

here on Spark and your attitude and persistence remind me daily not to whine about my minor

inconveniences.

Remember to take care of yourself too. As they say "put on your own oxygen mask first"

My status yesterday said we were buying a tandem kayak. Well, we can't! It seems they are suddenly so popular (along with kayaking in general) that there are none to be had.

If that's my biggest problem this week I will be very grateful.

As Lady Violet says:

"You're a woman with a brain and reasonable ability. STOP WHINING and find something to do"



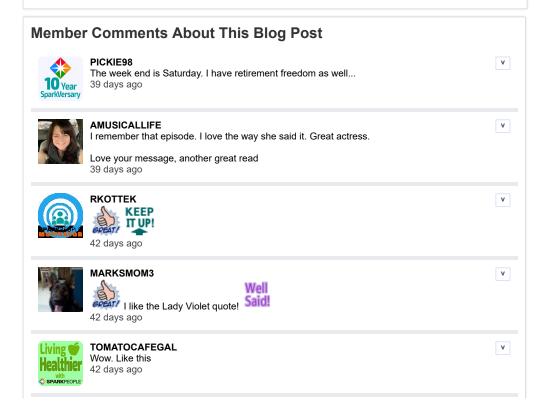
As for the song playing in my head this morning. The 59th Street Bridge Song (Feelin' Groovy) The grooved road surface of that bridge to Manhattan slowed me down many times.

www.youtube.com/ watch?v=YHAUvCQmCTc

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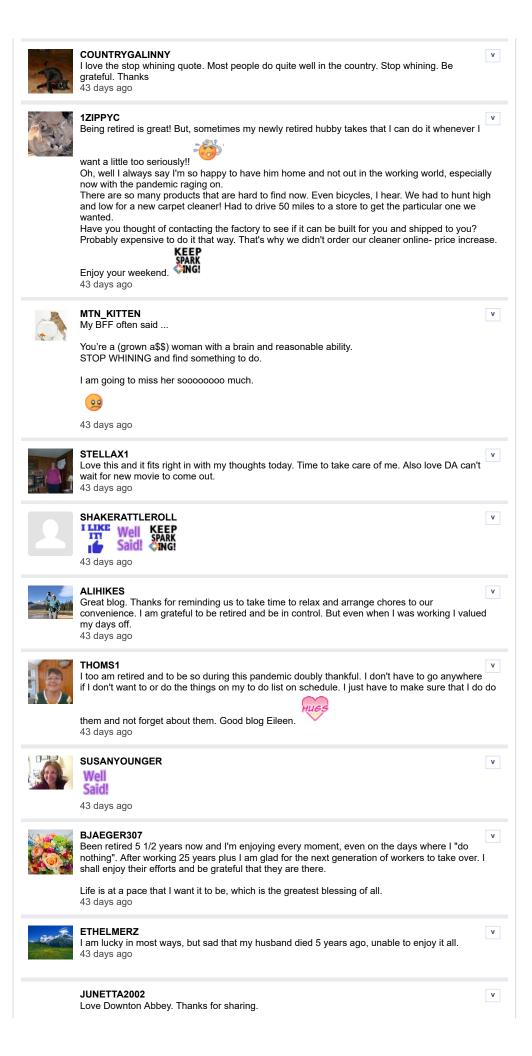
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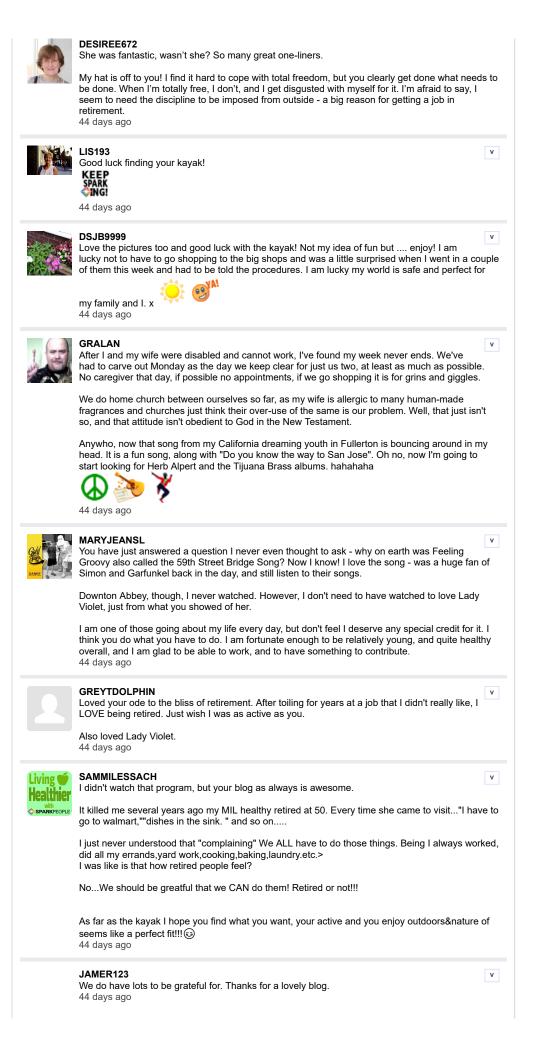
	FRAN0426 We do have plenty of reasons to be grateful every day. I have been retired for several years, the thing I notice is the stress level has gone done tremendously, so much better days. O course the choices of what to do each day, and when to do them are wonderful too. Thanks for sharing the past years ago sone, enjoyed listening to every bit of it. 42 days ago	
	DAWNDMOORE40 Well said! 42 days ago	v
	PHEBESS I remember when it mattered to me what day of the week it was - but not any longer, and that is a great feeling! Hope you find a kayak - but don't go with an inflatable one, I know people who tried one and the work as badly as you might expect! 42 days ago	v
	Andl LOVE being retired too!	V
<u>e</u>	DONNALEE-53 42 days ago	V
Town's Wask When babes token there fact are not there fact are not the fact in their the fact in their the fact in the second tension when our there fact the second the fact are the second the second tension of the second tension are set to the second tension tension are set to the second tension tension are set to the second tension tension are set to the second tension are set to the tension are set to the second tension are set to the tension are set to the second tension are set to the tension are set to the second tension are set to the second tension are set to the tension are set to the second tension are set to the second tension are set to the tension are set to the second tension are set to the second tension are set to the tension are set to the second tension are set to the second tension are set to the tension are set to the second tension are set to the second tension are set to the tension are set to the second tension are second tension	ELISEP5 I love having many options to choose from. 42 days ago	v
	PLCHAPPELL Right 43 days ago	v
	THINCPL2004 Very well said 43 days ago	v
	NANHBH It seems like so many product lines are sold out due to Covid! We waited 3+ months to get our kitchen appliances. We're waiting almost 6 months for new furniture! But as you say, if that's my biggest problem, I'm pretty fortunate! Enjoy your kayaking. 43 days ago	v y
	CD26438932 Well Donel 43 days ago	V
A	PATRICIAAK be grateful 43 days ago	v
	AZMOMXTWO I am so not surprised that everything is gone I have to wait for things also But I like you can just stop whining I just do what needs to be done and I do it 43 days ago	v

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WALKINTOFIT v i am on the cusp of retirement ... now to 5 years. lol, im dreaming of a kayak and and an adventuresome girl (gd) that came to visit last weekend!. feels like a month since then... I hope to go kayaking again.... i am asking people at work if they would like to go with me... i said i would rent the kayaks ... no takers yet ... i just might have to go my self. The 2 hours on the river went so fast... i really wanted to c the pillars, get up close. gd did get a pic but no time to land ... had to hurry back. Next time i am renting them for 4 hours, that way i can rest at the pillars.... get some awesome pics to go with I work in a big box store, so i get to c alot of people, yesterday got in a good workout, pushing in carts, 7-10 at a time... was out there an hour doing that.... one tip is to make sure they are locked tight together and push them backwards to the corral ... saves a lot of work... 43 days ago RACHNACH v KEEP SPARK ¢ING! 43 days ago SUNNYBEACHGIRL v I remember a S&S concert when I was young and they were too. I jumped into retirement and kept busy, got involved, joined a small non profit, scheduled outings, and generally kept very busy. Over the years I stepped away for each activity and now my days are much quieter and I schedule events and outings with a thought to to time commitments. 43 days ago **KITTYHAWK1949** v I feel especially blessed to be retired (2016) this past year and not having to worry about work or money since I have my pension and SS. KEEP Spark Ving! 43 days ago RHOOK20047 v Good blog. I have begun to thing that time is too short to sweat the little things. I know what you mean about choosing to do things when you want to. My job is starting to get to me. It's just a part time job, but I am not feeling appreciated and I can think of other more rewarding things I could be doing. It is funny how your priorities change as you grow older! 43 days ago DONNA_CPS2 v Well Nice post! Thanks! Done! 43 days ago HARRIETT14 v I enjoyed that show very much. I now watch a lot of the Hallmark channels. The singers of years ago were so entertaining. My DH and I enjoyed dancing to them. 43 days ago JULIJULINN v Well Said! 43 days ago SPARKUVU v X 43 days ago CHERYLHURT v Good advice! 43 days ago PLCHAPPELL v Good advice 44 days ago



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0.	TERMITEMOM Lady Violet is so awesome! And I do like your message. 44 days ago			V	
	MORTICIAADDAMS I love not having to punch the old time card. Much less stressful! LOL. As always stated - you children when you are gone will not care that they court They will remember that you played with them. 44 days ago				
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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.					