

## **Growing old is mandatory; growing up is optional.**

Insanity is my only means of relaxation.  
Forget the health food. I need all the preservatives I can get.  
Blessed are those who hunger and thirst, for they are sticking to their diets.  
You're getting old when you get the same sensation from a rocking chair  
that you once got from a roller coaster.

Perhaps you know why women over fifty don't have babies: They would put  
them down somewhere and forget where they left them.  
My mind not only wanders, sometimes it leaves completely.

Every time I think about exercise, I lie down until the thought goes away.  
God put me on earth to accomplish a certain number of things. Right now  
I am so far behind, I will live forever.

It's frustrating when you know all the answers, but nobody bothers to  
ask you the questions.  
If you can remain calm, you just don't have all the facts.  
I finally got my head together, and my body fell apart.  
There cannot be a crisis this week; my schedule is already full.

The real art of conversation is not only to say the right thing in the right  
place, but also to leave unsaid the wrong thing at the tempting moment.  
The best way to forget all your troubles is to wear tight shoes.  
The nice part of living in a small town is that when I don't know what  
I'm doing, someone else does.

The older you get, the tougher it is to lose weight, because by then  
your body and your fat are really good friends.  
Age doesn't always bring wisdom. Sometimes age comes alone.  
Just when I was getting used to yesterday, along came today.  
Sometimes I think I understand everything, then I regain consciousness.  
You don't stop laughing because you grow old, you grow old because you  
Stop laughing.