

# Take a Moment to **smile**

## Five Steps to Happiness

**Connect** - Developing relationships with family, friends, colleagues and neighbours will enrich your life and bring you support

**Be active** - Sports, hobbies such as gardening or dancing, or just a daily stroll will make you feel good and maintain mobility and fitness

**Be curious** - Noting the beauty of everyday moments as well as the unusual and reflecting on them helps you to appreciate what matters to you

**Learn** - Fixing a bike, learning an instrument, cooking – the challenge and satisfaction brings fun and confidence

**Give** - Helping friends and strangers links your happiness to a wider community and is very rewarding

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### And They Ask Why I Like Retirement!!!

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Three hours after he falls asleep on the couch.

Question: How many retirees to change a light bulb?

Answer: Only one, but it might take all day.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount.

Question: Among retirees what is considered formal attire?

Answer: Tied shoes.

Question: What's the biggest advantage of going back to school as a retiree?

Answer: If you cut classes, no one calls your parents.



**From your  
friends at:**



## Fish'n in the Bayou

Boudreaux been fish'n down by de bayou all day an he done run outta night crawlers. He be bout reddy to leave when he seen a snake wit a big frog in his mouf. He knowed dat dem big bass fish like frogs, so he decides to steal dat froggie.

Dat snake, he be a cotton moufed water moccasin, so Boudreaux had to be real careful or he'd get bit. He snuk up behine de snake and grabbed him roun de haid. Dat ole snake din't lak dat one bit. He squirmed and wrapped hissself roun Boudreaux's arm try'n to get hissself free. But Boudreaux, him had a real good grip on his haid, yeh.

Well, Boudreaux pried his mouf open and got de frog and puts it in his bait can. Now, Boudreaux knows dat he cain't let go dat snake or he gonna bite him good, but he had a plan.

He reechd into de back pocket of his bib overhuals and pulls out a pint a Arkansaw moonshine likker. He pour some drops into de snakes mouf.

Well, dat snake's eyeballs roll back in his haid and his body go limp.

Wit dat, Boudreaux toss dat snake into de bayou, den he goes back to fish'n.

A while later Boudreaux dun feel sumpin tappin' on his barefoot toe. He slowly look down and dere be dat cotton moufed water moccasin...wif two more frogs.

Life is good



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## Gentle Thoughts for the Day

The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.

The easiest way to find something lost around the house is to buy a replacement.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved.

When you are dissatisfied and would like to go back to your youth, think of Algebra.

Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf.