

What Me? I'll Never Be Old

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"What, me take my teeth out at night?"

"What, me have cataract surgery?"

"Join a senior center? Ridiculous!"

These were the thoughts I entertained 10 years ago as I pranced merrily into work... yet as time has it, I ended up doing all three activities!

The best for me has been joining a senior center. Our county offers activities in 10 locations and each one is staffed by very caring people. We play dominoes, cards, Rummikub, Mexican train, and Chinese checkers. We have Zumba classes, yoga instruction and a lady even comes in Thursdays to teach belly dancing! Lunch is served promptly at 11:30 am and the suggested donation is \$1.50.

But most importantly we have all bonded as seniors and made amazing new friendships. I have even brought a few people to WFWP events and they

loved it. We celebrate each other's birthdays and console one another when times are hard.



I enclose a few pictures of some of our activities. If you have a senior center near you that is run by the town or the county, or even a church, do check it out! You will forge new friendships and have a lot of fun. Good luck!

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