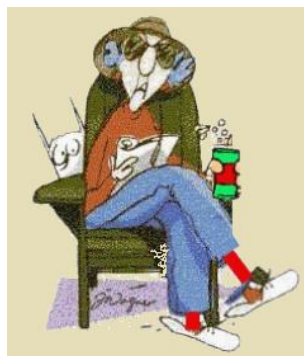


**From The Internet: Maxine Becomes A Greeter At Wal-Mart!**



“So after landing my new job as a Wal-Mart greeter, a good find for many retirees, I lasted less than a day ...

About two hours into my first day on the job a very loud, unattractive, mean-acting woman walked into the store with her two kids, Yelling obscenities at them all the way through the entrance. As I had been instructed, I said pleasantly, 'Good morning and welcome to Wal-Mart.

Nice children you have there. Are they twins?'  
The **ugly** woman stopped yelling long enough to say, 'Hell no, they ain't twins. The oldest one's 9, and the other one's 7. Why the hell would you think they're twins? Are you blind, or just stupid?'  
So I replied, 'I'm neither blind nor stupid, Ma'am, **I just couldn't believe someone slept with you twice. Have a good day and thank you for shopping at Wal-Mart.**'  
“My supervisor said I probably wasn't cut out for this line of work.”

**Last Quickie!**  
Two guys were discussing popular family trends on sex, marriage, and values. Ralph said, **“I didn't sleep with my wife before we got married, Did you?”** Leroy replied, **“I'm not sure, what was her maiden name?”** ggd ☺



**Meeting Date/Time:** Wednesday - February 23, 2011/10:00 A.M.  
**Guest Speaker:** Sherri Cross/Certified Financial Planner  
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# Choice

**February 2011**  
**Volume 15 - 2**  
**Monthly**

**The Newsletter Of AARP Chapter 1952**  
Warner Robins, Georgia  
“To Serve – Not To Be Served”  
[www.Choice1952.com](http://www.Choice1952.com)

Meeting Dates/Time: **Wednesday, February 23<sup>rd</sup>** (10:00 A.M.) and **Wednesday, March 23<sup>rd</sup>** (10:00 A.M.)  
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

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**Birthdays For February**

Irene Hughes 2<sup>nd</sup> Elizabeth Craig 4<sup>th</sup> Lillian Werner 7<sup>th</sup> Rosalie Montes 9<sup>th</sup>

**Birthdays For March**

Marcella Cunningham 3<sup>rd</sup> Frank Gadbois 17<sup>th</sup> Sue Braun 22<sup>nd</sup> Elizabeth Warren 22<sup>nd</sup>  
Anne Childress 26<sup>th</sup>

**WE CARE**

*For each new morning with its light, For rest and shelter of the night, For health and food, For love and friends, For everything Thy goodness sends. **Ralph Waldo Emerson (1803-1882)** “Blessed are those who mourn, For they shall be comforted.” **Matthew 5:4 NKJV***



**Highlights From January's Meeting:**  
**Ryan Campbell | Director/Program Development** (Cantrell Center) - discussed different health, wellness, lifestyle programs available at the Cantrell Center. Programs/services include physical therapy, postural restoration, aquatic, land, cardio and activities for the entire family! ggd ☺

**President's Corner: March 2, 2011 - AARP Chapter 1952 Trip To The Capital!** Transportation and lunch provided ... all you need to do is register and “show up” to leave on time! **Trudy Deep**

**Here's A Quickie!**  
An old man goes to the Wizard to ask him if he can remove a curse he has been living with for the last 40 years. The Wizard says, **“Maybe, but you will have to tell me the exact words that were used to put the curse on you.”** The old man says without hesitation, **“I now pronounce you man and wife.”** ggd ☺

## Ain't It The Truth!

- Remember - some days you are the bug ... some days you're the windshield!
- If you tell the truth ... you don't have to remember anything!
- If at first you don't succeed ... skydiving is NOT for you!
- If you think nobody cares if you're alive or dead ... try missing a couple of mortgage payments!
- Never test the depth of water with both feet!
- Experience is something you don't get just after you needed it!
- Never - under any circumstances - take a sleeping pill and laxative at the same time!



**Another Quickie!**  
A blonde calls Delta Airlines and asks, **“Can you tell me how long it'll take to fly from San Francisco to New York City?”** The agent replies, **“Just a minute...”** **“Thank you,”** the blonde says, and hangs up ggd ☺



**Editor's Notes:** UPDATE YOUR LOCAL (Chapter 1952) MEMBERSHIP - STILL A "BARGAIN" AT \$5.00/YEAR!

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Please contact me at **478/318-0471** and/or via e-mail at **gdavismail@gmail.com!**

Sincerely,

**Greg (Formerly Known As "Da Baby") Davis** ggd ☺

## Have You Hugged A Nonagenarian Lately?



At last month's breakfast/meeting we all had the honor/pleasure to dine with not **one**, or **two** but **three** ... yes, **three Nonagenarians** ... **Mr. Jimmy Kling** (the elder), **Mr. Charles Bell** (the junior) and **Mr. Ernie Braun** (the baby)! **WOW!** Collectively, these gentlemen represent **270+** years of life experiences ... some of which (I'm sure) will never be revealed/shared with others <smile>! As stated in January's newsletter I spotlighted Mr. Ernie Braun. Future newsletters will be devoted to spotlighting Mr. Charles Bell and Mr. Jimmy Kling so ... stay tuned! ggd ☺

## Focus On Heart Health

Learn the signs and treatments for heart disease | Source: AARP Bulletin (February 2, 2011)

February is a time when love is in the air. It also is **American Heart Month**. Heart disease is the number one killer in America. Nearly 2,400 Americans die from it each day. About one in three Americans has one or more kinds of heart disease to include **coronary artery disease**. This occurs when the arteries that bring blood to your heart muscle become blocked or narrowed. When that happens, it is hard for blood and oxygen to reach your heart.

If you have coronary artery disease, you are at risk for a heart attack, heart failure and stroke. If you feel chest pain or tightness in your chest when you do any physical activity or exercise, you may have what doctors call **angina**. This is a warning sign you shouldn't ignore!

There is no cure for coronary artery disease, but some medicines can help protect you from heart attacks and other heart conditions that can be deadly. If you have or are worried that you might have coronary artery disease or another heart problem, it is important to contact your doctor immediately.

You can lower your risk of heart attack, heart failure and stroke by following familiar advice: Lose weight if you are overweight, exercise regularly, eat foods that are low in fat and cholesterol, and do not smoke. As we all know, sometimes the basics are easier said than done. Here are steps you can take for your heart's health:

- Do regular physical exercise tailored to your abilities, needs and interests. Exercise doesn't have to involve training for a marathon. Even walking can help. Ask a friend, colleague, or family member to join you in your efforts.
- Learn about your heart problem, its causes and treatments, and how you can manage it.
- Get advice on why and how to change your lifestyle to lower your risk of heart disease. Start by asking your doctor or other health care provider.
- Learn specific skills to help you stop unhealthy behaviors (such as smoking) and begin healthy behaviors, including eating a heart-healthy diet.

February is a great time to think about your heart health and how you can prevent heart disease. Take the first steps for a longer, healthier life. For additional information please visit the **American Heart Association's** website at **www.americanheart.org**. ggd ☺

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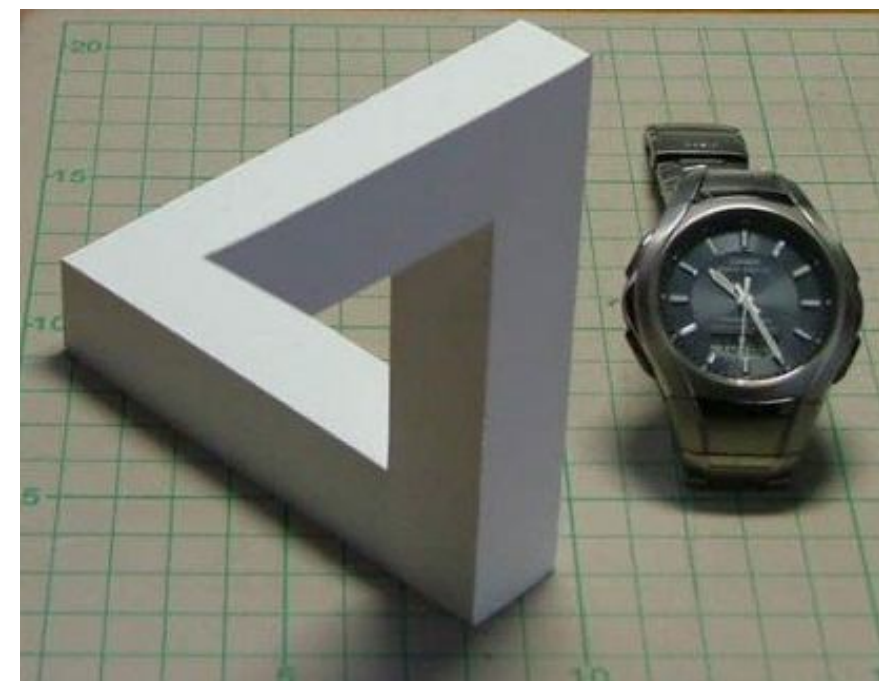
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**What's Wrong With This Picture?** ggd ☺



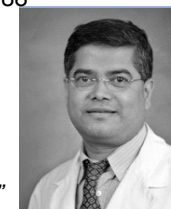
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