



TAW THIRD AGE GROUP

Newsletter 378

1st July 2023

Website: <https://u3asites.org.uk/taw/home>

Registered Charity No 1026238

Welcome to our July 2023 Newsletter



COFFEE MORNINGS

The next Coffee Morning will be on **Monday 3rd July 2023** and will be hosted by the **Ambler's Group**, at the **Roundswell Community Centre** at **10:30am**. We will also have a speaker - **Lisa Chanter** who will be speaking about the Devon dialect. Admission £1 for coffee/tea, biscuits and a raffle ticket. The Coffee Morning on **Monday 7th August** will be hosted by the **Art Group**.

Please Welcome our New Members:

Mr Ian and Mrs Jennifer Allen (Affiliated)
Ms Elizabeth Batac
Mr Mark Blight (Affiliated)
Mrs Gill Darling
Ms Viv Pearman
Mr Clive and Mrs Janet Redruth



Mrs Kay Reid
Mrs Josephine Rogers
Mrs Jennie Sharpe
Mr Tim Street (Affiliated)
Ms Jill Stribley (Affiliated)
Ms Gill Willett

CREATIVE WRITING GROUP

Dear Literary Lovers

The Creative Writing Group is pleased to announce that, in response to popular demand, another booklet containing our most recent, best work is now available for all to view at Taw U3A website. If you haven't read our stories previously then you are in for a whole new experience of quality writing featuring murder, mayhem, sentiment, humour and verse. Those of you who have experienced our delights before will be enthralled in experiencing our offerings; so, everyone, log on NOW and get reading!!

The Editor



ART GROUP

HOSPITAL EXHIBITION

Our Art Group is, once again, exhibiting its work in the corridor to the X-Ray Department in the North Devon District Hospital, until September. Enjoy a leisurely stroll along the corridor, and if you wish to purchase any of the works displayed please contact Joel Mansfield at the hospital (see Contacts List for contact details). When the exhibition ends the artists will be donating 10% of the payment for their work to the Hospital Charity.



~Derek

REMINDER: If you move house or your email or telephone number changes *please* let **Veronica McLaughlin**, the **Membership Secretary**, know so that we can continue to keep in contact. It will also ensure you continue to receive the Newsletter by email.

ILLNESSES and BEREAVEMENTS: **Carol Griffiths** is responsible for keeping in touch with members who become ill or are taken into hospital. If you become aware of any such cases please contact her. Would Group Leaders please take responsibility for informing Carol of illnesses of their group members. Would the family, Group Leader or any other member please inform Carol of the details of names and dates of deaths. **A single line announcement will be included in the Newsletter unless the family do not want any acknowledgment. It is for the Group Leader to notify Carol who will notify the Newsletter Editor.**

EQUIPMENT MANAGER: Gordon Gregory.



It is with great sadness that we learn of the passing of Kay Hudson

AGM

- 100 members attended the AGM on Monday 5th June at the Roundswell Centre. The Chairman's Report and the Accounts were approved.
- The New Officers and Trustees were elected and their details can be found at the back of the Newsletter.
- Long Service Certificates were presented to a number of members who had given 8 years or more as either a Trustee or a Group Leader.

TRUSTEES MEETING

- The Trustees Meeting that followed the AGM also elected those Officer Holders that are not elected at the AGM. Full details can be found at the back of the Newsletter.
- The meeting also co-opted Alison Clayton to the Committee.
- It was agreed to update the Protection of Personal Information form and re-circulated to the appropriate people to complete.
- The meeting confirmed the Draft Programme for 2024, and the Final Programme to be circulated in the Autumn.
- It was agreed that for 2024 all Coffee Mornings will be on the 4th Monday of the month, not the 1st. This will then avoid Bank Holidays.
- It is hoped to arrange two U3A Holidays in 2024 - one in May, 12th to 16th to the Isle of Wight, and one in October, 20th to 23rd to Mid Wales.
- The Annual Trip in 2024 will be on Wednesday 12th June. Venue to be confirmed.
- There will be a Celebration Morning with Coffee and Cake in May at the Barnstaple Hotel to say thank you to all the members.
- Our Policies were reviewed.

Another busy meeting.

~David, Chairman

Our Groups

Members are encouraged to contact the Group Leaders of groups they are interested in joining and have their names added to any waiting lists.

REMEMBER - Contact details are in the tables on the last two pages of this newsletter.

Those two pages are not available on our Website!

AFTERNOON TEA - Jill Chappell. We meet on the **4th Tuesday of the month at Queen Anne's cafe on The Strand at 2:30pm**. Next meeting is **25th July**. Please only contact me if you are unable to come.

~Jill

ALLOTMENT - Jackie Ward. **Allotment 21, Mill Road site, Barnstaple**. Our first season and we are growing courgettes, onions, tomatoes, runner beans, french beans, cabbage, the list goes on. We have our shed and bench, the IBC crate (water storage) is on site, we hope it will be in use soon. Our next project is planning our herb and flower gardens. We meet **once a month** for our overall plan. Work on the allotment is whenever our members feel like going. We can welcome 2 more members. Contact Jackie (see Contacts List for contact details).

~Jackie

AMBLERS - Trish Lilley, Lyn Bonewell. Meet in the **Muddlebridge layby at 11:00am on 11th July**. A reasonably flat walk around Penhill, Fremington Quay (for coffee) and back to the layby.

~Jim

ART - Derek Seymour. The Art Group meets on the **1st and 3rd Thursday** each month from **9:30am to 12:00 noon** at the **Rhododendron Methodist Church Hall**. We currently have an exhibition of our work in the X-Ray Corridor of the North Devon District Hospital. Please see notice on the front page of this newsletter for more information.

~Derek

BADMINTON - Alex Ferguson, Carol Griffiths. **Tarka Leisure Centre 09:30am to 10:30am TUESDAY and 2:00pm to 3:00pm THURSDAY**. We still have vacancies for one or two players to join us on either the Tuesday morning or Thursday afternoon session. Why not come along and take advantage of a free taster session before making a decision on joining. We are a friendly group of mixed abilities so why not give it a try. For further information just call Alex or Carol (see Contacts List for contact details).

~Alex & Carol

BOOK CLUB - Barbara Vercoe. Book Club takes place on the **4th Monday of every month at 10:30am**. At present we do not have a permanent venue.

~Barbara

BOOKWORMS - Linda Tyrrell. We meet at the **Library** on the **last Tuesday of each month at 10:00am**. We still have space for 2 more members. ~Linda

BREAKFAST CLUB - Wendy Walmsley. This group is usually held on the **1st Wednesday of the month at 9:15am**. The **July 5th** meeting will be at **Harry's cafe in Bear Street** and the **August 2nd** meeting will be held in **Queen Anne cafe in Barnstaple**. If you are **UNABLE** to attend please let Wendy know. If you would like to join this friendly group for a chat over breakfast, please contact me (see Contacts List for contact details). ~Wendy

BUS PASS - David and Jill Baker. The Bus Pass trip for July is to **Hartland** on **Thursday 27th July** with the option of a meal at the Anchor. **Bus times are as follows:**

10:25am - Barnstaple Bus Station, bus No **21**,

10:57am - arrive Bideford, change bus

11:25am - Bideford bus No **319**

12:20pm - arrive Hartland

Return Trip:

2:35pm - Hartland bus No **319**

3:57pm - arrive Barnstaple Bus Station

Names to **David Baker** by **Thursday 20th July** (see Contacts List for contact details). ~David & Jill

CANASTA - Linda Lee, Yvonne Geary. The next meeting of the Canasta group will be on **Monday July 17th at 2:00pm** in the **Annexe of Fremington Parish Hall**. The group is full at the moment, but if you would like to play do get in touch and we will put you on the waiting list (see Contacts List for contact details). ~Linda & Yvonne

CHAIR PILATES - **NEW GROUP** - Susie McCrum. A good response for the start of this group, but it is suspended **until September** as our tutor will be across the pond. ~Susie

CHATTERBOX - Sheila Jennings. I can now offer vacancies. ~Sheila

COFFEE MUGS AND TEAPOTS - Jackie Ward. Come and join this happy group for a cuppa and conversation. We meet at the **Museum Café, The Square, Barnstaple**, the **3rd Wednesday morning of each month at 10:30am until 12:00 noon**. You are very welcome. Contact Jackie (see Contacts List for contact details). ~Jackie

CREATIVE WRITING - Sue Boyd. I will put a notice in the Newsletter if we have any spaces available, but please do not hesitate to get in touch with me by email if you would like your name put on the waiting list. ~Sue

CRIME AND PUNISHMENT - Jane Bellworthy. In May our subject was murder. We looked at the recorded cases of murder in the UK for the year ending March 2022. We currently have two vacancies. We meet on the **2nd Tuesday of the month at Fremington Parish Hall Annexe**. ~Jane

CURRENT AFFAIRS DISCUSSION 1 - Paul Bate. The next meeting will be on **Thursday July 6th at 10:15am** at the **Fox Inn in Fremington**. The group meets on the **1st Thursday in the month**. We will be discussing interesting topics

which are currently in the news. Refreshments are available at the pub. There are vacancies for new members interested in joining this group. ~Paul

CURRENT AFFAIRS DISCUSSION 2 - Paul Bate. The group will next meet on **Thursday 20th July** at the **Fox Inn, Fremington at 10:15am**. The group meets on the **3rd Thursday in the month**. We will be discussing interesting topics which are currently in the news. Refreshments are available at the pub. ~Paul

CYCLING - Steve Coppel. We aim to ride once a week, normally on a **Wednesday**, but everything depends on the weather. We are fair weather cyclists who always stop for brunch! We usually start the rides at **10:30am**, but that too can vary. The rides start mainly from **Barnstaple**, but the **last Wednesday of every month** we depart from **Bideford**. New members are always welcome. ~Steve

DANCERSIZE - Hilary Newing, Sue Fogarty. No report this month. ~Hilary & Sue

DAY TRIPS BY COACH - David Baker. The July trip on **Thursday 20th July** is to **Wells and the Cathedral** followed by a visit to the **Cheddar Gorge**.

Pick-up points and times: Chilpark, Fremington **8:45am**; New Inn, Fremington **8:50am**; Bus Stop by car park, Bickington **8:55am**; Bus Stop on North Walk opposite Tuly Street, Barnstaple **9:05am**; Park & Ride, Barnstaple **9:15am**. The August trip on **Thursday 17th August** is to **Bristol** with an option to visit **SS Great Britain**. This should be a most interesting day out without travelling to far. There will be a coffee stop on the way to Bristol and plenty of time in Bristol for sightseeing or shopping. **COST £16** for an excellent day out. Names, money and Pick Up Point to **David Baker** by **Sunday 30th July**. Cheques made out to **Taw U3A** (see Contacts List for contact details and address for payment).

Pick Up Points and Times: Chilpark, Fremington **8:30am**; New Inn, Fremington **8:35am**; Bus Stop by Car Park, Bickington **8:40am**; Bus Stop on North Walk opposite Tuly Street, Barnstaple **8:50am**; Park and Ride, Barnstaple **9:00am**.

The **September** trip is on **Thursday 21st** to **Bernaville Garden Centre, Cowley, Exeter** and then on to **Dawlish**. **Cost £16**. ~David

DESIGN & MAKE I & II - Jim Pinn. **Friday July 28th**. Usual times and venue. ~Jim

DEVON HISTORY - Ken Bonewell. The field trip on **Thursday July 6th** will be to the **Brynsworthy Recycling Centre**. PLEASE NOTE THAT THIS WILL START AT **10:30 AM**. As usual, there will **not be any talks or visits in August**. ~Ken

FOOD, FARM, ENVIRONMENT - David Baker. **MID DEVON SHOW, SATURDAY, 22nd JULY**. **THERE ARE ONLY 2 spaces left on this Trip - first-come-first-served**. Names, money and Pick Up Point to David Baker. Cheques made payable to **Taw U3A** (see Contacts List for contact details and address for payment). **COST £16** plus entry to the Show on the day. This should be an excellent day out.

Pick up Point and Times: 9:05am New Inn, Fremington; 9:10am bus stop opposite Rhododendron Avenue; 9:20am North Walk, opposite Tuly Street; 9:30am Barnstaple Park and Ride.

New members welcome.

~David

GARDEN DAYS - Roxanne and Graham King. **Wednesday to Friday August 23rd to 25th: Bridgewater RHS, Salford.** This trip is fully booked.

Pick-up times: to be advised by email to participants.

Wednesday 26th July: Kingston Lacy (NT), Wimborne Minster. This trip is fully booked.

Pick-up times: Chilpark 9:30am, New Inn c.9:35am, Ellerslie Road c.9:40am, P&R c.9:45am. ~Graham & Roxanne

HOLIDAYS - Lynden Davies. What a great day out to Dartmouth. The sun was shining and the ice cream was flowing. 53 people filled Blakes coach, and despite the traffic, we arrived at Paignton with 10 minutes to spare thanks to our driver. The steam train was on time, and the cruise up the river Dart was very enjoyable. 53 people came back by bus which is always a plus. Now I have to put sunscreen on my head; what a hot day. ~Lynden

ITALIAN FOR BEGINNERS - Italiano per i principianti - Graham King. It's now 'Italian for a bit more than beginners'. **Luglio:** non ci sono riunioni. **Agosto:** sempre mercoledì: il 2, il 16 e il 30, alle 11:00 al **La Volpe**. There are a couple of places available to join the group if you've done a little Italian already. Please email me if interested (see Contacts List for contact details). ~Graham

KNITTING - Sheila Jennings. Both groups now meet at 10:30am on the 2nd Thursday and 4th Friday of every month in the **Museum**. Please come along and bring your knitting. Gentlemen would be welcome. ~Sheila

PRACTICAL GARDENING - Jackie Ward. This group meets the 2nd Thursday morning of each month in **The Annexe, Fremington Parish Hall, 10:30am to 12:30pm**, starting with tea/coffee and biscuits, sharing our gardening problems and solutions, plus our knowledge of successfully growing plants in our area. We end our meeting with a plant sale. We have room for 2 more members. Contact Jackie (see Contacts List for contact details). ~Jackie

PSYCHOLOGY OF EVERYDAY LIFE - Jane Bellworthy. We meet on the 4th Tuesday of each month. At our June meeting we looked at Memory. We meet at 2:00pm at **Fremington Parish Hall Annexe**. Currently the group is full but please let me know if you would like to join our waiting list. ~Jane

RAILWAY - David and Jill Baker. The July Railway trip is to **Exmouth** on **Wednesday 12th July**. This replaces the **Starcross/Exmouth** trip due to times not being suitable.

Times:

9:35am - Barnstaple

10:41am - arrive Exeter, Platform 1

10:51am - leave Exeter, Platform 1

11:17am - arrive Exmouth

Return:

2:23pm - leave Exmouth

2:54pm - arrive Exeter, Platform 3

3:19pm - leave Exeter, Platform 3

4:25pm - arrive Barnstaple

Names to **David Baker** by **Friday 7th July**. New members welcomed. ~David & Jill

RAMBLING - Pauline Newbound, Barbara Hewis. **Monday July 10th.** Walk starts at **Berrynarbor Castle Hill CP** by the Post Office at 10:30am. Walk south through Sterridge to Hele where there is a tearoom. Then along the coast to Watermouth where there is another tearoom if required. Then back to Berrynarbor. Distance just under 7 miles with some rather steep climbs. BYOFAD. Leaders **Richard and Sue**. ~Pauline & Barbara

READING SHAKESPEARE ALLOWED - Bob Godfrey. If you're reading this and are interested please don't hesitate to contact me any time. No special knowledge of Shakespeare is necessary. The group is very supportive. We meet on the **3rd Wednesday of the month, 2:00pm to 3:30pm**, at **Fremington Methodist Church, Old School Lane**. ~Bob

ROAMERS - Harriet Croft. **Monday 24th July** led by **Alex and Mary Ferguson** (see Contacts List for contact details). Park at **Torrington Common** (nearest post code EX38 8DN). The walk will start at 10:30am. Meet by the **Hockings Ice Cream Van**. A walk around the Common and return via Tarka Trail, Taddipport and Torrington. 5.4 miles, no stiles, two inclines and good views. BYOFD. As usual it would be helpful to let us know if you are coming. New members welcome. ~Alex

SHORT TENNIS - Yvonne Geary, Sue Morley. We play every **Wednesday morning** from 10:30am until 11:30am at the **Tarka Leisure Centre in Barnstaple**. We have now finished for the summer and will start again on **Wednesday 13th September**. Have a great summer. ~Yvonne & Sue

SIGHT SUPPORT - Jill Baker. The next meeting is on **Monday 10th July** in the **cafe at the Musuem** at 10:30am. **If you have a problem reading this Newsletter let Jill know as she may be able to help.** New members with a sight problem are very welcome, contact Jill (see Contacts List for contact details). ~Jill

SKITTLES - Julie and Patrick Kift. No report this month. ~Patrick & Julie

STROLLERS - Maureen and Peter Penfold. **July** walk will be lead by **Alison**. Meet at the **Instow signal box** at 12:00noon. If you are unable to go **please let Alison know** (see Contacts List for contact details). Enjoy your walk. This group is now full. We will have a waiting list. ~Maureen & Pete

SUNDAY LUNCH - Susan Covington. Next lunch will be at **The Castle Inn, Landkey** on **Sunday 9th July** at 12:30pm. Please **let me know** if you cannot attend. Group is full but please let me know if you would like to join the waiting list. (See Contacts List for contact details). ~Susan

TABLE TENNIS - Janice and Bob Godfrey. **Every Thursday morning, 9:30am to 12:00 noon** at the **Tarka Centre**. Due

to changes and retirements there are now some spare places in the table tennis group! To enjoy games to the full some previous experience is really necessary even if it was 2-3 years ago. Don't hesitate to contact us and arrange a free taster session.
~Janice & Bob

TEN PIN BOWLING - Brian Tilbury, Jan Hartshorne. We now meet **every Wednesday at 1:15pm inside the Bowling Alley on the Braunton Road**, except during the school holidays. Having recently developed a more consistent delivery, Jan Hartshorne was again highest scorer for the ladies with 228. For the men, Brian 'no turkey this month' Tilbury was top with a respectable 292 and congratulations do go to Doug Saunders for getting a Turkey.
~Brian & Jan

TUESDAY LUNCHEON CLUB - Trish Lilley. Our next lunch at **The Royal & Fortesque Hotel** will be on the **18th July, 12 noon for 12:30** lunch. The cost will be £17 for Carvery and

Members are encouraged to contact the Group Leaders of groups they are interested in joining and have their names added to any waiting lists.

CALENDAR - July/August 2023

Coffee Mornings:

Monday 3rd July (Amblers Group and Speaker)	-	10:30am - Roundswell Community Hall
Monday 7th August (Art Group)	-	10:30am - Roundswell Community Hall

August Newsletter Deadline: Deadline for entry of events occurring after Tuesday 1st August - **THURSDAY 20th JULY**

Group	Day	Date		Time	Venue/Information
		July 2023	August 2023 (Subject to Change)		
Afternoon Tea	Tuesday	25	22	2:30pm	Queen Anne's Cafe, The Strand
Allotment	Various	Various	Various	Various	Allotment 21, Mill Road Site, Barnstaple
Amblers	Tuesday	11		11:00am	Muddlebridge layby
			8		TBN
Art	Thursday	6; 20	3; 17	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	4; 11; 18	No Meetings	9:30am	Tarka Leisure Centre
	Thursday	6; 13; 20		2:00pm	
Book Club	Monday	24	28	10:30am	TBN
Bookworms	Tuesday	25	29	10:00am	Barnstaple Library
Breakfast Club	Wednesday	5		9:15am	Harry's Cafe, Bear Street
			2		Queen Anne's Cafe, The Strand
Bus Pass	Thursday	27		10:25am	Barnstaple Bus Station, No 21, for Hartland
			24	TBN	Winkleigh and Sam's Cider
Canasta	Monday	17	21	2:00pm	Fremington Parish Hall Annexe
Chair Pilates - NEW GROUP	TBN	No Meeting	No Meeting	TBN	TBN
Chatterbox	Monday	17	21	11:00am	Museum Tea Rooms
Coffee Mugs and Teapots	Wednesday	19	16	10:30am	Museum Cafe, The Square, Barnstaple
Creative Writing	Thursday	13	10	10:30am	TBN
Crime and Punishment	Tuesday	11	8	2:00pm	Fremington Village Hall Annexe
Current Affairs Discussion 1	Thursday	6	3	10:15am	The Fox Inn, Fremington
Current Affairs Discussion 2		20	17		
Cycling	Wednesday	TBN	TBN	10:30am	TBN
Dancersize	Tuesday	TBN	TBN	10:00am	Church Hall, Fremington
Day Trips By Coach	Thursday	20		8:45am	Wells Cathedral and Cheddar Gorge
			17	8:30am	Bristol
Design & Make I - Ladies	Friday	28	25	9:30am	Group members know venue
Design & Make II - Gents				2:00pm	
Devon History	Thursday	6	No Meeting	10:30am	Brynsworthy Recycling Centre
Food, Farm, Environment	Saturday	22	No Meeting	9:05am	Mid Devon Show, Tiverton
Garden Days	Wednesday	26		9:30am	Kingston Lacy, Wimborne Minster, Dorset.
			23	TBN	Bridgewater RHS, Salford
Holidays	Wednesday	No Meeting	No Meeting	TBN	TBN

dessert followed by tea or coffee. Payment to be paid by cash on arrival. Bookings can be made by email or telephone by **16th July**.
~Trish

WANDERERS - Chris and Lesley Wade. Join us for a walk around **Wistland Pound Reservoir** on **Tuesday July 11th**. We will meet in the **lower car park** (charges £2 for 2hrs, £3 all day) at **10:30am**. Mostly level walking with slight uphill at end. Afterwards we go to the The Station Inn, Blackmoor Gate for lunch at 12:15pm. If planning to join us please let **Michael Conibear** know (see Contacts List for contact details) by **Wednesday July 5th**.
~Michael

WINE APPRECIATION - David Rowe. Meet **1st Friday of the month** at the **Barnstaple Library, Room 3B**.
~David

WOODCARVING - Marion Choules. **Weekly, Wednesday mornings 10:00am to 12:00 noon**.
~Marion

CALENDAR - July/August 2023 (Continued)

Group	Day	Date		Time	Venue/Information
		July 2023	August 2023 (Subject to Change)		
Italian for Beginners	Wednesday	No Meetings	2; 16; 30	11:00am	La Volpe
Knitting	Thursday	13	10	10:30am	The Museum, The Square, Barnstaple
	Friday	28	25		
Practical Gardening	Thursday	13	10	10:30am	The Annexe, Fremington Parish Hall
Psychology of Everyday Life	Tuesday	25	22	2:00pm	The Annexe, Fremington Parish Hall
Railway	Wednesday	12		9:35am	Barnstaple Railway Station for Exmouth
			9	8:35am	Salisbury
Rambling	Monday	10		10:30am	Berrynarbor Castle Hill CP
			14	TBN	TBN
Reading Shakespeare Allowed	Wednesday	19	16	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	24		10:30am	Torrington Common
			28	TBN	TBN
Short Tennis	Wednesday	No Meetings	No Meetings	10:30am	Tarka Leisure Centre
Sight Support	Monday	10	14	10:30am	Bromley's Cafe, Museum on The Square
Skittles	Friday	TBN	TBN	7:30pm	Plough Inn, Bickington
Strollers	Tuesday	4		12:00nn	Instow Signal Box
			1	TBN	TBN
Sunday Lunch	Sunday	9		12:30pm	The Castle Inn, Landkey
			13	TBN	TBN
Table Tennis	Thursday	6; 13; 20; 27	3; 10; 17; 24	9:30am	Tarka Tennis Centre, Barnstaple
Ten Pin Bowling	Wednesday	5; 12; 19	No meetings	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Lunch Club	Tuesday	18	15	12:00nn	Royal & Fortescue Hotel, Barnstaple
Wanderers	Tuesday	11		10:30am	Lower Car Park, Wistland Pound Reservoir
			8	TBN	TBN
Wine Appreciation	Friday	7	4	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	5; 12; 19; 26	2; 9; 16; 23; 30	10:00am	Fremington

Top Ten Quotes Suitable For A Retirement Speech

When some people retire, it's going to be mighty hard to be able to tell the difference.
 The question isn't at what age I want to retire, it's at what income.
 The company accountant is shy and retiring. He's shy a quarter of a million dollars. That's why he's retiring.
 The trouble with retirement is that you never get a day off.
 Before deciding to take early retirement from your job, stay home a week and watch daytime television.
 There are some who start their retirement long before they stop working.
 The down side about retirement is having to drink coffee on your own time.
 When a man retires and time is no longer a matter of urgent importance, his colleagues generally present him with a watch.
 It's nice to get out of the rat race, but you have to learn to get along with less cheese.
 It is time I stepped aside for a less experienced and less able man.
 I enjoy waking up and not having to go to work. So I do it three or four times a day.

You Are Probably Retired If....

You and your teeth don't sleep together.
 You try to straighten out the wrinkles in your socks and discover you aren't wearing any.
 It takes two tries to get up from the couch.
 Your idea of a night out is sitting on the patio.
 You step off a curb and look down one more time to make sure the street is still there.
 Getting "lucky" means you remember where you left your car in the car park.
 Everything hurts, and what doesn't hurt; doesn't work.
 You sink your teeth into a steak and they stay there.
 You wonder how you could be over the hill when you don't even remember being on top of it.
 You have more hair in your ears and nose than on your head.