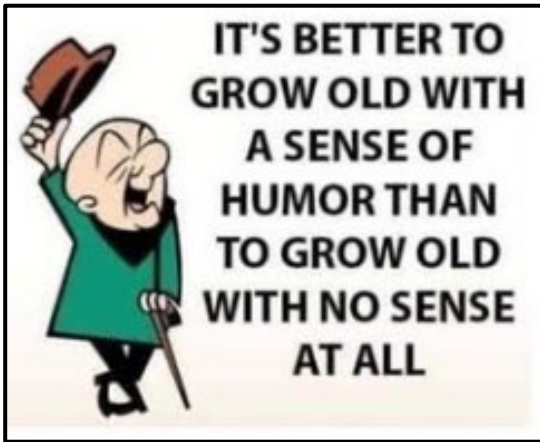


Laughter is the Best Medicine


The phrase “laughter is the best medicine” is often attributed to the Old Testament’s Book of Proverbs: “A merry heart doeth good like a medicine: but a broken spirit drieth the bones”.

This ancient wisdom might also hold true for some medical conditions. Laughter can sooth tension, stimulate circulation and aid muscle relaxation, all which can help reduce some of the physical symptoms of stress.

So as to reduce your stress, please read on:



Senility Prayer



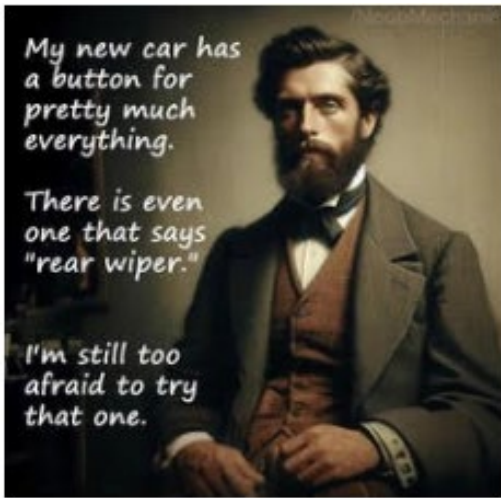
God grant me the **senility** to forget the people I never liked, the **good fortune** to bump into people who I do like, and the **eyesight** to tell the difference.

Official Sports Drink ... when I was a Kid

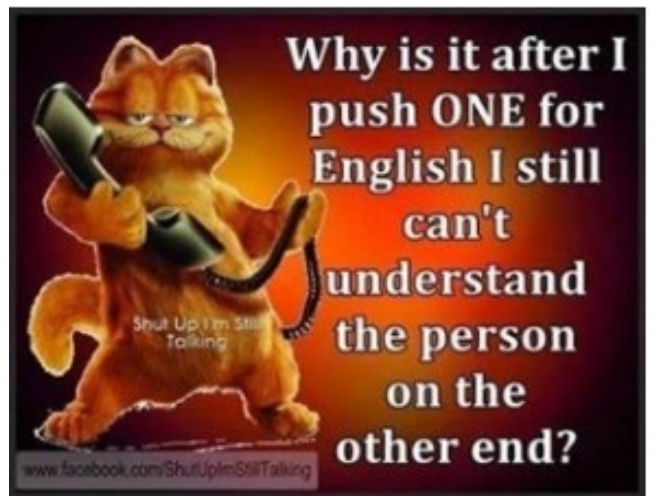


Yesterday, I was cooking dinner, and my son came up to me and said, "One day I will work and help you with the bills, the groceries, and the house expenses." My eyes started to tear up. My baby will be 32 next month.

THEY SAY THAT 60 IS THE NEW 50 AND 70 THE NEW 60, BUT AS I GET OLLDER, THE MORE 9PM IS THE NEW MIDNIGHT



When I was a kid, when we played 'spin the bottle', if they didn't want to kiss you, they'd have to give you a quarter. By the time I was twelve, I owned my own home.



My teacher told me not to worry about spelling because in the future there will be autocorrect And for that I am eternally grapefruit.

Be grateful that no matter how much chocolate you eat, your earrings will still fit.



**YOU KNOW YOU'RE
GETTING OLD
WHEN A RECLINER
AND A HEATING
PAD IS YOUR IDEA
OF A HOT DATE**

**My wife asked if she
could have a little
peace and quiet
while she cooked dinner...
So I took the battery out
of the smoke alarm!**



**As I fold my third load of
laundry, I contemplate
becoming a nudist.
Then I remember what I
look like naked, and
keep folding. 😂**

Look how instinctively, the mother
croc carries the baby in its mouth.
Nature is beautiful.





Paddy is in court, and after an 8 hour trial he pleads guilty.

Judge says, "Why didn't you plead guilty at first and save the court all this time?"

Paddy says, "I thought I was innocent until I heard all the evidence"

YOU KNOW WHEN YOU BUY A BAG OF SALAD & IT GETS ALL BROWN & SOGGY?

COOKIES DON'T DO THAT



Little boy sitting on his step eating candy just as fast as he could unwrap it. A man passing by saw what he was doing. He said all that candy is not good for you and will spoil your dinner. The little boy said I don't know about that but my grandpa lived to be a 102. The man said wow you mean by eating candy. The little boy said no, by minding his own business.

It's never too late to start exercising.

That's why I'm waiting until later.

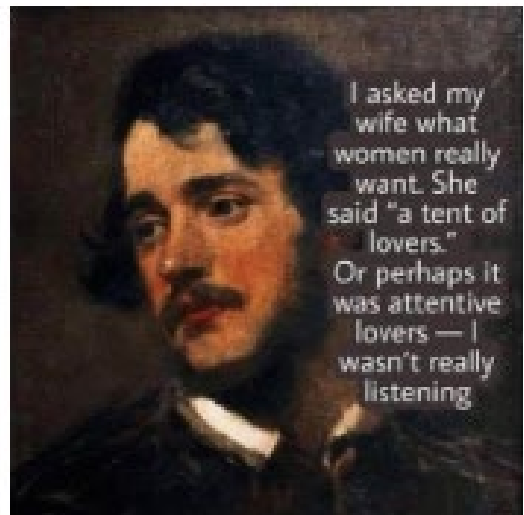
There's a fine line between a numerator and a denominator.

Only a fraction of people will find this funny.



"You put a round thing on a spinning plate with a needle and then you play with buttons and knobs ... only old people know how to do it!"







**MY KIDS LAUGH
BECAUSE THEY
THINK I'M CRAZY.

I LAUGH BECAUSE
THEY DON'T KNOW
IT'S HEREDITARY.**

**The older you get
the more you
appreciate
cancelled plans,
early nights,
thunderstorms
and alcohol that
is on sale.**

Geriatric Quotes from Notables

"If you want to know how old a woman is, ask her sister-in-law." - (Eva Gabor)

"Old age comes at a bad time." (Ed Sullivan)

"Inside every older person is a younger person wondering what happened." (Stevie Wonder)

"Old age is like a plane flying through a storm. Once you are aboard, there is nothing you can do about it." (Golda Meir)

"The older I get, the more clearly I remember things that never happened. (Mark Twain)

"I'm at that age where my back goes out more than I do." (Phyllis Diller)

"Nice to be here? At my age, it's nice to be anywhere." (George Burns)

"First you forget names, then you forget faces, then you forget to pull your zipper up; then, you forget to pull your zipper down." (Rob Reiner)

"You spend 90 percent of your adult life hoping for a long rest and the last 10 percent trying to convince the Lord that you're actually not THAT tired." (Princess Grace)

Old people shouldn't eat healthy foods. They need all the preservatives they can get." (Bob Hope)

"At my age, flowers scare me." (George Burns)

"It's like you trade the virility of the body for the agility of the spirit." (Ed Sullivan)

"The years between 55 and 75 are the hardest. You are always being asked to do things, and yet you are not decrepit enough to turn them down." (T.S. Elliot)

"At age 20, we worry about what others think of us.. at age 50, we don't care what they think of us... at age 70, we discover they haven't been thinking of us at all." (Ann Landers)

"When I was young, I was called a rugged individualist. When I was in my fifties, I was considered eccentric. Here I am doing and saying the same things I did then, and I'm labeled senile." (Milton Berle)

"The important thing to remember is that I'm probably going to forget." (Martin Scorsese)

"We don't grow older, we grow riper." (Pablo Picasso)

"It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone." (Andy Rooney)

"The older I get, the better I used to be." (Lee Trevino)

"The important thing to remember is that I'm probably going to forget." (Martin Scorsese)

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"I was thinking about how people seem to read the Bible a lot more as they get older, and then it dawned on me — they're cramming for their final exam." (George Carlin)

"Everything seems to slow down with age, except the time it takes cake and ice cream to reach your hips." (Elizabeth Taylor)

"You know you are getting old when everything either dries up or leaks." (Dennis Quaid)

"There are three stages in man's Life: he believes in Santa Claus, he does not believe in Santa Claus, he is Santa Claus." (Leon Phillips)

"Looking fifty is great - if you're sixty." (Joan Rivers)

"Time may be a great Healer, but it's a lousy Beautician." (Zsa Zsa Gabor)

"Life's journey is not to arrive at the grave safely in a well-preserved body, but rather to skid sideways, totally used up and worn out, shouting "Man, what a ride!" (Hunter Thompson)



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