

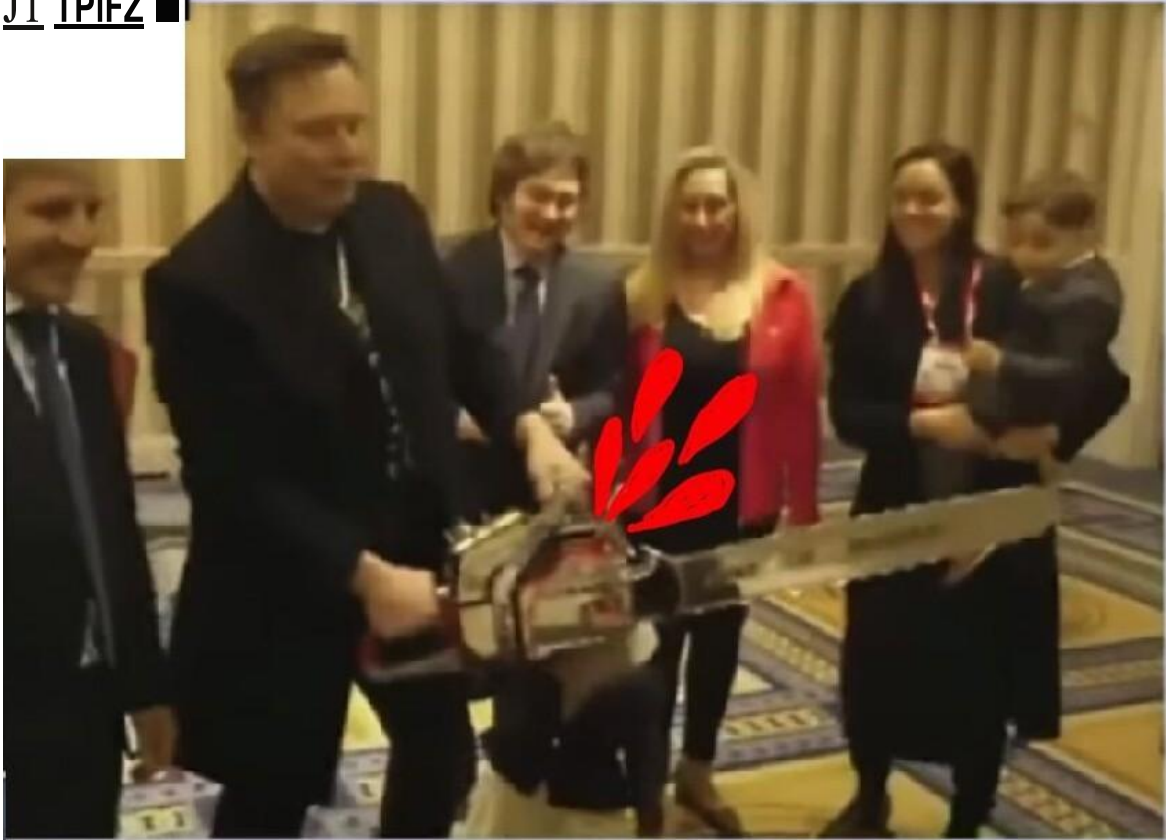
From Maurice D

March 07 2025

At our ripe age...
we can hide our own
Easter eggs.. wait half
an hour... & have no
idea where we put
them!



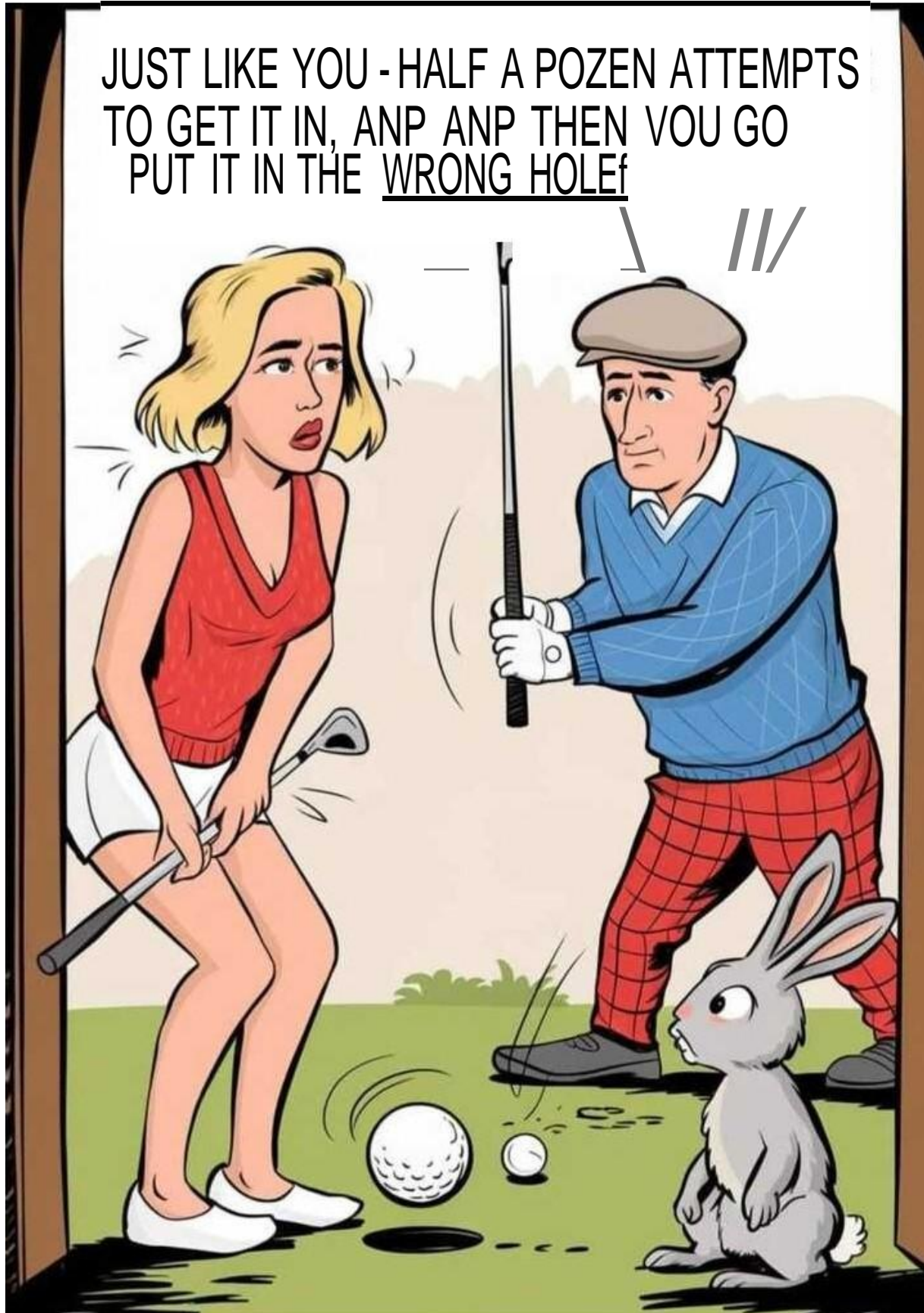
J1 TPIFZ ■

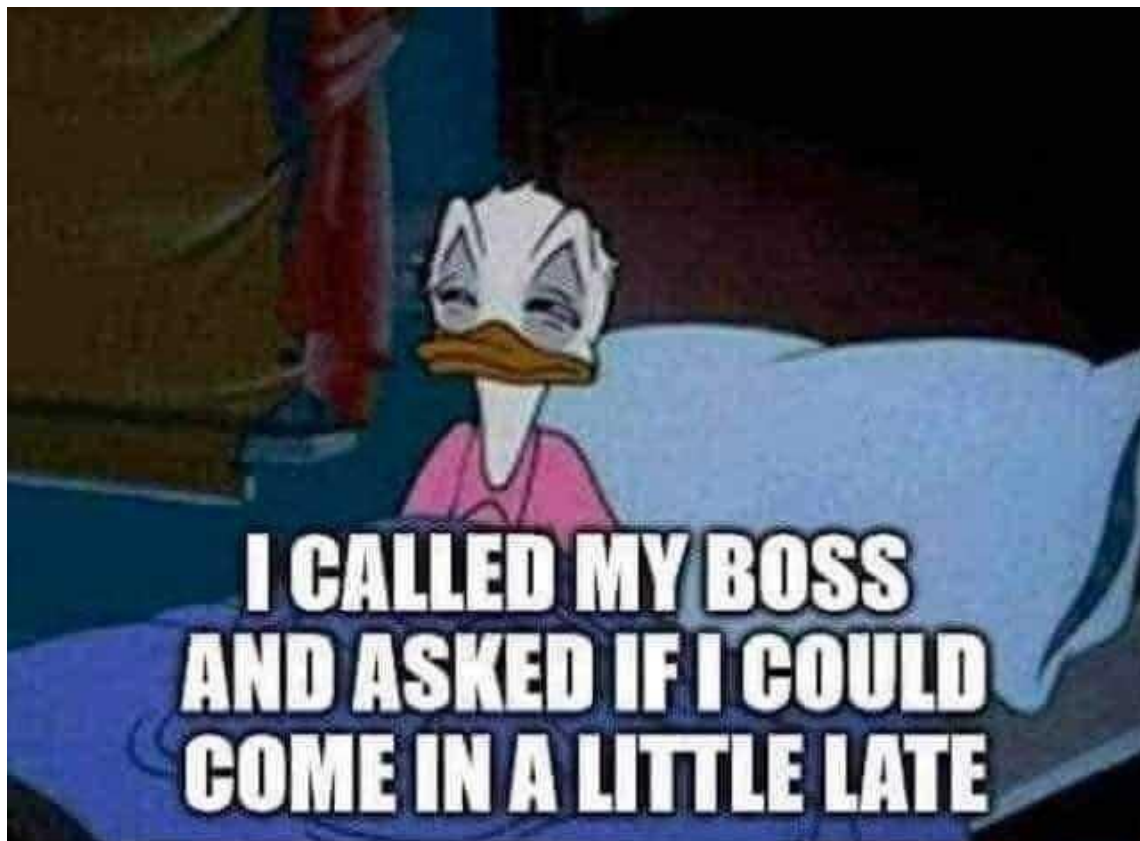


THE DOGE CHAINSAW MASSACRE

[1@sifij@](#)

JUST LIKE YOU - HALF A POZEN ATTEMPTS
TO GET IT IN, ANP ANP THEN YOU GO
PUT IT IN THE WRONG HOLE





**I CALLED MY BOSS
AND ASKED IF I COULD
COME IN A LITTLE LATE**



**HE SAID "DREAM ON." I THINK
THAT WAS REALLY NICE OF HIM.**

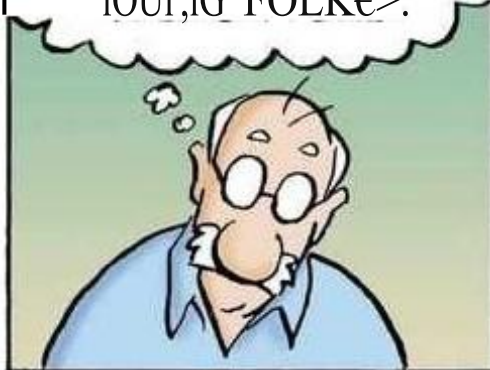
Wliy, thank you, young man.
I'd completely f.o gotten
to get baby ca rots.



WHEN I WAS YOUNG
I WAS MY ELDER
WIKED ALL ABOUT
HOW THINGS WORKED
AND COULD EXPLAIN
IT ALL TO ME..



I LOOKED FORWARD
TO SOMEONE GROW-
ING OLD WITH ME
AND BEING ABLE TO
EXPLAIN IT TO
THE OTHER FOLK.



AND THEN ALL YOU
DO IS CLICK HERE
--f ,o RE:START:



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From Richard Porter No idea When!

EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.



From Robin H

