

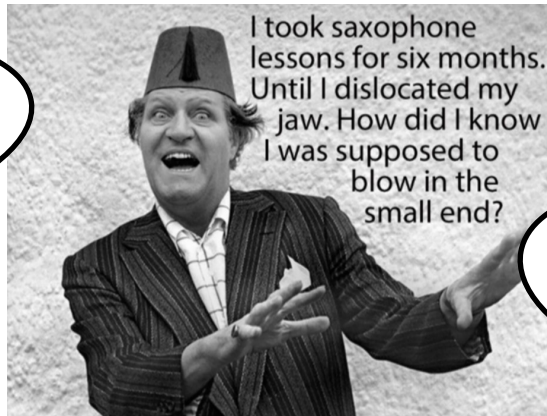
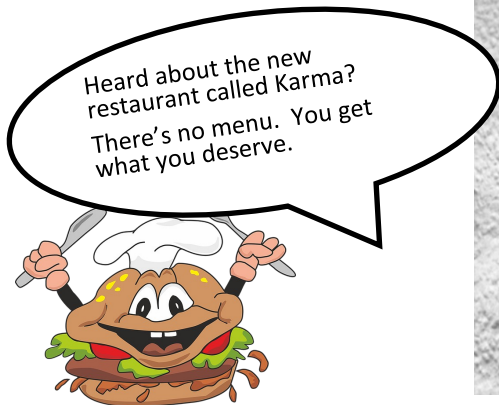


ARE YOU HAVING A LAUGH?



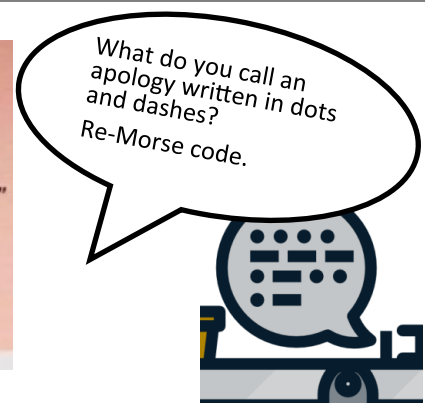
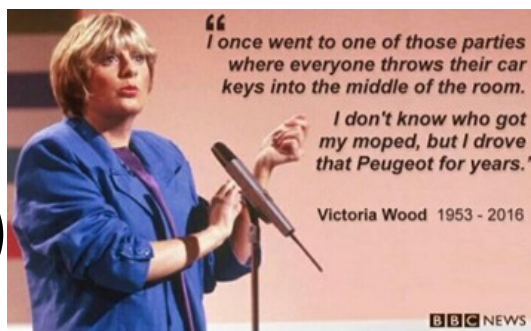
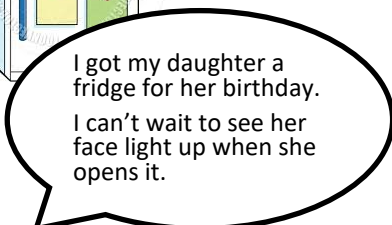
Older People Active Lives

On January 24th 2021 its Global **Belly Laugh Day**, when laughing and smiling are encouraged and celebrated! Laughter is known to have many health benefits including increasing blood flow through the body, increasing endorphins to the brain, releasing muscle tension, reducing stress and boosting the immune system. We could all do with some cheering up after the last year. We hope this Belly Laugh Special raises a smile.



A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?" The grandmother in her weak, tremulous voice said, Norma Findlay, Room 302. "The operator replied, "Let me put you on hold while I check with the nurse's station for that room." After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine, her blood results just came back normal and her physician, Dr.Cohen has scheduled her to be discharged home tomorrow." The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you dear for the good news". The operator replied, "You're more than welcome. Is Norma your sister?" The grandmother said, "No, I'm Norma Findlay in Room 302. It's just that no one tells me a damn thing around here."

(This must be a true story!) From Janet



A burglar was quietly robbing a house when he heard a voice: "Jesus is watching you." Then he saw a parrot in a cage and asked: "Did you just talk to me?" The parrot replied " Yes". Relieved, the burglar asked: "What's your name?" The parrot responded, "Clarence". The burglar said: "That's a stupid name, what idiot named you Clarence?" The parrot answered, "The same idiot who named the Rottweiler Jesus".

Why are pirates called pirates?
Because they arrgh!



A man goes into a clothes shop "Can I try on that suit in the window?" he asks. The assistant replies "No. Use the changing room like everyone else"



I Haven't Spoken To My Mother-in-law For Eighteen Months. I Don't Like To Interrupt Her.

QuotesPick.com

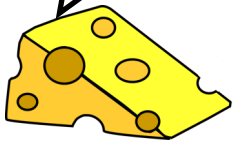


Ken Dodd

What sits at the bottom of the sea and twitches?
A nervous wreck.



How do you eat crumbly cheese?
Caerphilly!!!!



Husband "I like chicken tarka"
Wife "You mean chicken tikka"
Husband "No its like tikka only a little otter"



OH, I WISH I'D LOOKED AFTER ME TEETH,
AND SPOTTED THE PERILS BENEATH,
ALL THE TOFFEES I CHEWED,
AND THE SWEET STICKY FOOD,
OH, I WISH I'D LOOKED AFTER ME TEETH.

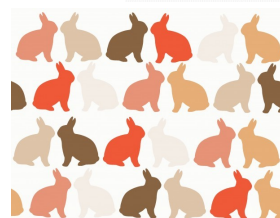
- PAM AYRES -

Since Youngsters of Today have their Texting Codes (**LOL, OMG, TTYL**, etc.) the Oldies decided not to be outdone by these kids, and now have developed our own codes too :

- ATD** - At the Doctor's
- BFF** - Best Friend's Funeral
- BTW** - Bring the Wheelchair
- BYOT** - Bring your own teeth
- FWIW** - Forgot Where I Was
- GGPBL** - Gotta Go, Pacemaker Battery Low
- GHA** - Got Heartburn Again
- TFT** - Texting From Toilet.

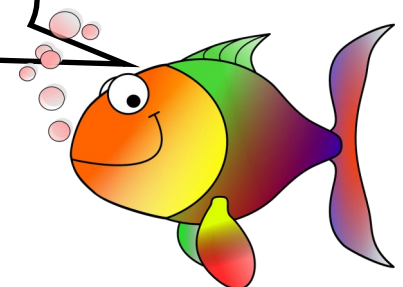
QUOTES AND IMAGE THANKS TO :
BBC, GOLDEN CARERS, MARGARET W, JANET, JIM, & READER'S DIGEST, CANADA.

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What do you call a parade of rabbits hopping backwards?
A receding hare-line.

Why did the fish blush?
Because he saw the ocean's bottom.



Think about me, not my age