

Chorus Chatter

News and Musings for Young at Heart Chorus Members
<https://www.youngatheartlascruces.website/>

Issue #76...January 5, 2024

Editor: Ray Scroggins

Check Out Our Website

If you're new to the chorus or haven't visited the chorus website in a while, remember you can always check all the newsletter issues and find the latest chorus roster and index to all the music in our library. You'll also see a directory of all the biographies for present and past members. Look under the Newsletter archive heading for the index file. There are also some pictures of our past activities. Just click on this link:

<https://www.youngatheartlascruces.website/>

You'll need to log into the Members Only section using YAHLC as a password. Then go back to Members Only at the top, and choose the section you want to visit. Let me know if you have any questions.

Great Party!



We ended 2023 with a great party at the Good Samaritan Village after our December 21st

performance there. It was a good chance to connect with each other

over food and beverages as we look ahead to singing in 2024. Thanks to Judy and Nancy for putting together all the details that made this happen.

Eat Blueberries for Health



Despite their small size, blueberries provide many nutrients that can positively

influence your long-term health.

Blueberries are packed with antioxidants called anthocyanins, which are known to reduce free radicals in the body that lead to diseases such as cardiovascular, type 2 diabetes and even neurological decline.

Blueberries can reduce disease risk by lowering levels of LDL, the "bad" cholesterol in the blood that builds up in the arteries if there is too much in the bloodstream and not enough HDL, or "good" cholesterol, to transfer LDL back to the liver.

Chorus Chatter

Young at Heart Chorus Members

Blueberries are a great source of fiber. According to *JAMA Network*, consuming enough fiber in the diet has been linked to lower disease risk and increased longevity because of the way their fiber stabilizes blood sugar and reduces LDL cholesterol. Blueberries also provide a major boost of vitamin C; one cup contains around 15% of your recommended daily allowance. Vitamin C works as a powerful antioxidant that fights off free radicals while also benefiting the body's nervous, immune, bone, cartilage, and blood systems.

Reader's Digest

Things that used to hurt my back:

- Jumping off of garages
- Crashing my bike
- Falling out of a tree
- Diving in the shallow end
- Contact sports

Things that hurt my back now:

- Sneezing
- Washing the dishes
- Brushing my teeth
- Tying my shoes
- Rolling over in bed

Hillbilly Wisdom-Part 2

- Timing has a lot to do with the outcome of a rain dance.
- If you find yourself in a hole, the first thing to do is stop diggin'.
- Sometimes you get, and sometimes you get got.
- The biggest troublemaker you'll ever have to deal with watches you from the mirror every mornin'.
- Always drink upstream from the herd.
- Good judgment comes from experience, and most of that comes from bad judgment.
- Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.
- If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.
- Live a good, honorable life. Then when you get older and think back, you'll enjoy it a second time.
- Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to God.

Chorus Chatter

News and Musings for Young at Heart Chorus Members

**Be grateful that
no matter how
much chocolate
you eat, your
earrings will
still fit.**

The Hook



This sailor met a pirate in a bar, and the sailor couldn't help but notice that the pirate was pretty badly the worse for wear. He had a peg

leg, a hook, and an eye patch.

So, the sailor asked the pirate how he got the peg leg, and the pirate answered, "Well mate, I got washed up overboard one night while we were in a fierce storm. and dern me if a shark didn't go and bite off me leg."

Then the sailor asked, "So, how'd you get the hook?" and the pirate

answered, "Well, we was in a fierce fight while boarding a ship one time, and that's when I got me hand cut off."

Finally, the sailor asked, "So, how'd you get the eye patch?" and the pirate responded, "A seagull pooped in me eye." "You mean to tell me you lost an eye just because a seagull pooped in it?" "Well, it was the first day with me hook..."

The Magician

A magician who performed the illusion of sawing people in half was greeted by a fan after his show. "That was a great trick," he remarked. "I couldn't figure out how you did it. It must be great being on the stage." "It is," said the magician, "but it sometimes gets lonely. I miss my family back in the UK." "Oh, you have family in the UK?" "Yes, I have two half-brothers and a half-sister." *Quora Digest*

If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say "Did you bring the money?"