

Senior Citizens

Written by Dr. John E. Russell Sr -

***SENIOR CITIZENS

ARE THE BIGGEST CARRIERS OF AIDS

Hearing aids

Band-aids

Rolaids

Walking aids

Medic aids

Government aids.

***I CAN'T REMEMBER

Just a line to say I'm living

that I'm not among the dead.

Though I'm getting more forgetful
and mixed up in the head.

I got used to my arthritis
to my dentures I'm resigned.

I can manage my bifocals
but boy! I miss my mind!

For sometimes I can't remember
when at the stairs I stare
if I must go up for something
or, have I just come down from there?

And before the fridge so often
my poor mind is filled with doubt:

Have I just put food away
or have I come to take some out?

And there are times when it is dark
--with my nightcap on my head--

I don't know if I'm retiring
or I just got out of bed.

So, if it's my time to write you
there's no need for getting sore.

I may think that I have written
and don't want to be a bore.

So, remember that I love you
and wish that you were near.

But now it's nearly mail time
so I must say "Goodbye," dear.

Here I stand at the mailbox
with a face so fiery red.

Instead of mailing you this letter
I opened it instead!

(Unknown)

***GOOD MEMORY

I have a good memory.

It's just short.

***ONE GOOD THING ABOUT

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A SHORT MEMORY

You get to meet
a lot of new friends!

***METALLIC AGE

You know you have entered the metallic age when
The gold in your hair turns to silver
The white in your teeth turns to gold
And the iron in your blood turns
to lead in your bottom.

***MEMORY

I never will forget ol' what's-his-name.

***SALLY'S NEW BOY FRIENDS

My friend Sally
said that she has
some new boy friends that
stick closer than a brother:
Arthur Ritis
and
Ben Gay.
<><

From my ebook, *They All Laughed At Me When I Said That I Was Going to Write A Joke Book*.

Download this book free at

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