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“Eventually you will reach a point when you stop lying about your age and start bragging about it.”

Will Rogers

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“The older we get, the fewer things seem worth waiting in line for.”

Will Rogers

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“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.”

Will Rogers

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

Will Rogers

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“You know you are getting old when everything either dries up or leaks.”

Will Rogers

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“I don’t know how I got over the hill without getting to the top.”

Will Rogers

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“One of the many things no one tells you about aging is that it is such a nice change from being young.”

Will Rogers

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“One must wait until evening to see how splendid the day has been.”

Will Rogers

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“Being young is beautiful, but being old is comfortable.”

Will Rogers

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

Will Rogers

<p>www.eagleprep.com</p> <p>“If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old.”</p> <p>Will Rogers</p>	<p>www.eagleprep.com</p> <p>On turning 100:</p> <p>“I don't feel old. In fact I don't feel anything until noon. Then it's time for my nap.”</p> <p>Bob Hope</p>
<p>www.eagleprep.com</p> <p>On turning 70:</p> <p>“You still chase women, but only downhill.”</p> <p>Bob Hope</p>	<p>www.eagleprep.com</p> <p>On turning 80:</p> <p>“That's the time of your life when even your birthday suit needs pressing.”</p> <p>Bob Hope</p>
<p>www.eagleprep.com</p> <p>On turning 90:</p> <p>“You know you're getting old when the candles cost more than the cake.”</p> <p>Bob Hope</p>	<p>www.eagleprep.com</p> <p>“Lost time is never found.”</p> <p>Ben Franklin</p>
<p>www.eagleprep.com</p> <p>“Life's tragedy is that we get old too soon and wise too late.”</p> <p>Ben Franklin</p>	<p>www.eagleprep.com</p> <p>“Take time for all things: great haste makes great waste.”</p> <p>Ben Franklin</p>
<p>www.eagleprep.com</p> <p>“What a bargain grandchildren are! I give them my loose change, and they give me a million dollars worth of pleasure.”</p> <p>Gene Perret</p>	<p>www.eagleprep.com</p> <p>“Grandmas are moms with frosting.”</p> <p>Author Unknown</p>

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“When grandparents enter the door, discipline flies out the window.”
Ogden Nash

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“Perfect love sometimes does not come until the first grandchild.”
Welsh Proverb

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“A grandmother is a babysitter who watches the kids instead of the television.”
Author Unknown

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“Never have children, only grandchildren.”
Gore Vidal

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“Becoming a grandmother is wonderful. One moment you’re just a mother. The next you are all-wise and prehistoric.”
Pan Brown

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“Grandchildren don’t stay young forever, which is good because Grandfathers have only so many horsey rides in them.”
Gene Perret

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“Grandmas hold our tiny hands for just a little while, but our hearts forever.”
Author Unknown

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“Grandmas never run out of hugs or cookies.”
Author Unknown

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“Grandchildren are God’s way of compensating us for growing old.”
Mary H. Waldrip

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“My grandkids believe I’m the oldest thing in the world. And after two or three hours with them, I believe, it, too.”
Gene Perret

<p>www.simpletruths.com</p> <p>“You do not really understand something unless you can explain it to your grandmother.”</p> <p>Proverb</p>	<p>www.eagleprep.com</p> <p>“A hour with your grandchildren can make you feel young again. Any longer than that, and you start to age quickly.”</p> <p>Gene Perret</p>
<p>www.eagleprep.com</p> <p>“Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children.”</p> <p>Alex Haley</p>	<p>www.eagleprep.com</p> <p>“I wish I had the energy that my grandchildren have-if only for self-defense.”</p> <p>Gene Perret</p>
<p>www.eagleprep.com</p> <p>“Grandmother-grandchild relationships are simple. Grandmas are short on criticism and long on love.”</p> <p>Author Unknown</p>	<p>www.eagleprep.com</p> <p>“Grandmother- a wonderful mother with lots of practice.”</p> <p>Author Unknown</p>
<p>www.eagleprep.com</p> <p>“A grandparent is old on the outside but young on the inside.”</p> <p>Author Unknown</p>	<p>www.eagleprep.com</p> <p>“One of the most powerful handclasps is that of a new grandbaby around the finger of a grandfather.”</p> <p>Joy Hargrove</p>
<p>www.eagleprep.com</p> <p>“The reason grandparents and grandchildren get along so well is that they have a common enemy.”</p> <p>Sam Levenson</p>	<p>www.eagleprep.com</p> <p>“An exercise program can begin as a simple, brisk walk down the street.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>

<p style="text-align: center;">Aging</p> <p style="text-align: center;">“A man is not old until regrets take the place of his dreams.” John Barrymore</p>	<p style="text-align: center;">Aging</p> <p style="text-align: center;">“Youth and age touch only the surface of our lives.” C. S. Lewis</p>
<p style="text-align: center;">Aging</p> <p>“Physical activity achieved at any level is an essential ingredient in slowing down the process of aging and tuning life into a far more useful, enjoyable---and independent---affair.” Dr Kenneth Cooper</p>	<p style="text-align: center;">Aging</p> <p>“Men of age object too much, consult too long, adventure too little, repent too soon, and seldom drive business home to the full period, but content themselves to the mediocrity of success.” Frances Bacon (1561-1626)</p>
<p style="text-align: center;">Aging</p> <p style="text-align: center;">“In youth we run into difficulties, in old age, difficulties run into us.” Josh Billings (1818-1885)</p>	<p style="text-align: center;">Aging</p> <p style="text-align: center;">“When we are young, we are courageous, but it is only in old age that prudence is at its height.” Bion (325?-255? BC)</p>
<p style="text-align: center;">Aging</p> <p style="text-align: center;">“In youth we learn, in old age we understand.” Marie von Ebner-Eschenbach (1830-1916)</p>	<p style="text-align: center;">Aging</p> <p style="text-align: center;">“In youth our judgments are obscured by our hopes; in age by our regrets.” Paul Eldridge (1888-1982)</p>
<p style="text-align: center;">Aging</p> <p>“How beautiful is youth! How bright it gleams with its illusions, aspirations, dreams! Books of Beginnings, Story without end. Each maid a heroine, and each man a friend.” Henry Wadsworth Longfellow</p>	<p style="text-align: center;">Aging</p> <p style="text-align: center;">“The dominate thought of youth is the bigness of the world, of age its smallness.” John Buchan (1875-1940)</p>

<p>www.eagleprep.com</p> <p>“Youth is a blunder; manhood, a struggle; old age a regret.” Benjamin Disraeli (1804-1881)</p>	<p>Aging</p> <p>“In old age the root of virtue is fatigue; in youth, fear.” Paul Eldridge (1888-1982)</p>
<p>Aging</p> <p>“If youth but knew, if old age but could.” Henri Estienne (1531-1598)</p>	<p>Aging</p> <p>“Old boys have their playthings as well as young ones; the difference is only in the price.” Benjamin Franklin (1706-1790)</p>
<p>Aging</p> <p>“Young men wish: love, money, and health. One day, they’ll say: health, money, and love.” Paul Gerald (1885-1983)</p>	<p>Aging</p> <p>“Whereas in my youth I succeeded daily and under all circumstances, I now succeed only periodically and under favorable conditions.” Goethe (1749-1832)</p>
<p>Aging</p> <p>“Age looks with anger on the temerity of youth, and youth with contempt on the scrupulosity of age.” Samuel Johnson (1809-1784)</p>	<p>Aging</p> <p>“There was no respect for youth when I was young, and now that I am old there is no respect for age- I missed it coming and going.” J. B. Priestly (1894-1984)</p>
<p>Aging</p> <p>“ The denunciation of the young is a necessary part of the hygiene of older people, and greatly assists the circulation of their blood.” Logan Pearsall Smith (1865-1946)</p>	<p>Aging</p> <p>“The young are slaves to novelty; the old to custom.” Proverb</p>

<p>www.eagleprep.com</p> <p>“The attention given these days to Alzheimer’s disease, arthritis, and other degenerative ailments makes people see their future as a one-way ticket to a nursing home. Yet there are valid grounds for optimism.”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>	<p>www.eagleprep.com</p> <p>“Of those 65 to 74 years old, 89 percent report no disability. After 85, 40 percent of individuals are fully functional.”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>
<p>www.eagleprep.com</p> <p>“In recent years, the percentage of people over 65 years old who are disabled has dropped, and experts predict this trend will accelerate.”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>	<p>www.eagleprep.com</p> <p>“A wealth of evidence suggests that the choices we make about diet, weight, exercise, and social and mental stimuli during middle age greatly affect our Psychological competence as we age.”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>
<p>www.eagleprep.com</p> <p>“Several studies show that what one thinks about one’s health is one of the most accurate predictors of longevity ever discovered.”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>	<p>www.eagleprep.com</p> <p>“Spiritual and religious involvement are believed to add seven or more years, on the average, to one’s lifespan.”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>
<p>www.eagleprep.com</p> <p>“Psychologists who study creativity say that artists and writers often can produce more new ideas in their sixties or seventies than in their twenties.”</p> <p>Deepak Chopra <i>Ageless Body, Timeless Mind</i></p>	<p>www.eagleprep.com</p> <p>“One interesting variable is that the later you take up any creative pursuit, the more likely you are to pursue it into old age.”</p> <p>Deepak Chopra <i>Ageless Body, Timeless Mind</i></p>
<p>www.eagleprep.com</p> <p>“Chinese studies of old people in Shanghai indicate that less educated people have higher rates of dementia and Alzheimer’s disease; the implication is that educated people, having been trained to use their minds, stimulate healthy brain activity.”</p> <p>Deepak Chopra</p>	<p>www.eagleprep.com</p> <p>“As long as it is enjoyable, concentrated mental activity gives rise to alpha-wave patterns typical of ‘restful alertness,’ the relaxed but aware state also found in meditation.”</p> <p>Deepak Chopra <i>Ageless Body, Timeless Mind</i></p>