

Valentine's Day Tips for Seniors

1. Wear your glasses to make sure your partner is actually in the bed.
2. Set timer for 3 minutes, in case you doze off in the middle.
3. Set the mood with lighting. (Turn them all off!)
4. Make sure you put 911 on your speed dial before you begin.
5. Write partner's name on your hand in case you can't remember..
6. Use extra Polygrip so your teeth don't end up under the bed.



7. Have Tylenol ready in case you actually complete the act...
8. Make all the noise you want... the neighbors are deaf, too.
9. If it works, call everyone you know with the good news!!
10. Don't even think about trying it twice.

Love is spending the rest of your life with someone you want to kill, and not doing it because you'd miss them.

Nothing says "I love you" like dead vegetation and fat-saturated sugar products.

My doctor diagnosed me with anxiety and constipation. I'm worried shitless.

Roses Are Red,
Violets Are Blue
If He's Busy on V-day
The Side Chick is You!



Serving Your Community

Being of service to our community is part of being a good citizen of the planet earth.



To live harmoniously, we need to be supportive and helpful to all people, creatures, and plant life that share this earth with us. While "being of service" is part of being a good citizen of the world, it also feels good to help others. When we do something for others in service, without the expectation of anything in return, we are turning our actions into offerings.

There are many ways to be of service to our community. There are the obvious and much needed volunteer opportunities, such as serving Thanksgiving dinner at a shelter, mentoring our youth, or cleaning up a beach.

Then, there is the kind of service that we may not even think of as being acts of service. Learning a new language (perhaps sign language) so that you can talk to more people is a way to reach out to others. Inviting someone who isn't motivated enough to exercise on their own to join you on your daily walk is a way to give of yourself. Sharing flowers or vegetables from your garden, orga-

nizing a poetry reading, offering to babysit for a busy parent, or donating pet food to an animal shelter all are simple ways to offer your services to your community.

There are many ways that you can serve the world. Imagine the impact we would have on the environment if we picked up one piece of trash off the street everyday and chose not to drive our car once a week. Even gardening tactics such as throwing wildflower seeds onto a vacant lot can brighten the lives of others - including the lives of birds and insects. Everyday, you can do something to make this world a better place.

During meditation, ask for guidance on what you can do to be of service. This can be a wonderful way to start your day. Smiling at a stranger who looks down in the dumps or teaching your neighborhood kids how to whistle will impact someone's day or even their life.

Giving of yourself is the best gift that you can give.

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Things I'm Super Good At

1. Forgetting someone's name 30 seconds after they tell me.
2. Running. Late, that is.
3. Making plans...then regretting making plans.
4. Thinking of a great comeback - an hour later.
5. Digging through the trash for the food box I just tossed, because I already forgot the directions.
6. Adding items to online carts. Then deleting.
7. Googling my ailments. Then panicking.
8. Leaving laundry to wrinkle in the dryer.
9. Forgetting why I walked into the room.
10. Calculating how much sleep I'll get if I can just "fall asleep right now".

Things native english speakers know but don't know they know:

Adjectives in English absolutely have to be in this order: opinion-size-age-shape-color-origin-material-purpose Noun. So you can have a lovely little old rectangular green French silver whittling knife. But if you mess with that word order in the slightest you will sound like a maniac. It's an odd thing that every English speaker uses that list. But almost none of us could write it out. And as size comes before color, green great dragons can't exist.

Why don't we just train all the Amazon delivery drivers to give the vaccine?

Entire population immunized by Saturday.

Wednesday if you've got Prime.



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