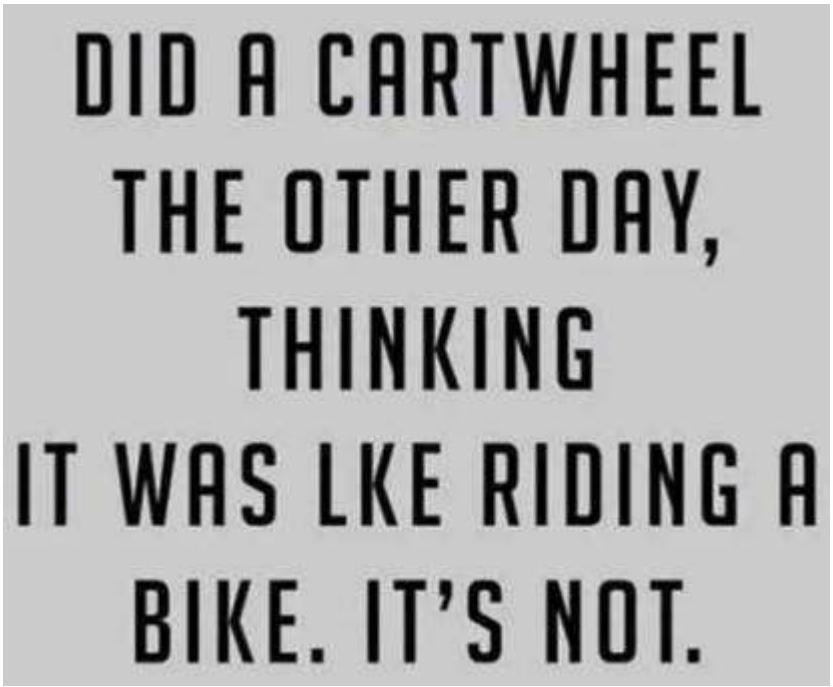
If someone knocks on your door,
knock back from the inside.
They'll go away.
Trust me on this.

Yesterday I wore
something from 5 years
ago and it fit!!!
So proud of myself. It was
a pair of socks, but still...

Remember when you could lay in one position for hours, now you have to rotate like a rotisserie chicken every 15 minutes or a hip hurts.


DID A CARTWHEEL
THE OTHER DAY,
THINKING
IT WAS LKE RIDING A
BIKE. IT'S NOT.

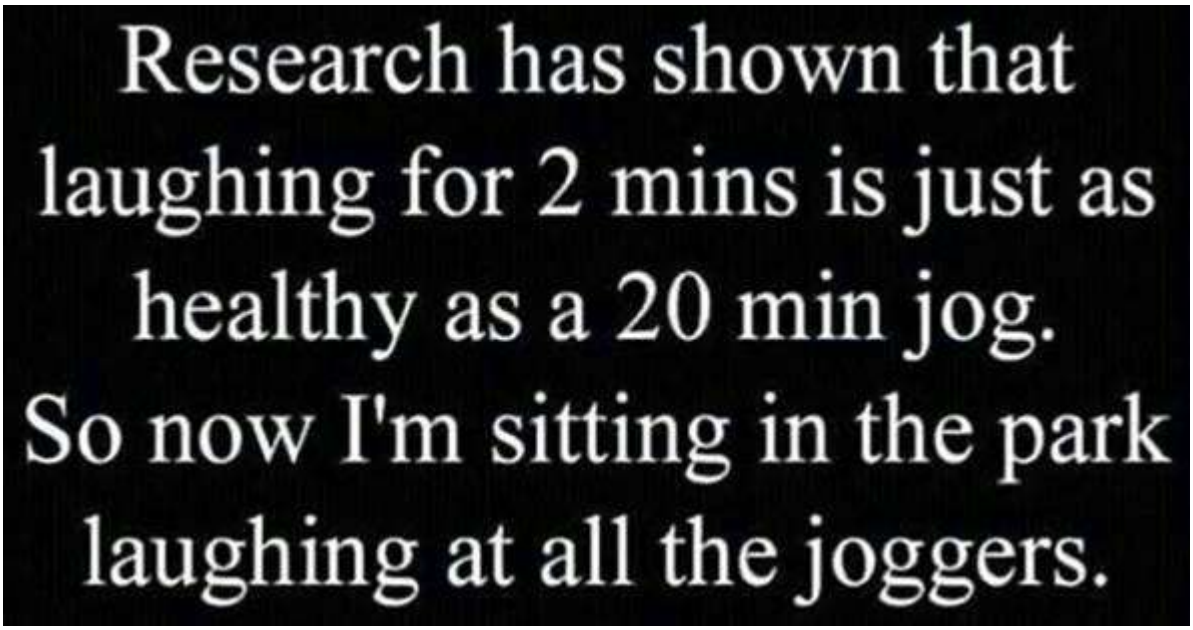
Just found out
the company
that produces
yardsticks
won't be
making them
any longer.

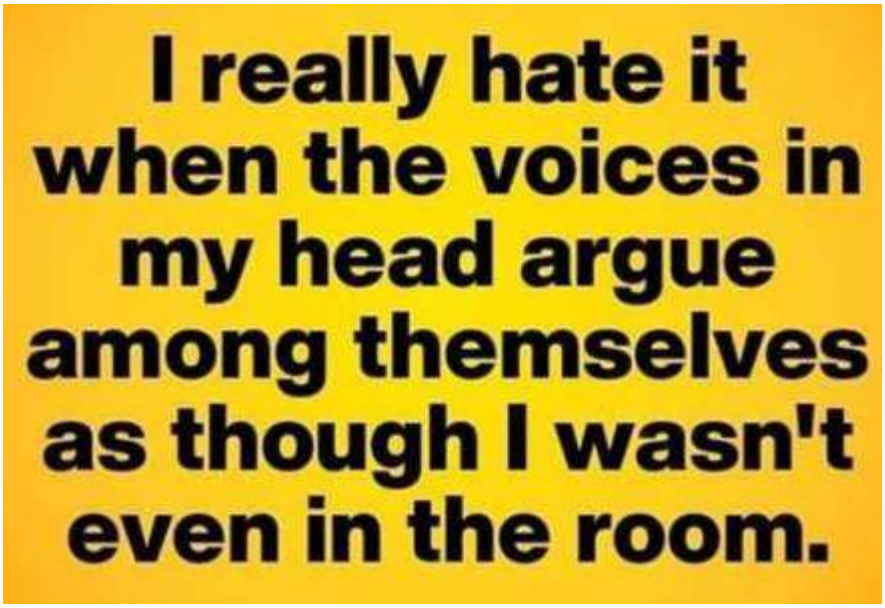
The main function of your little toe is making sure all the furniture in the house is in the right place.

You know you're getting old when you have more doctors than friends!

You know you're getting old when you run into your friends at the pharmacy instead of at the nightclub.

Some people may call it multitasking. Me, I call it doing something else until I remember what I was going to do in the first place.


Research has shown that
laughing for 2 mins is just as
healthy as a 20 min jog.
So now I'm sitting in the park
laughing at all the joggers.


I really hate it
when the voices in
my head argue
among themselves
as though I wasn't
even in the room.