

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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

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Editor: Ray Scroggins

Direct-ly from Dennis

Let me be the 1st to wish you
HAPPY NEW YEAR - 2025!

Thank you to everyone who helped out with the GET TOGETHER we had after our last performance. It was nice to visit with each other outside the realms of our singing. Thank you, again, for all the work you put in during 2024. We had a fun time performing for our audiences. They are so receptive! They really enjoy hearing us sing, and it is great when we get them to sing along with us. I really enjoyed ROCKING AROUND THE CHRISTMAS TREE at Good Samaritan. We had people up dancing in the aisles at their seats. It was FABULOUS and so much fun. Our first practice for THE NEW YEAR is JANUARY 27th at Good Sam. Jo will have all the music and words for you. Please bring your folders.

Also, if you have any old music, just recycle it. Jo and I will be in the process of getting our files in order, and we really can't file one or

two copies of songs.

Again, THANKS for being a part of
YOUNG AT HEART.

See you in January. *Dennis*

Eat Right & Protect Your Brain

Older adults who adhere to the Mediterranean diet- low in processed foods and animal-based products and high in fruits, vegetables, olive oil and fish - have 11% lower odds of developing dementia and 27% lower odds of being diagnosed with Alzheimer's disease.

BottomLine PERSONAL

**On a positive
note,**

**you are now
too old to have
a midlife crisis**

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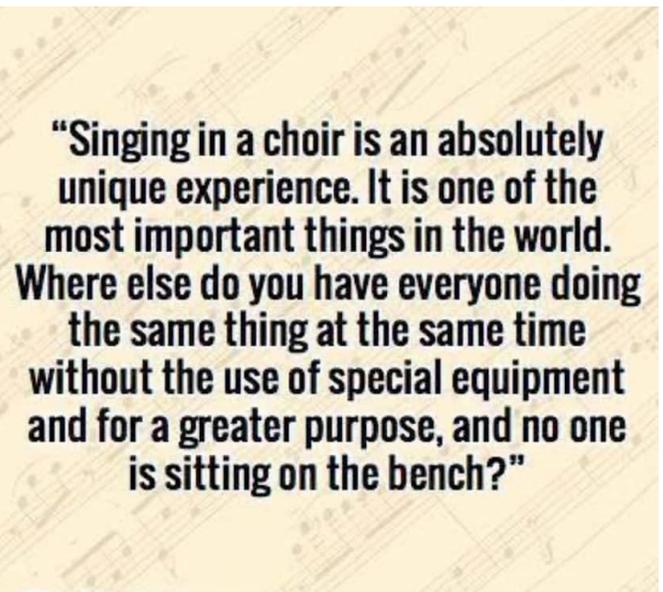
Life's Truths Revealed Through Age

- "If you want to know how old a woman is, ask her sister-in-law." (Eva Gabor)
- "Old age comes at a bad time." (Ed Sullivan)
- "Inside every older person is a younger person wondering what happened." (Stevie Wonder)
- "Old age is like a plane flying through a storm. Once you are aboard, there is nothing you can do about it." (Golda Meir)
- "The older I get, the more clearly I remember things that never happened. (Mark Twain)
- "I'm at that age where my back goes out more than I do." (Phyllis Diller)
- "Nice to be here? At my age, it's nice to be ywhere." (George Burns)
- "First you forget names, then you forget faces, then you forget to pull your zipper up; then, you forget to pull your zipper down." (Rob Reiner)
- "You spend 90 percent of your adult life hoping for a long rest and the last 10 percent trying to convince the Lord that you're actually not THAT tired." (Princess Grace)
- "Old people shouldn't eat healthy foods. They need all the preservatives they can get." (Bob Hope)
- "At my age, flowers scare me." (George Burns)
- "It's like you trade the virility of the body for the agility of the spirit." (Ed Sullivan)
- "The years between 55 and 75 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)
- "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)
- "When I was young, I was called a rugged individualist. When I was in my fifties, I was considered eccentric. Here I am doing and saying the same things I did then, and I'm labeled senile." (Milton Berle)
- "The important thing to remember is that I'm probably going to forget." (Martin Scorsese)

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- "We don't grow older, we grow riper." (Pablo Picasso)
- "The older I get, the better I used to be." (Lee Trevino)
- "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)
- "Everything seems to slow down with age, except the time it takes cake and ice cream to reach your hips." (Elizabeth Taylor)
- "When your friends begin to flatter you on how young you look, it's a sure sign you're getting old." (Mark Twain)
- "You know you are getting old when everything either dries up or leaks." (Dennis Quaid)
- "There's one advantage to being 102, there's no peer pressure" (Adam & Eve)
- "There are three stages in man's Life: he believes in Santa Claus, he does not believe in Santa Claus, he is Santa Claus." (Leon Phillips)
- "Looking fifty is great — if you're sixty." (Joan Rivers)
- "Time may be a great Healer, but it's a lousy beautician." (Zsa Zsa Gabor)
- Life's journey is not to arrive at the grave safely in a well preserved body, but rather to skid sideways, totally used up and worn out, shouting 'Man, what a ride!' (Hunter Thompson)
Thanks to Chuck Schwender



The distance it takes for me to forget a number between 1 and 10

