The BEST PART OF GETTING OLDER



Old people are just young people who have been alive for a very, very long time.

With age comes wisdom … and hair in really weird places.

I used to know a couple who grew fruit trees together. They lived to a ripe old age.

I called the incontinence hotline recently. They asked if I could hold.

You know you're getting old when your doctor refers you to an archaeologist.

I'm so old, I remember when the Dead Sea was middle-aged.

Allow me to politely suggest that this be the year you start lying about your age.

With **old age** comes wisdom … and early-bird specials!

At my age, the only pole dancing I do is while holding on to the safety bar in the bathtub.

These are not gray hairs! They are wisdom highlights.



Old age makes us great multitaskers. Why, I can sneeze and pee at the same time!

You're not getting old; you're becoming a classic.

Old age is a heck of a lot better than the alternative.

Stop thinking of them as "hot flashes." Think of them as your inner child playing with matches.

One benefit of old age is that your secrets are always safe with your friends … because they can't remember them!



Age is an issue of mind over matter. If you don't mind getting older, then it really doesn't matter.

Now that I've gotten older, everything's finally starting to click for me. My knees, my back, my neck …

I've decided: Whatever age I am is the new 30.

Don't let aging get you down; it's too hard to get back up again.

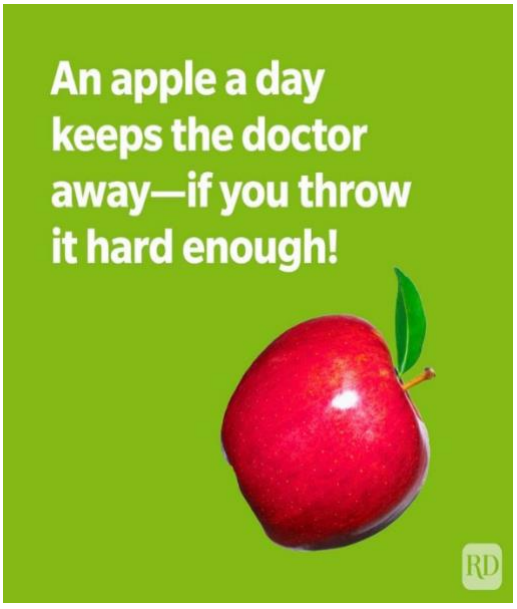
Aging gracefully is a nice way of saying you're slowly looking worse.

Be kind to your kids. They choose your nursing home.

Husbands are like lawn mowers: They're hard to get started, emit foul odors and don't work half the time.

Apparently, saying "Oh, this old thing?" isn't an appropriate way to introduce my spouse.

When you consider the alternative, old age really isn't so bad.



Science shows laughing is good for your health. Research has linked laughter therapy to improved mental health and reduced loneliness among older adults. And a study published in the *European Heart Journal* in 2023 found that coronary artery disease patients who watched comedy sessions benefited more than their counterparts who watched documentaries. Having a good laugh is even recommended for seriously ill patients. Even if you have a **dark sense of humor**, laughter is truly the best medicine, as it helps lower cortisol levels and improves mental well-being.

Reader's Digest CANADA

A Trusted Friend in a Complicated World