

Probus Club of Springwood Inc.
ABN: 13 846 161 696

P.O. Box 414, Springwood Qld 4127
Club email address:
springwoodprobus.qld@gmail.com

Club Registration No. 56317
Sponsored 29/11/2001 by:
The Rotary Club of Loganholme Inc.



NEWSLETTER

Issue No: 250 May, 2023

NEXT CLUB MEETING: 10.00 am. Thursday, 11th May, 2023

SDA Youth Hall, 121 Barbaralla Drive, Springwood

COMMITTEE MEMBERS FOR 2022-2023

President: Graham Liddle 0403 046 200
Secretary: Barry Smith 0418 884 742
Newsletter: Madonna Ryan 0422 546 062
Dine Outs: Di Thomas 0413 531 329
Membership: Di Walker 0402 090 094
Welfare: Roni Harvey 0432 862 105

Vice President: Lorraine Mason 0409 980 661
Treasurer: Allan Johnson 0400 110 242
Guest Speakers: Mervyn Richens 0420 373 162
Outings: Rose Johnson 0417 606 234
Club Services: Lorraine Williams 0421 410 182
Past President: Alicia Cook 0413 307 050

If unable to attend please phone your apology to Lorraine Williams (0421 410 182) before the meeting

IMPORTANT NOTICE TO MEMBERS

As a matter of courtesy, **apologies** need to be given to **Club Services** if unable to attend monthly meetings. Members are reminded that it is a constitution requirement to attend a minimum of **50%** of **meetings per annum**. Unfortunately, **no refund** shall be given for any **pre paid events** once holding deposits are paid.

President's Message – May 2023

April, the start of the Probus New Year, has started off with a bang. First, we had four new members inducted to bring our total membership to ninety-nine, just one short of our limit. For Outings, we had a large number of members turn up for Morning Melodies at Woongoolba for a Rock and Roll session. More of our members need to learn how to dance or not be so shy. We were shown up by other attendees! Di Thomas, our new Dineouts officer, held her first session, a breakfast, at The Laneway Green which was very successful – well done, Di.

The highlight for April was our away trip to the Bright Autumn Festival where we were joined with the Probus Club of Stafford to make the numbers. We all enjoyed the lovely colours of autumn that we don't see up here in Queensland. We also had a big education of Ned Kelly who appears to be a major hero in that area. Congratulations to Alicia for all the effort she put into organising a very successful trip.

Thank you to all the members who responded to my survey. At this stage I have only had a quick read through all the answers, but it has shown up several ideas which can be discussed at the next committee meeting. The survey will be fully analysed during May so I can report the results back to all members.

Graham





Graham Liddle and Di Walker welcome 4 new members: Kay Richens, Trevor Richens, Robin Rough and Tony Rough.

Have you considered being on the Committee

If you go onto the committee, you will find that your enjoyment of the club will be increased.

You get to have a say in what goes on; you understand why decisions are made; you can have disagreements, but you put forward your ideas.

You have a bigger appreciation of why and how things happen.

You might think that you are too new to the club, but you are not. The club needs new looks and ideas.

If interested, please speak to any Committee Member.



Michelle from Parkinson's Queensland gave us a short talk on visible and hidden symptoms of Parkinson's.

The charity organisation provides individuals, families and others with information, support and education to help improve quality of life.

For more information, their website is parkinsonsqld.org.au or

Phone 1800 644 189.



**Be silly. Be fun.
Be different. Be crazy.
Be you.
Because life is too
short to be anything
but happy!**

GUEST SPEAKER: In April, our Guest Speaker was Heather Joy Campbell.

She is principal of The Happydemic, Queensland's lead facilitator in laughter wellbeing. An accredited Laughter Yoga Teacher, Heather Joy trained with the founder of Laughter Yoga, Dr Madan Kataria, in India. In 2017, she was appointed a global ambassador for Laughter Yoga International. Heather Joy has also undertaken science of happiness studies through the University of California, Berkeley, to further inform her joyful practices, as well as short courses in neuro-linguistic programming (NLP) and understanding dementia.

Heather Joy gave us an introduction to Laughter Yoga and its benefits, and then we got down to the practical side. She demonstrated, and then it was our turn. Deep belly laughs, and other strange sounds coming from our mouths, clapping of hands and arms in the air. Sitting down and standing up the majority of us couldn't help but smile and have fun. Rubbing elbows with the person next to us and having pretend phone calls.

The session was heaps of fun, and the exercises showed us that Laughter Yoga teaches you to stress less, laugh more, smile and breathe deep. Something that at our age can be helpful. We certainly enjoyed "chortling" with you Heather Joy.

Heather has provided this additional information for those of you who wish to do some online sessions – any day of the week, and various times. The sessions are free. Asterisked are the ones Heather Joy recommends.



ALL TIMES BELOW ARE IN Australian Eastern Standard Times

Monday 6pm Email David at davidcronin3@bigpond.com

Tuesday 6pm Email Merv at merv@mervneal.com

** Wednesday 6pm Email Jen at jennifer@thejoyspace.com.au

** Thursday 7.00pm Email Nerelie at Nerelie.teese@gmail.com OR Annie at aeo.taichi@gmail.com (these two are new and learning!)

Friday 6pm Email Kym at kymagic@netspace.net.au

** Saturday 10am Email Lesley at thelaughterlady65@gmail.com

** Sunday 5.30pm Email Sandra Henry at plymsoles@gmail.com (a quieter version)

Lorraine Mason

Future Guest Speakers:

May: Rod Preston - *Mysteries of the Mail*

From the Persian Empire to Silicon Valley, Europe to America, England to Australia and the South Pacific Islands the series brings to life the unique mysteries of the mail.

Emperors, presidents, royalty, outlaws, highwaymen, bushrangers and swashbuckling buccaneers with buried treasure have all impacted on the intriguing history and development of mail services through the ages.

Blackmail, fanmail, junkmail, postcards, scandals, scams and the impact on the entertainment industry are explored together with the weird and unbelievable items that have been posted through the mail.

All of this and more comes together in *Mysteries of the Mail*

June: Saalihah Seedat

Considering 11-18 June is Men's Health Week, 20 min talk on "Eating Healthy" and a 10 min talk on the My Health for life program. **My health for life is a free three-month program based on health and lifestyle modification to prevent chronic disease.** It is a State government-funded initiative and is designed to help Queenslanders stay well and lessen their risk of developing conditions such as type 2 diabetes, heart disease, stroke, high cholesterol and high blood pressure. You'll explore topics such as nutrition, physical activity, understanding your personal risk of developing health conditions and how to make healthier choices a part of everyday life.



Birthday Greetings for May

| | | | |
|----|------------------|----|------------------|
| 04 | Tony Rough | 05 | Margaret Richens |
| 07 | Joan Bamforth | 07 | Alicia Cook |
| 11 | Lyn Finn | 11 | Steve Douglas |
| 11 | Bruce Richardson | 18 | Bob Pareezer |
| 21 | Glenys Scott | 23 | Cheryl Pollock |

Your Club Calendar Outings and Activities

| Date | Activity | Venue | Time |
|---------------------------|-----------------------------|--|---------------------------|
| Tue 2 nd May | Coffee and Chat | Springwood Park, Cinderella Drive, Springwood | 10:00am |
| Tue 9 th May | Craft Group | Joan Bamforth (0416 076 276) | 9:30am |
| Thur 11 th May | Our Club Meeting | SDA Youth Hall | 10:00am |
| Thur 18 th May | Windaroo Lakes Golf Club | Anna Louise Terrace, Windaroo. 4207 | 11:30am for 12:00 noon |
| Tue 23 rd May | Ten Pin Bowling | Logan City Tenpin, 17 Wembley Rd. Bob Pareezer Phone: 0499 559 281. | 9:45am to 12:00pm |
| Thur 25 th May | Tour of Old St Marks Church | 41a Winnetts Rd, Daisy Hill. | 10:30am to 11:30am |
| Thur 25 th May | Chatswood Tavern | Magellan Rd, Chatswood | 12:00 noon |
| Tue 6 th June | Coffee and Chat | Springwood Park, Cinderella Dr. | 10:00am |
| Thur 8 th June | Our Club Meeting | SDA Youth Hall | 10:00am |
| Tue 13 th June | Craft Group | Joan Bamforth (0416 076 276) | 9:30am |
| Every Wed | Walking Group | Daisy Hill Forest | 8:30am |
| Every Fri | Friday Night Dinners | Listed Below | |
| 5 th May | Chatswood Tavern | Magellan Rd, Chatswood | 5:30pm |
| 12 th May | Thai Daisy Hill | Daisy Hill Shopping Plaza | 5:30pm |
| 19 th May | VietFood | 15/3 Dennis Rd, Springwood | 5:30pm |
| 26 th May | Woka Woka | Warrigal Square Shopping Centre | 5:30pm |
| 2 nd June | Gateway of India | Murrajong Rd, Springwood | 5:30pm |

FUTURE DINEOUTS AND OUTINGS

| | | |
|-----------------------|-----------|---|
| 18 th May | Lunch | Windaroo Lakes Golf Club Time: 11:30am for 12:00noon Own cost ***** |
| 25 th May | Outing | Guided History Tour of Old St Marks Church and Cemetery Time: 10:30am to 11:30am ***** |
| | Lunch | Chatswood Tavern, Springwood Time: 12:00noon Own cost ***** |
| 15 th June | Dinner | Sunnybank Community & Sports Club Time: 6:30pm for 7:00pm Own cost ***** |
| 22 nd June | Outing | Buddhist Chung Tian Temple, Underwood Rd, Priestdale 10.30am to 12.00pm Cost \$15.00 per person Lunch at own expense at café ***** |
| 20 th July | Lunch | Buffet Xmas in July, Mansfield Tavern Time: 11:30am for 12noon Cost - \$30.00 Direct payment into bank - ref. Xmas in July + Surname ***** |
| 27 th July | Outing | Meadowbrook Golf Club - Annual Mini Golf Challenge Meet at 9:30am at Club Cost: \$17.00 per person - pay on day |
| | Lunch | Golf Club afterwards Own cost ***** |
| 17 th Aug | Breakfast | Beach House, Loganholme Time: 9:00am Own cost ***** |

ATTENTION !! When doing bank transfers, please identify yourself and the payment.
i.e. outing, your surname. Example - Easter-Ryan (Easter Bonnets outing)

All online payments now to BENDIGO BANK BSB: 633 000 Account number : 178 031 910

Account Name: Probus Club of Springwood
Please provide a reference to help Allan identify what you are paying for!

FRIDAY NIGHTERS

In April only three Friday Nights were held because of a break for Easter. FNs were held at Lions Club, Gateway of India and Café 63 (where David Cherry's birthday was celebrated!) . All were well attended with the usual Fun and Friendship, but there was a problem competing with live music at the Lions Club. We were deafened and hoarse from shouting!! Not to be repeated. However, we desperately need to find a non Asian restaurant within our local area.

- 5th May Chatswood Tavern at Chatswood
- 12th May Thai Daisy Hill at Daisy Hill Shopping Centre
- 19th May VietFood Springwood
- 26th May Woka Woka at Warrigal
- 2nd June Gateway of India at Springwood



We love having new members and guests join us, but just let me know on 0403 046 200 or my email grahamjl@optusnet.com.au by no later than Wednesday lunch (12.00pm) so I can make the appropriate booking, please!

Convener: Graham Liddle



Coffee & Chat – First Tuesday of the month – Springwood Park

Hurray! We were back in Springwood Park this month, 20 members enjoyed the fresh air and space to move around and catching up again.

Books and news were exchanged over coffee and thank you Rhonda for the chocolates. Members can bring along their morning tea if they prefer to do so.

Or walk to Café 63 for coffee and muffins! I am always available to get coffee if some members find the walk too hard.

We are fortunate to have such a beautiful park and until the Council begins work, let's enjoy this space. Dogs are welcome! This month Charlie Wieden joined us...

It is a relaxed morning and would be good to see some new members come along, join in and get to know us all. If the weather looks wet or cold I will book a table inside at Café 63 so we never miss this relaxed get-together.

Rose



TEN PIN BOWLING

We had 8 very keen and enthusiastic bowlers turn up for another fun morning of bowling at the Logan Ten Pin. The management is very friendly and the atmosphere great with hardly any of the 16 lanes vacant.

We had 10 scores over 100 with Wayne Thomas having the best score for the day of 116. President Graham received a huge cheer from all of us when he finished his final frame with 2 strikes, a 9 with 3 successive bowls - almost a Turkey (3 strikes in a row.) Di Thomas achieved her personal best with a good score of 99, and will not be long before she breaks the 100 barrier.

There is always room for any member wishing to give it a try. Cost is \$14.30 for 2 games including shoe hire.

Next bowling day is Tuesday 23rd May at 9.45 am for a 10am start.

Bob



Morning Melodies Woongoolba Hall – Thursday 20 April

Another happy outing for 26 members at Woongoolba Hall for Morning Melodies.



The theme this month was “Rock & Roll” and we enjoyed the singalong, music, dancing and Rock Trivia over lunch and drinks.

Well done Debby for your beautiful outfit, so typical of the Rock era. Other members were suitably attired for the day and a good time was had by everyone.

We will have to get some dancing lessons before next year to give the professional dancers some competition!!

This is a great outing, at \$25.00 pp for lunch and entertainment. Car pooling is a great way to enjoy the drive through the cane fields.

The old hall is a delight and Gail and her volunteers put on a wonderful day for everyone. I hope more members will join us next time on this outing.

Rose



Members are enjoying the Coffee and Chat outing this month.



Morning Melodies



Picture this - a group of elderly people, half asleep in their comfy chairs listening to some golden oldies.

Yes?

No way!

We sang/danced/clapped our way through a plethora of Rock & Roll music presented by Wayne and Marie at the Woongoolba Hall. If you weren't able to come with us

Probiants, you missed a fun day because for a while we were teenagers again.

The toe tapping songs of Elvis etc. all brought out the purists rock dancers "extraordinaire". Great to watch and itching to join, which Barry and Alan did.

Thumbs up to you fellas.

A crazy conga line led by Rose added to the fun.

Some of our group added to the nostalgia by dressing the part - ah memories.

Our single prawn cocktail was hilarious - the fish and chips thoroughly enjoyed by all - and the yummy banana split brought back many nostalgic thoughts.

This was all prepared and served by a group of volunteers - that's dedication I say. They deserve a medal as no one had to wait for their lunch.

A game of Rock Trivia had us all searching through the cobwebs of our minds and surprised us with how much we remembered.

I left the venue feeling much brighter and younger.

Aah, those were the days!!

Weren't they?

Carla.



"When I was an unhappy little boy, going to the library changed my life. It may even have saved it. Amazing as it sounds, literature can do that for you. Books are your ticket to the whole world. They're a free ticket to the entire earth."

Billy Connolly

Being
Scottish



In the 70's I was
riding my bike
and fell off and
hurt my knee.

I'm telling you this
now because we
didn't have social
media back then

BREAKFAST AT THE LANEWAY GREEN

The Laneway Green at Springwood (Chatswood Central) lived up to its reputation of being a relaxing sanctuary to enjoy our hearty breakfasts, attended by 14 members on April 27th.

It was a lovely surprise for Jenny to join us & to have Rhonda awaiting our arrival.

Our menu choices ranged from The Laneway Breakfast, Bircher Museli, Eggs Benedict & the Laneway Brekkie Bun to name a few – and very medium priced too! Love the coffee & the parking!!



Staff were attentive & overall excellent service. Fortunately they are well accustomed to catering for large numbers.

Everyone enjoyed themselves, evidenced by the constant chatter – fun, fellowship & food.

Di Thomas

WEDNESDAY WALKERS

The starting time for the walk will be at 9.00 am from Carpark P2 at Daisy Hill Forest from 3 May 2023.



We had a visitor from Singapore, Ani, who joined us on our walks for two weeks.

Hi Members,

If you are interested in a **5k walk 3 times a week** please read information below.

Monday, Tuesday and Friday

Time **7:00am**

Place **Underwood Park** - park in front of fig trees

Walks are not fast and usually last 90 minutes.

Dave Cherry started in late 2021 and has now walked 870 kilometres.

Look forward to seeing you. If you are interested contact me **0458513880**

Kevin Woodward

Springwood Probus Habari

Our club has a WhatsApp group called "Springwood Probus Habari". This App was set up at the beginning of the COVID restrictions when members could not meet in person but were able to communicate with each other. This App is still in use and members put some funny items on it to have a giggle. Habari is a Swahili word which means "What is the news?".

If any member wishes to join this App, they need to have the WhatsApp App on their phone and then send Raghbir Kalsi (0412 210 249) a message to add them to this Group.

DINEOUTS – MAY – LUNCH



WINDAROO LAKES GOLF CLUB

Anna Louise Terrace, Windaroo , QLD 4207

Thursday 18th May 2023

Time: 11.15am for 11:30am

OWN COST

Contact: Di Thomas-0413531329

President Sharon,
President-Elect Paul
and members invite you to



ROTARY CLUB OF LOGANHOLME
CHANGEOVER

19.06.2023

Monday 6.00/6.30pm
Fitzzy's Loganholme

**Join us to celebrate the year that
has been and the year to come**

- \$45.00 person
- 2 course meal
- bar facilities available

RSVP: 4th June 2023

- Sue Mulraney
- PH: 0416 043 454
- E: jpscrc@tpg.com.au

Prepayment preferred

- Bendigo Bank
- BSB: 633-000
- Acc: 150 964 435
- REF: CO surname



MAY OUTING **THURSDAY, 25TH MAY** **OLD ST MARK'S** **CHURCH** **41A WINNETTS ROAD,** **DAISY HILL**



Time: 10.30am – 11.30am

We will be given a guided tour
and photographic display of the



historic and heritage listed church and cemetery trail by Marie-Louise and Sybil. Those of us
new to Daisy Hill will find the history of local families
who built this area interesting and informative.

There is ample parking on Church grounds and mobility level good.

LUNCH

Chatswood Tavern, Springwood

12.00 noon

at own expense.

Please indicate if you are coming for lunch.

Contact: Rose Johnson



DINEOUTS – JUNE – DINNER



SUNNYBANK COMMUNITY & SPORTS CLUB

McCullough St, Sunnybank 4109

Thursday 15th June 2023

Time: 6.30pm for 7.00pm

OWN COST

Contact: Di Thomas - 0413531329

MEADOWBROOK GOLF CLUB

ANNUAL MINI GOLF CHALLENGE

Thursday 27th JULY 2023



Meet at 9.30am at the Club
Golf Course Dr, Meadowbrook
\$17.00 per person – PAY ON THE DAY



Lunch at the Golf Club afterwards for those interested (Own Cost)

If staying for lunch after the Golf
Please put a tick after your name
In the lunch column

Convenor: Rose Johnson - 0417 606 234



OUTING THURSDAY, 22nd JUNE 2023 **BUDDHIST CHUNG TIAN TEMPLE**

Underwood Road, Priestdale
Tour Time: 10.30am – 12.00pm
Cost: \$15.00 per person

Vegetarian Lunch after at own expense at café.
If staying, please put a tick after your name
in the lunch column

Chung Tian Temple means "Middle Heaven" was constructed in 1992 using traditional Chinese Buddhist Architecture. The Temple provides a peaceful and culturally beautiful venue for the local community to enjoy. The recently extended Temple and surroundings are such a peaceful place to wander.



JUNE OUTING – CONVENOR – ROSE JOHNSON – 0417 606 234

THURSDAY 20TH JULY 2023



XMAS IN JULY



11.30AM FOR 12.00NOON

MANSFIELD TAVERN

181 WECKER ROAD, MANSFIELD 4122

2 COURSE BUFFET LUNCH,
TEA & COFFEE

COST – \$30 PER PERSON

DIRECT PAYMENT TO BANK ACCOUNT –
NO LATER THAN 10TH JULY 2023

BSB: 633 000 ACCOUNT NUMBER: 178 031 910
ACCOUNT NAME: PROBUS CLUB OF SPRINGWOOD
REFERENCE: XMAS IN JULY + SURNAME

CONTACT: DI THOMAS 0413 531 329

IAN AND DOROTHY KIRKWOOD

Ian and Dorothy are quite happy to call themselves *MEANDERTHALS* as their greatest joy in life now is meandering in their little camper van. This meandering led them to learn about Probus. Whilst dining in a club in Lightning Ridge, where a group of happy travellers were enjoying dining together – they just had to find out more about this jovial group – only to find they were Probians from the Central Coast of NSW. On returning home, and after some more investigation, Ian and Dorothy became members of Springwood Probus Club. So that is where their Probus journey began in 2022.

Little did they know, in 1970, when they married, that their joint passion would be meandering. This first took place in 1973, and the destination was Europe, in a Kombi van – this was the makings of a couple of gypsies. Returning to Australia to birth their first son in 1974, they found themselves tied down for a short time, but this did not stop local touring. Over the years they have lived for some years in both England and Korea, with their eldest son doing his schooling in a small village in Bedfordshire. They have over 50 counties marked off the bucket list so far. Favourite/memorable place: Persepolis, Iran.

Meandering also took place in other forms, such as meandering from one home to another. Over the course of their married life, they have lived in 23 different homes, either bought, built, or rented. It must be time for another move! In that time, they welcomed a second son and these two sons have produced four grandchildren. The family moved from Sydney to Brisbane in 1988, acquiring a 10-acre property in Cornubia, which afforded them all a very good lifestyle.

Ian spent the last portion of his working life as an academic at James Cook University with the responsibilities of Associate Dean in the Business School's MBA Program. He has always had a love of motorcycles, and he rides with the Logan Ulysses Club, Café Racers, and The Annual Distinguished Gentleman's Ride for Men's Health.

Ian and Dorothy enjoy, very much, being part of Probus as it gives them a common interest after years of separate interests. Dorothy attending VIEW Club for many years, and Ian hanging out with his Ulyssean buddies in the motorcycle world.

They welcome, and cherish, the friendships of everyone at Springwood Probus Club, and look forward to many more happy years, whilst still meandering around the countryside with their doggie, Mia, in their little van, Betty.

The start of an exciting adventure on Route 66 while both were 66 years old.

Distinguished Gentleman's Ride



New Member Profile: **Kay Richens**

My family moved from Sydney to Lismore when I was eleven. Although we were sad to leave our many uncles, aunts and cousins, we enjoyed the country way of life. My sister and I settled into school very happily. High School became even better, once I became very interested in rowing.

Sadly, there was not much water at UNE Armidale, so I spent a lot of time, apart from my studies, writing to Trev who I had met at the end of Year 12. After my graduation, we were married and lived in Sydney where I completed my teacher training. Our next move was to Springwood, Blue Mountains, where I commenced teaching at Katoomba High School. I loved teaching- English, French and Mathematics.

We moved to the Tweed Coast in 1979, back to both our families, with one daughter and one on the way. It is family which has brought us to Brisbane. We now live ten minutes' drive from our two daughters, two grandsons, my mum and Trev's brother Merv and his family.

We are both keen gardeners and Bunnings and Neilsen's Nursery are so pleased we moved up here! We are sticky beaks and love driving around this area to discover new faces and places. I know there is so much more to find, and look forward to each new adventure.



New Member Profile: **Trevor Richens**

A younger brother of Merv, one of a set of twins born in Mullumbimby. My twin brother Neville is married and lives in the Philippines.

My early working life was a mixture of banana growing, milkman and postman – moving on to being employed as a Postal Clerk in places such as Cobar and Burren Junction. Along the way I completed a course in graphoanalysis – or handwriting analysis, which led me to enrol in the University of NSW and graduate as a Social Worker. We have lived most of our married life in Murwillumbah, NSW before moving to Banora Point where I retired after working 35 years in this profession. .



Happily married to Kay for 50 years, we moved to Tanah Merah just over 12 months ago to be closer to our two daughters and grandchildren.

My hobbies now are landscape gardening, woodcraft and writing short stories having had one book "Twenty One Days" published and working a few more.



It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone.

Andy Rooney

The older I get, the better I used to be.

Lee Trevino, Professional Golfer

Nice to be here? At my age it's nice to be anywhere.

At my age, flowers scare me.

George Burns

The older I get, the more clearly I remember things that never happened.

Mark Twain

Old age is like a plane flying through a storm. Once you are aboard there is nothing you can do about it.

Golda Meir

Old people shouldn't eat health foods. They need all the preservatives they can get.

Robert Orbe

You spend 90 percent of your adult life hoping for a long rest and the last 10 percent trying to convince people that you're actually not that tired.

Robert Brault

The years between 50 and 70 are the hardest. You are always being asked to do things, and yet you are not decrepit enough to turn them down.

T.S. Elliot

The important thing to remember is that I'm probably going to forget.

Unknown

At age 20, we worry about what others think of us...at age 40, we don't care what they think of us...at age 60, we discover they haven't been thinking of us at all.

Ann Landers

We don't grow older, we grow riper.

Pablo Picasso

I was thinking about how people seem to read the Bible a lot more as they get older, and then it dawned on me—they're cramming for their final exam.

George Carlin, Comedian

Everything slows down with age, except the time it takes cake and ice cream to reach your hips.

John Wagner

There's one advantage to being 102, there's no peer pressure.

Dennis Wolfber

Time may be a great healer, but it's a lousy beautician.

Anonymous

