



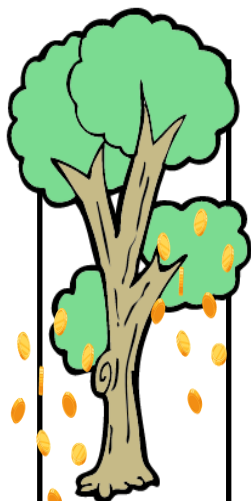
## ARE YOU HAVING A LAUGH?



### Older People Active Lives

We would like to wish everyone a Happy New Year from OPAL. Due to the team taking some time off over the Christmas period, there is no OPAL Reach this week but we did want to say hello as none of the clubs have resumed face to face meetings yet.

It is recognised that January can cause people to be at a low ebb – the post festive slump, the short daylight hours and frustration from breaking over ambitious new year resolutions, so we hope this special belly laugh edition raises a smile and maybe a laugh or two. On January 24<sup>th</sup> 2021 it's Global **Belly Laugh Day**, when laughing and smiling are encouraged and celebrated! We could all do with some cheering up after the last year. We hope this Belly Laugh Special makes you chuckle and helps get 2022 off to a positive start.



If money  
doesn't  
grow on  
trees, how  
come  
banks  
have  
branches?



What's the best  
thing about  
Switzerland?

I don't know,  
but the flag is a  
big plus.

Did any of you watch The Sound of Music at New Year? Here is a version of "My Favourite Things" that may seem more appropriate than *Raindrops on roses and whiskers on kittens* !

### A Humorous Parody Words: Anonymous

#### Music: "My Favourite Things," Richard Rodgers

Maalox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favourite things.

Cadillacs and cataracts and hearing aids and glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favourite things.

When the pipes leak, When the bones creak,  
When the knees go bad,  
I simply remember my favourite things,  
And then I don't feel so bad.

Hot tea and crumpets, and corn pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heat pads and hot meals they bring,  
These are a few of my favourite things.

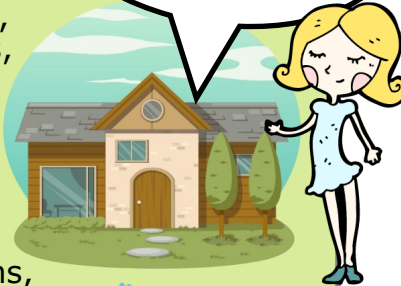
Back pains, confused brains, and no fear of sinnin',  
Thin bones and fractures and hair that is thinnin',  
And we won't mention our short shrunken frames,  
When we remember our favorite things.

When the joints ache, when the hips break,  
When the eyes grow dim,  
Then I remember the great life I've had,  
And then I don't feel so bad.

Ha-ha



I'm a marvelous  
housekeeper.  
Every time I leave  
a man I keep his  
house. - Zsa Zsa



I made myself a snowball  
As perfect as could be.  
I thought I'd keep it as a pet  
And let it sleep with me.  
I made it some pyjamas  
And a pillow for its head.  
Then last night it ran away,  
But first it wet the bed.

Shel  
Silverstein

A woman told her friend, "I feel like my body has gotten totally out of shape, so my doctor suggested that I join a fitness club and start exercising". She said, "So, I decided to take an aerobics class. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotard on, the class was already over."

The difference between stupidity and genius is that genius has its limits.

- Albert Einstein

What do you call a boomerang that doesn't come back?

A stick!

**Doctor, Doctor – I keep getting heartburn when I eat birthday cake**

Well, take the candles off next time

**Doctor, Doctor – My nose runs and my feet smell**

Oh dear, I fear you have been built upside down

**Doctor, Doctor – I snore so loud, I keep waking myself up.**

Try sleeping in another room

Q: Why did the golfer bring an extra pair of pants?

A: In case he got a hole in one.

Why does someone believe you when you say there are 4 billion stars but check when you say the paint is wet?

What has eight arms and tells the time?

A clockopus

What do you get when you cross a snowman with a vampire?

Frostbite.

If my body were a car, I would trade it for a newer model.

Every time I cough, sputter, or sneeze, my radiator leaks and my exhaust backfires.

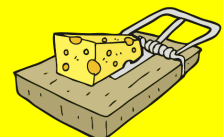
## TWIST THAT TONGUE

**Tongue twisters** aren't only great and fun to say. They also are a great way to help with diction.

1. How can a clam cram in a clean cream can?
2. I saw Susie sitting in a shoeshine shop.
3. I saw a kitten eating chicken in the kitchen!
4. Tom threw Tim three thumbtacks.
5. Nine nice night nurses nursing nicely.

A friend of mine got fired from his job at the calendar factory ... **all he did was take a day off!!!!**

Don't spell 'part' backward.



It's a trap!

QUOTES AND IMAGE THANKS TO :SHEL SILVERSTEIN, READER'S DIGEST

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**Think about me, not my age**