



Silver Eagles Newsletter

July 2018

Silver Eagles,

We have no new members this month and we have no news! Okay summer is vacation time and you all may be travelling and what not – sooo you can ignore what I have to say, but I feel the need to put out something each month or I may fall out of the habit and there goes the Silver Eagles. Robert – don't bother putting this on the internet.

Miscellaneous:

This was the most bizarre World Cup that I have ever seen! Hammerheaded Icelanders against bada\$\$ whoever. The whoevers actually came in second and played better than the kick and run French who came in first. Countries that I didn't realize had soccer teams were playing poor soccer. I got some great laughs! Enuf said on that topic. FYI - I played varsity soccer in high school and college and continued in the local American leagues until I was in my late 30s.

Let's see. Since retirement my typical week goes something like this:

Monday – Weight training on my refurbished Bowflex and laundry while my wife teaches a class in deep-water aerobics.

Tuesday – My wife and I lead a Tai Chi training session.

Wednesday – Might be movie day – if we don't have errands, like a COSTCO run.

Thursday – Yoga class

Friday – Folk dancing group – I have been a teacher and student. As a 1960s (relatively short-haired) hippie I was with a group that performed at schools and senior centers. This senior group does that as well.

Sat & Sun – We take it easy – well, long walks or treadmill and stairmaster aerobics if there is bad weather. Oh, Sunday is date night when we invariably- (well, almost always – Irish bands and other entertainment has been known to interfere) -go to the same informal Italian restaurant and have the same meal. The chef sees us walking in and starts boiling the whole wheat penne.

NOW – if you are still reading, think about your life. There has to be something more exciting that you are willing to share for next month. Hobbies, Workshops? Volunteer work? Little things – big adventures! Please! Please!

Don't forget the Silver Eagle Website: www.precisionwrite.com/SilverEagles.html

Have a wonderful... what's in August? – my birthday, ummm... try to stay cool, okay!

Jim Henderson