. (Jennifer Hart, Arlington)

Back in the 1970s we didn't have the space shuttle to get all excited about.

We had to settle for men walking on the crummy moon. (Russell Beland, Springfield)

In my day, we didn't have days. There was only time for work, time for prayer and time for sleep. The sheriff would go around and tell everyone when to change. (Elden Carnahan, Laurel)

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In my day, people could only dream of hitching a ride on a comet.
(David Ronka, Charlottesville)

In my day, we didn't have fancy health-food restaurants. Every day we ate lots of easily recognizable animal parts, along with potatoes drenched in melted fat from those animals. And we're all as strong as GKK-GAAK Urrgh. Thud. (Tom Witte, Gaithersburg)

In my day, we didn't have hand-held calculators. We did addition on our fingers. To subtract, we had to have some fingers amputated. (Jon Patrick Smith, Washington)

In my day, we didn't get that disembodied, slightly ticked-off voice saying 'Doors closing.' We got on the train, the doors closed, and if your hand was sticking out it scraped along the tunnel all the way to the Silver Spring station and it was a bloody stump at the end. But the base fare was only a dollar. (Russell Beland, Springfield)

In my day, we didn't have water. We had to smash together our own hydrogen and oxygen atoms. (Diana Hugue, Bowie)

In my day, we didn't have Strom Thurmond. Oh, wait. Yes we did. (Peg Sheeran, Vienna)

Kids today think the world revolves around them. In my day, the sun revolved around the world, and the world was perched on the back of a giant tortoise.
(Jonathan Paul, Garrett Park)

In my day, we wore our pants up around our armpits, and monstrous wedgies; but we looked snappy. (Bruce Evans, Washington)

In my day, we didn't have virtual reality. If a one-eyed razorback barbarian warrior was chasing you with an ax, you just had to hope you could outrun him.
(Sarah M. Wolford, Hanover)

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The pastor got up and told the congregation, "I am going to say a word, you sing a song that goes with it.

The pastor said, "Rock." The congregation sang "Rock of Ages."

The pastor then said, "Cross." The congregation sang "The Old Rugged Cross."

The pastor then said, "Power." The congregation sang "Power in the Blood."

The pastor then said, "Sex." The congregation sat in shock, dumbfounded. Finally, way in the back, an 87-year-old lady stood up and began to sing: "Precious Memories."

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My grandmother has a bumper sticker on her car that says 'Sexy Senior Citizen'. You don't want to think of your grandmother that way, do you? Out entering wet shawl contests. Makes you wonder where she got that dollar she gave you for your birthday.

IN THE DIM AND DISTANT PAST
WHEN LIFE'S TEMPO WASN'T FAST

GRANDMA USED TO ROCK AND KNIT,
CROCHET, TAT, AND BABY-SIT
WHEN THE KIDS WERE IN A JAM
THEY COULD ALWAYS COUNT ON GRAM.
IN AN AGE OF GRACIOUS LIVING,
GRANDMA WAS THE GAL FOR GIVING.
GRANDMA NOW IS AT THE GYM
EXERCISING TO KEEP SLIM.
SHE'S OFF TOURING WITH A BUNCH,
OR TAKING CLIENTS OUT TO LUNCH.
DRIVING NORTH TO SKI OR CURL,
ALL HER DAYS ARE IN A WHIRL.
NOTHING SEEMS TO STOP OR BLOCK HER,
NOW THAT GRANDMA'S OFF HER ROCKER.

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During an 80-year-old man's annual checkup, the doctor asked how he was feeling. "I've never been better!" he boasted. "I've got an 18-year old bride who's pregnant and having my child! What do you think about that?"

The doctor considered this for a moment and then said, "Let me tell you a story. I knew a guy who was an avid hunter. He never missed a season. One day went out in a bit of a hurry and he accidentally grabbed his umbrella instead of his gun." The doctor continued, "So he was in the woods and suddenly a grizzly bear appeared! He raised the umbrella, pointed it and squeezed the handle. And do you know what happened?" the doctor queried.

Dumbfounded, the old man replied "No."
The doctor continued, "The bear dropped dead in front of him!"
"That's impossible!" exclaimed the old man. "Someone else shot that bear."
"That's kind of what I'm getting at..." replied the doctor.

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An elderly gentleman went to see his doctor and asked for a prescription of Viagra. The doctor said, "That's no problem. How many do you want?"

The man answered, "Just a few, maybe 4, but cut each one in 4 pieces."
The doctor said, "That won't do you any good."

The elderly man said, "That's alright. I don't need them for sex any more – I'm over 90. I just want it to stick out far enough so I don't go on my shoes."

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Old and new concerns for people of the baby boom generation

Honorable Mentions:

Then: Long hair.
Now: Longing for hair.

Then: Keg
Now: EKG.

Then: Acid rock
Now: Acid reflux.

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Then: Moving to California because it's cool.
Now: Moving to California because it's hot.

Then: You're growing pot.
Now: Your growing pot.

Then: Watching John Glenn's historic flight with your parents.
Now: Watching John Glenn's historic flight with your kids.

Then: Trying to look like Marlon Brando or Elizabeth Taylor.
Now: Trying not to look like Marlon Brando or Elizabeth Taylor.

Then: Seeds and stems.
Now: Roughage.

Then: Popping pills, smoking joints.
Now: Popping joints.

Then: Our president's struggle with Fidel.
Now: Our president's struggle with fidelity.

And the Winners are:

Fifth Runner-up

Then: Paar.
Now: AARP.

Fourth Runner-up

Then: Being caught with Hustler magazine.
Now: Being caught by Hustler magazine.

Third Runner-up

Then: Killer weed.
Now: Weed killer.

Second Runner-up

Then: Hoping for a BMW.
Now: Hoping for a BM.

First Runner-up

Then: The Grateful Dead.
Now: Dr. Kevorkian.

And the winner:

Then: Getting out to a new, hip joint.
Now: Getting a new hip joint.

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When I was younger I hated going to weddings ... it seemed that all of the grandmotherly types used to come up to me, poking me in the ribs and cackling, telling me, 'You're next.'

They stopped that after I started doing the same thing to them at funerals.

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day they were playing cards when one looked at the other and said, "Now don't get mad at me. I know we've been friends for a long time, but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"

Inside every older person is a younger person - wondering what the hell happened.

An elderly woman died last month. Having never married, she requested no male pallbearers. Her handwritten instructions for her memorial service said: "They wouldn't take me out while I was alive, I don't want them to when I'm dead."

About to marry a woman in her 20's, Mr. Cragin, aged 85, went to a marriage counselor and asked how he might keep his prospective bride happy. Shaking his head, the counselor could only say: "I think you should take in a youthful boarder."

Several months later, the old gent returned to the counselor and reported that his new bride was pregnant.

"I see you took my advice about the boarder," said the counselor, chuckling.

"Yep," said the octogenarian, "and she's pregnant, too."

An elderly gent was invited to his old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his wife with endearing terms -- calling her Honey, My Love, Darling, Sweetheart, Pumpkin, etc. The couple had been married almost 70 years & they were still very clearly in love.

While the wife was off in the kitchen, the man leaned over and said to his buddy, "I think it's wonderful that after all the years, you still call your wife those loving pet names."

The old man hung his head. "To tell you the truth," he said, "I forgot her name about ten years ago."

Games for When We Are Older

1. Sag, You're it!
2. Pin the Toupee on the bald guy
3. 20 questions shouted into your good ear
4. Kick the bucket
5. Red Rover, Red Rover, the nurse says, "Bend Over!"
6. Doc Goose
7. Simon says something incoherent
8. Hide and go pee
9. Spin the Bottle of Mylanta

10. Musical recliners

You Know You're Getting Older when...

The little old lady you help across the street is your wife.

Your children begin to look middle aged.

You find people attractive because they can get three cups of tea from the same tea bag.

You can't remember what you did yesterday, but it hurts today.

You feel your corns more than your oats.

Your actions creak louder than your words.

Your eyes are still perfect but your friends are getting blurry.

You remember when you needed help to carry home five dollars' worth of groceries.

Your get up and go gets up and goes.

You bend down to tie your shoes and look around to see if there's anything else to do while you're down there.

Your kids and your clothes are the same age.

You have to take a nap before going to bed.

You sit in a rocking chair and can't get it started.

An 85-year-old couple married almost 60 years died in a car crash. They'd been in good health the last 10 years mainly due to her interest in health food, and exercise. St. Peter took them to their mansion which was decked out with a beautiful kitchen and master bath suite and Jacuzzi. As they "oohed and aahed" the old man asked Peter how much all this was going to cost.

"It's free," Peter replied. "This is Heaven."

Next they went out back to survey the championship golf course behind the home. They would have golfing privileges everyday and each week the course changed to a new one representing the great golf courses on earth. The old man asked, "What are the green fees?"

Peter's reply, "This is heaven, you play for free."

Next they went to the clubhouse and saw the lavish buffet lunch with the cuisines of the world laid out. "How much to eat?" asked the old man.

"Don't you understand yet? This is heaven, it's free!" Peter replied with some exasperation.

"Well, where are the low fat and low cholesterol tables?" the old man asked timidly.

Peter lectured, "That's the best part - you can eat as much as you like of whatever you like and you never get fat and you never get sick. This is Heaven."

With that the old man went into a fit, throwing down his hat and stomping on it, and shrieking wildly. Peter and his wife both tried to calm him down, asking him what was wrong. The old man looked at his wife and said, "This is all your fault. If it weren't for your blasted bran muffins, I could have been here ten years ago!"

An older couple was lying in bed one night. The husband was falling asleep but the wife was in a romantic mood and wanted to talk. She said: "you used to hold my hand when we were courting."

Wearily he reached across, held her hand for a second and tried to get back to sleep.

A few moments later she said: "then you used to kiss me."

Mildly irritated, he reached across, gave her a peck on the cheek and settled down to sleep.

Thirty seconds later she said: "then you used to bite my neck"

Angrily, he threw back the bedclothes and got out of bed.

"Where are you going?" she asked.

"To get my teeth!"

1. **OLD IS WHEN** ... your sweetie says, "Let's go upstairs and make love," and you answer, "Pick one, I can't do both!"
2. ... your friends compliment you on your new alligator shoes & you're barefoot.
3. ... a sexy babe catches your fancy and your pacemaker opens the garage door.
4. ... going bra-less pulls all the wrinkles out of your face.
5. ... you don't care where your spouse goes, so long as you don't have to go along.
6. ... you are cautioned to slow down by the doctor instead of the police.
7. ... *getting a little action* means I don't need to take any fiber today.
8. ... *getting lucky* means you find your car in the parking lot.
9. ... an *all-nighter* means not getting up to pee!

How To Tell If You're Over The Hill

You no longer laugh at Preparation H commercials.

Your arms are almost too short to read the newspaper.

You buy shoes with crepe rubber soles.

The only reason you're still awake at 2 a.m. is indigestion.

People ask you what color your hair used to be.

You enjoy watching the news.

Your car must have four doors.

You no longer think of speed limits as a challenge.

You have a dream about prunes.

You browse the bran cereal section in the grocery store.

You start worrying when your supply of Ben Gay is low.

You think a C.D. is a certificate of deposit.

You have more than 2 pair of glasses.

You read the obituaries daily.

Your biggest concern when dancing is falling.

You enjoy hearing about other peoples operations.

You wear black socks with sandals.

You know all the warning signs of a heart attack.

SENIOR CITIZEN PERSONALS

FOXY LADY: Sexy, fashion-conscious blue-haired beauty, slim, 5-4 (used to be 5-6), searching for sharp-looking, sharp-dressing companion. Matching white shoes & belt a plus.

LONG-TERM COMMITMENT: Recent widow who has just buried fourth husband looking for someone to round out a six-unit plot. Dizziness, fainting, shortness of breath not a problem!

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SERENITY NOW: I am into solitude, long walks, sunrises, the ocean, yoga & meditation. If you're the silent type, let's get together, take our hearing aids out & enjoy quiet times.

WINNING SMILE: Active grandmother with original teeth seeking a dedicated flosser to share rare steaks, corn on the cob and caramel candy.

BEATLES OR STONES? I still like to rock, still like to cruise in my Camaro on Saturday nights & still like to play the air guitar. If you were a groovy chick, or are now a groovy hen, let's get together & listen to my collection of 8-track tapes.

MEMORIES: I can usually remember Monday through Thursday. If you can remember Friday, Saturday & Sunday, let's put our 2 heads together.

MINT CONDITION: Male, 1932, high mileage, good condition, some hair, many new parts including hip, knee...

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A woman has lost weight & feels pretty good about it. On her way home she stops at a newsstand to buy a paper. Before leaving, she asks the sales clerk, "I hope you don't mind my asking, but how old do you think I am?"

"About 32", the clerk replies.

"I'm actually 47," the woman says happily.

A little while later, she goes into McDonald's, and upon getting her order, asks the counter girl the same question.

She replies, "I'd guess about 29."

The woman replies, "Nope, I am 47." Now she's feeling really good about herself. While waiting for the bus home, she asks an old man the same question. He replies, "I'm 78 & my eyesight is starting to go. Although, when I was young, there was a sure way to tell how old a woman was, but it requires you to let me put my hands up your shirt and feel your breasts. Then I can tell exactly how old you are."

They waited in silence on the empty street until curiosity got the best of the woman, and she finally said, "What the hell, go ahead."

The old man slips both hands up her shirt, under her bra, and begins to feel around. After a couple of minutes, of getting a really good feel, she says, "Okay, okay, how old am I?"

He removes his hands and says, "You are 47."

Stunned, the woman says, "That is amazing! How did you know?"

The old man replies, "I was behind you in line at McDonald's."

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An Irishman named Murphy went to his doctor after a long illness. The doctor, after a lengthy examination, sighed and looked Murphy in the eye and said, "I've some bad news for you: you have the cancer and it can't be cured. I'd give you 2 weeks to a month." Murphy, shocked and saddened by the news, but of solid character, managed to compose himself and walk from the doctor's office into the waiting room. There he saw his son who had been waiting.

Murphy said, "Son, we Irish celebrate when things are good and celebrate when things don't go so well. In this case, things aren't so well. I have cancer and I've been given a short time to live. Let's head for the pub and have a few pints."

After 3 or 4 pints, the 2 were feeling a little less somber. There were some laughs and more beers. They were eventually approached by some of Murphy's old friends who asked what the 2 were celebrating.

Murphy told them that the Irish celebrate the good and the bad. He went on to tell them that they were drinking to his impending end. He told his friends "I've only got few weeks to live, as I have been diagnosed with AIDS."

The friends gave Murphy their condolences and they had a couple more beers. After his friends left, Murphy's son leaned over and whispered his confusion, "Dad, I thought you said that you were dying from cancer? You just told your friends that you were dying from AIDS!"

Murphy said, "I *am* dying from cancer, son. I just don't want any of them sleeping with your mother after I'm gone."

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35 is when you finally get your head together & your body starts falling apart.

--Caryn Leschen

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THE 5 STAGES OF LIFE

1. To Grow Up
2. To Fill Out
3. To Slim Down
4. To Hold It In
5. To Hell With It

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Seems an elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing's perfect. Your family must be pleased you can hear again."

To which the gentleman said, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will 3 times!"

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Neither of my parents understand how an answering machine works. When my mother leaves me a message she's actually trapped inside the machine. It is just like a desperate cry, 'Carol? Carol? Are you there? I'm in the machine.' And my father's even worse. He leaves me messages like this, 'Uh, tell her that her father called.'"

--Caroline Rhea

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A cop pulls a guy over and says, "Sir, were you aware that your wife fell out of the car about a mile back?" The guy says, "Oh, thank God! I thought I went deaf."

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An elderly couple was driving across the country. While the woman was behind the wheel, the couple was pulled over by the highway patrol.

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"Ma'am, did you know you were speeding?" the officer said.

The woman, hard of hearing, turned to her husband and asked, "What did he say?"

"He said you were speeding!" the old man yelled.

The patrolman then asked, "May I see your license?"

The woman turned to her husband again, "What did he say?"

The old man yelled back, "He wants to see your license!"

The woman then gave the officer her license.

"I see you are from Arkansas," the patrolman said. "I spent some time there once and went on a blind date with the ugliest woman I've ever seen."

The woman turned to her husband again and asked, "What did he say?"

The old man replied, "He said he knows you!"

While waiting for my first appointment in the reception room of a new dentist, I noticed his certificate, which bore his full name. Suddenly, I remembered that a tall, handsome boy with the same name had been in my high school class some 40 years ago. Upon seeing him, however, I quickly discarded any such thought. This balding, gray-haired man with the deeply lined face was too old to have been my classmate. After he had examined my teeth, I asked him if he had attended the local high school.

"Yes," he replied.

"When did you graduate?" I asked.

He answered, "In 1962."

"Why, you were in my class!" I exclaimed.

He looked at me closely and then asked, "What did you teach?"

Ethel and Mabel, two elderly widows, were watching the folks go by from their park bench. Ethel said, "You know, Mabel, I've been reading this 'Sex & Marriage' book, and all they talk about is 'mutual orgasm.' 'Mutual orgasm' here and 'mutual orgasm' there - that's all they talk about. Tell me, Mabel, when your husband was alive, did you 2 ever have mutual orgasm?"

Mabel thought for a long while. Finally, she shook her head and said,

"No, I think we had State Farm."

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

--Mark Twain

Middle age is when you choose your cereal for the fiber, not the toy.

Middle age is when work is a lot less fun - and fun a lot more work.

Middle age is when it takes longer to rest than to get tired.

Middle age is when you have stopped growing at both ends, and have begun to grow in the middle.

Middle age is when you have a choice of two temptations and choose the 1 that will get you home earlier.

--Anon

Luke's wife bought a new line of expensive cosmetics guaranteed to make her look years younger. After a lengthy sitting before the mirror applying the "miracle" products she asked, "Darling, honestly what age would you say I am?"

Looking over her carefully, Luke replied, "Judging from your skin, 20; your hair, 18; & your figure, 25."

"Oh, you flatterer!" she gushed.

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"Hey, wait a minute!" Luke interrupted. "I haven't added them up yet!"

A travel agent looked up from his desk to see an older lady and an older gentleman peering in the shop window at the posters showing the glamorous destinations around the world. The agent had had a good week and the dejected couple looking in the window gave him a rare feeling of generosity.

He called them into his shop and said, "I know that on your pension you could never hope to have a holiday, so I am sending you off to a fabulous resort at my expense and I won't take no for an answer."

He took them inside and asked his secretary to write 2 flight tickets and book a room in a 5 star hotel. As can be expected, they gladly accepted.

About a month later the little lady came in to his shop.

"And how did you like your holiday?" he asked eagerly.

"The flight was exciting and the room was lovely," she said. "I've come to thank you. But 1 thing puzzled me. Who was that old guy I had to share the room with?"

A man was out walking one day and went by a retirement home. As he passed the front lawn, he saw 9 old ladies basking in the sun in lounge chairs. When he looked closer he realized that they were all stark naked.

He went to the door and rang the bell. When the director answered the door, the man asked if he realized there were 9 naked old ladies lying on the front lawn.

The director said, "Yes" and went on to explain that the old ladies were all retired prostitutes living there and they were having a yard sale.

ABC's OF AGING

A is for arthritis,

B is for bad back,

C is for the chest pains. Corned beef? Cardiac?

D is for dental decay and decline,

E is for eyesight--can't read that top line.

F is for fissures and fluid retention

G is for gas (which I'd rather not mention and not to forget other gastrointestinal glitches)

H is high blood pressure

I is for itches, and lots of incisions

J is for joints, that now fail to flex

is for libido--what happened to sex?

Wait! I forgot about K!

K is for my knees that crack all the time

(But forgive me, I get a few lapses in my M-memory from time to time)

N is for nerve (pinched) and neck (stiff) and neurosis

O is for osteo-for all the bones that crack

P is for prescriptions, that cost a small fortune

Q is for queasiness. Fatal or just the flu? Give me another pill & I'll be good as new!

R is for reflux - 1 meal turns into 2

S is for sleepless nights, counting my fears at how to pay my increasing medical bills!

T is for tinnitus - I hear bells in my ears & the word "terminal" also rings too near

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U is for urinary and the difficulties that flow (or not)
V is for vertigo, as life spins by
W is worry, for pains not yet found
X is for X ray - and what one might find
Y is for year (another one I'm still alive)
So Z is for zest - for surviving the symptoms my body's deployed,
And keeping 26 doctors gainfully employed.

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An older man approached the fitness store manager, wanting to use one of the elliptical machines. Concerned he might fall, he told the man: "Put your foot on the lower pedal & get on it like a horse."

The man said: "A horse would never get on one of these!"

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A couple had been married for 25 years and also celebrated their 60th birthdays. During the celebration a fairy appeared and said that because they had been such a loving couple all those years, she would give them one wish each. The wife wanted to travel around the world. The fairy waved her wand and boom! She had the tickets in her hand. Next, it was the husband's turn. He paused for a moment and then said shyly, "Well, I'd like to have a woman 30 years younger than me." The fairy picked up her wand and boom! He was 90!

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Two old men were sitting on a park bench outside the local town hall where a flower show was in progress. One leaned over the other and said, "Cripes! Life is boring - we never have any fun these days. For 2 bucks, I'd take my clothes off and streak through the D.A.R. ladies' flower show!"

"You're on!" said the other old fellow, holding up 2 dollars.

As fast as he could, the first old man fumbled his way out of his clothes and completely naked, streaked through the front door of the town hall.

Waiting outside, his friend heard a huge commotion inside the hall, followed by loud applause. The naked old man burst out through the door surrounded by a cheering crowd of elderly ladies.

"How did it go?" asked his friend.

"Great!" he said, "I WON FIRST PRIZE FOR BEST DRIED ARRANGEMENT."

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A 92-year-old man went to the doctor to get a physical. A few days later, the doctor saw him walking down the street with a gorgeous young lady on his arm.

At his follow up visit, the doctor asked to the man: "You're really doing great, aren't you?"

The man replied, "Just doing what you said Doc: *Get a hot mamma and be cheerful.*"

The Doctor said, "I didn't say that. I said you got a heart murmur. Be careful."

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An elderly Floridian calls 911 on her cell phone to report that her car has been broken into. She is hysterical as she explains her situation to the dispatcher. "They've stolen the stereo, the steering wheel, the brake pedal and even the accelerator!" she cries.

The dispatcher says, "Stay calm. An officer is on the way."

A few minutes later, the officer radios in. "Disregard." He says. "She got in the back-seat by mistake."

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2 elderly residents, one male and one female, are sitting alone in the lobby of their nursing home one evening.

The old man looks over and says to the old lady, "I know just what you're wanting and for \$5, I'll have sex with you right over there in that rocking chair."

The old lady looks surprised but doesn't say a word.

The old man continues, "For \$10, I'll do it with you on that nice soft sofa over there, but for \$20, I'll take you back to my room, light some candles, and give you the most romantic evening you've ever had in your life.

The old lady still says nothing but after a couple of minutes, she starts digging down in her purse. She pulls out a wrinkled \$20 bill and holds it up.

"So you want the nice romantic evening in my room?" asks the old man.

"Hell no!" replies the old lady. "I want it 4 times in the rocking chair."

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OLD MAN CRYING ON a BENCH IN CENTRAL PARK – HE'S MARRIED TO A GORGEOUS WOMAN WHO MEETS ALL HIS NEEDS – ASKED WHY HE'S CRYING – I CAN'T REMEMBER, WHERE I LIVE!
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STRENGTH BUILDING FOR SENIORS

For those of us getting along in years, here is a little secret for building your arm and shoulder muscles. You might want to adopt this regimen!

Three days a week works well. Begin by standing outside behind the house, and with a 5-lb. potato sack in each hand, extend your arms straight out to your sides and hold them there as long as you can.

After a few weeks, move up to 10-lb. potato sacks and then 50-lb. potato sacks, and finally get to where you can lift a 100 lb. potato sack in each hand and hold your arms straight for more than a full minute.

Next, start putting a few potatoes in the sacks, but be careful not to overdo it at this level.

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Jacob, age 92, and Rebecca, age 89, are all excited about their decision to marry. They go for a stroll to discuss the wedding & on the way pass a drugstore. Jacob suggests they go in. Jacob addresses the man behind the counter: "Are you the owner?"

The pharmacist answers "Yes".

Jacob: "We're about to get married. Do you sell heart medication?"

Pharmacist: "Of course we do."

Jacob: "How about medicine for circulation?"

Pharmacist: "All kinds."

Jacob: "Medicine for rheumatism, sclerosis? "

Pharmacist: "Definitely."

Jacob: "How about Viagra?"

Pharmacist: "Of course."

Jacob: "Medicine for memory problems, arthritis, Jaundice?"

Pharmacist: "Yes, a large variety. The works."

Jacob: "Vitamins, sleeping pills, Geritol, antidotes for Parkinson's?"

Pharmacist: "Absolutely."

Jacob: "You sell wheelchairs and walkers?"

Pharmacist: "All speeds and sizes."

Age and The Elderly

Jacob says: "We'd like to register for our wedding gifts here, please."

An older Jewish man married a younger woman. After several months, the young woman complained that she had never climaxed during sex and by birthright, all Jewish women are entitled to at least one climax during sex, so they went to see the rabbi. The rabbi tells them to get a young, strong, virile young man to wave a towel over them while they are having sex. This, the rabbi says, will cause the woman to climax, so the couple tries it.

After several attempts, still no climax. They go back to the rabbi. The rabbi says for the bride to change partners and have the virile young man have sex with her and have the husband wave the towel. They try it that night and the young woman goes into wild, screaming ear-splitting climaxes, one after the other.

When it is over, the husband smugly looks down at the young man and says, "You see, schmuck, Now THAT's how you wave a towel."

A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art."

"Really," answered the neighbor. "What kind is it?"

"Twelve thirty."

Long Term Memory Test

1. In the 1940's, where were automobile headlight dimmer switches located?
 - a. On the floor shift knob
 - b. On the floor board, to the left of the clutch
 - c. Next to the horn
2. The bottle top of a Royal Crown Cola bottle had holes in it. For what was it used?
 - a. Capture lightning bugs
 - b. To sprinkle clothes before ironing
 - c. Large salt shaker
3. Why was having milk delivered a problem in northern winters?
 - a. Cows got cold and wouldn't produce milk
 - b. Ice on highways forced delivery by dog sled
 - c. Milkmen left deliveries outside of front doors and milk would freeze, expanding and pushing up the cardboard bottle top.
4. What was the popular chewing gum named for a game of chance?
 - a. Blackjack
 - b. Gin
 - c. Craps!
5. What method did women use to look as if they were wearing stockings when none were available due to rationing during WW II?
 - a. Suntan
 - b. Leg painting
 - c. Wearing slacks
6. What postwar car turned automotive design on its ear when you couldn't tell whether it was coming or going?
 - a. Studebaker

- b. Nash Metro
 - c. Tucker
7. Which was a popular candy when you were a kid?
- a. Strips of dried peanut butter
 - b. Chocolate licorice bars
 - c. Wax coke-shaped bottles with colored sugar water inside
8. How was Butch wax used?
- a. To stiffen a flattop haircut so it stood up
 - b. To make floors shiny and prevent scuffing
 - c. On the wheels of roller skates to prevent rust
9. Before inline skates, how'd you keep your roller skates attached to your shoes?
- a. With clamps, tightened by a skate key
 - b. Woven straps that crossed the foot
 - c. Long pieces of twine
10. As a kid, what was considered the best way to reach a decision?
- a. Consider all the facts
 - b. Ask Mom
 - c. Eeny-meeny-miney-mo
11. What was the most dreaded disease in the 1940's?
- a. Smallpox
 - b. AIDS
 - c. Polio
12. "I'll be down to get you in a _____, Honey"
- a. SUV
 - b. Taxi
 - c. Streetcar
13. What was the name of Caroline Kennedy's pet pony?
- a. Old Blue
 - b. Paint
 - c. Macaroni
14. What was a Duck-and-Cover Drill?
- a. Part of the game of hide and seek
 - b. What you did when your Mom called you in to do chores
 - c. Hiding under your desk & covering your head with your arms in an A-bomb drill
15. What was the name of the Indian Princess on the Howdy Doody show?
- a. Princess Summerfallwinterspring
 - b. Princess Sacajewea
 - c. Princess Moonshadow
16. What did all the really savvy students do when mimeographed tests were handed out in school?
- a. Immediately sniffed the purple ink, as this was believed to get you high
 - b. Made paper airplanes to see who could sail theirs out the window
 - c. Wrote another pupil's name on the top, to avoid your failure
17. Why did your Mom shop in stores that gave Green Stamps with purchases?
- a. To keep you out of mischief by licking the backs, which tasted like bubble gum
 - b. They could be put in special books and redeemed for various household

items

- c. They were given to the kids to be used as stick-on tattoos
- 18. "Praise the Lord, and pass the _____."
 - a. Meatballs
 - b. Dames
 - c. Ammunition
- 19. What was the name of the singing group that made the song "Cabdriver" a hit?
 - a. The Ink Spots
 - b. The Supremes
 - c. The Esquires
- 20. Who left his heart in San Francisco?
 - a. Tony Bennett
 - b. Xavier Cugat
 - c. George Gershwin

ANSWERS:

- 1. b) On the floor, to the left of the clutch. Hand controls, popular in Europe, took till the late '60s to catch on.
- 2. b) To sprinkle clothes before ironing. Who had a steam iron?
- 3. c) Cold weather caused milk to freeze & expand, popping the bottle top.
- 4. a) Blackjack Gum.
- 5. b) Special makeup was applied, followed by drawing a seam down the back of the leg with eyebrow pencil.
- 6. a) 1946 Studebaker.
- 7. c) Wax coke bottles containing super-sweet colored water.
- 8. a) Wax for your flat top (butch) haircut.
- 9. a) With clamps, tightened by a skate key, which you wore on a shoestring around your neck.
- 10. c) Eeny-meeny-miney-mo.
- 11. c) Polio. In the beginning of August swimming pools were closed, movies & other public gathering places were closed to try to prevent spread of the disease.
- 12. b) Taxi. Better be ready by half-past eight!
- 13. c) Macaroni.
- 14. c) Hiding under your desk & covering your head with your arms in an A-bomb drill.
- 15. a) Princess Summerfallwinterspring. She was another puppet.
- 16. a) Immediately sniffed the purple ink to get a high.
- 17. b) Put in a special stamp book, they could be traded for household items at the Green Stamp store.
- 18. c) Ammunition, and we'll all be free.
- 19. a) The all male, all black group: The Inkspots.
- 20. a) Tony Bennett, and he sounds just as good today.

SCORING:

- 17- 20 correct: You are not only older than dirt, but obviously gifted with mind bloat. Now if you could only find your glasses!
- 12 -16 correct: Not quite dirt yet, but your mind is definitely muddy.
- 0 -11 correct: You are either a sad excuse for a geezer or you are younger than springtime!

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MORE "OLD"

Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf.

Eventually you will reach a point when you stop lying about your age and start bragging about it.

The older we get, the fewer things seem worth waiting in line for.

Some people try to turn back their odometers. Not me, I want people to know WHY I look this way. I've traveled a long way and some of the roads weren't paved.

How old would you be if you didn't know how old you are?

When you are dissatisfied and would like to go back to youth, think of Algebra.

You know you are getting old when everything either dries up or leaks.

One of the many things no one tells you about aging is that it is such a nice change from being young.

One must wait until evening to see how splendid the day has been.

Ah, being young is beautiful, but being old is comfortable.

Old age is when former classmates are so gray and wrinkled and bald, they don't recognize you.

If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old.

First you forget names, then you forget faces. Then you forget to pull up your zipper, then Oh my goodness you forgot to pull your zipper *down!*

If you jog in a jogging suit, lounge in lounging pajamas, and smoke in a smoking jacket, WHY would anyone want to wear a windbreaker?

And best of all: I don't know how I got over the hill without getting to the top.

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The New Physician

I recently picked a new primary care physician. After 2 visits and exhaustive lab tests, he said I was doing "fairly well" for my age.

A little concerned about that comment, I couldn't resist asking him: "Do you think I'll live to be 80?"

He asked, "Well, do you smoke tobacco or drink beer?"

"Oh no," I replied, "I've never done either."

Then he asked, "Do you eat rib-eye steaks and bar-b-que ribs?"

I said, "No, I've heard that all "red meat" is very unhealthy!"

"Do you spend a lot of time in the sun, like playing golf?" he asked.

"No, I don't," I said.

He said, "Do you gamble, drive fast cars, or fool around with sexy women?"

"No," I said, "I've never done any of those things."

He look at me and said, "Then why in hell do you want to live to be 80?"

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Elvis Presley's Senior Citizen Song ***Are You Lonesome Tonight?***

Are you lonesome tonight, does your tummy feel tight? Did you bring your Mylanta and Tums? Does your memory stray, to that bright sunny day ... When you had all your teeth and your gums?

Age and The Elderly

Is your hairline receding, are your eyes growing dim? Hysterectomy for her, and its prostate for him. Does your back give you pain ... do your knees predict rain? Tell me dear, are you lonesome tonight?

Is your blood pressure up, your cholesterol down? Are you eating your low-fat cuisine? All that oat bran and fruit, Metamucil to boot, keeps you like a well-oiled machine. If it's hockey, or baseball ... he sure knows the score. Yes, he knows where it's at ... but forgets what it's for! So, your gall bladder's gone, and his gout lingers on. Tell me dear, are you lonesome tonight?

When you're hungry, he's not. When you're cold, then he's hot. Then you start that old thermostat war. When you turn out the light, he goes left, you go right. Then you get his great symphonic snore. He was once so romantic, and witty and smart. How'd he turn out to be such a cranky old fart? So don't take any bets, this is as good as it gets. Tell me dear, are you lonesome tonight?

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Church Hymns for the over 50 crowd

1. Precious Lord, Take My Hand, And Help Me Up
2. It Is Well with My Soul, But My Knees Hurt
3. Nobody Knows the Trouble I Have Seeing
4. Just a Slower Walk with Thee
5. Count Your Many Birthdays, Name Them One by One
6. Go Tell It on the Mountain, But Speak Up
7. Give Me the Old Timers' Religion
8. Blessed Insurance
9. Guide Me O Thou Great Jehovah, I've Forgotten Where I Parked