

Vic

There is no need for gyms, exercise classes and the like, just get old and that will take care of

God's Plan for Aging...

MOST seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose co-ordination so they would drop things requiring them to bend, reach and stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

Nine Important Facts to Remember As We Grow Older

- #9 Death is the number 1 killer in the world.
- #8 Life is sexually transmitted.
- #7 Good health is merely the slowest possible rate at which one can die.
- #6 Men have twp motivations: hunger and hanky panky; and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.
- #5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years unless you give them your email address.
- #4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

- #3 All of us could take a lesson from the weather. It pays no attention to criticism.
- #2 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.
- #1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

Please share this wisdom with others while I go to the BATHROOM.



Rob Shand on the Jorgensen CC course, before he was old.

‘The distance was 8.4k with the mass start rush to a narrow bridge (old railway sleeper) across the top part of the stream. I came 3rd in 33m46sec.’