

Title:

Isn't It Interesting That You Are Never Bored When Your Head Is In The Refrigerator?

Word Count:

637

Summary:

We all know the secret of staying slim is not to eat yourself into oblivion! But if you stay

Keywords:

staying slim, depression, exercise, aerobic, dance, line dance, memory, weight loss, healthy e

Article Body:

At the age of 70 I retired. Happy days were ahead. I could do what I want, when I want and if

The day of awakening came with a phone call from a friend. ^The Parks Department has a Commun

With a bit of trepidation I joined the line dance class. It wasn't just country music anymore

The moral of the story .. dance class is much less expensive than doctors and psychiatrists; i

I just read that Socrates learned to dance when he was seventy because he felt that an essenti

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