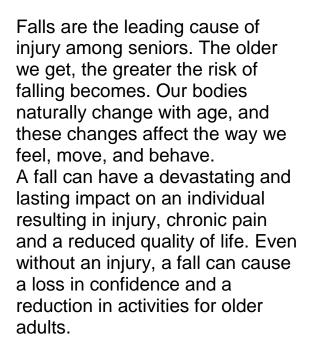


## Newsletter

## **November 2022**







The good news is that there are actions you can take to prevent falls. Included in this section are materials to help seniors be active and stay independent.

Source: Finding Balance

For more information visit: <a href="https://www.findingbalance.ca">www.findingbalance.ca</a> or speak to your health care professional.



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## Some funny jokes:

- What do you call a lazy kangaroo? A pouch potato.
- I used to run a dating service for chickens, but I was struggling to make hens meet.
- Why do we tell actors to "break a leg?" Because every play has a cast.
- What does a pig put on dry skin? Oinkment.
- What do you call it when a snowman throws a tantrum? A meltdown.
- Which is faster, hot or cold? Hot, because you can catch cold.
- What did one plate say to the other plate? Dinner's on me.
- Why do oranges wear sunscreen? So they don't peel.
- What do you call a pony with a sore throat? A little horse.
- What did the left eye say to the right eye? Between you and me, something smells.
- What did the mama tomato say to the baby tomato? Catch up!
- Why didn't the melons get married? Because they cantaloupe.
- What do you call a fake noodle? An impasta
- What do you call a bee that can't make up its mind? A Maybe.
- Why was six afraid of seven? Because 7-8-9.



## **Photo Gallery**



Enjoying some good music



Can't wait to play football



Best cheerleader around