

Age had taken its toll on the elderly lady's body so when her parish began offering stretch and limbering- up classes, she quickly signed up. But after one class she quit. When asked what the problem was, she said, "I bent, twisted my body, gyrated, jumped up and down and perspired for more than an hour.... By the time I got my leotard on, the class was over."

The 95-year-old woman at the nursing home received a visit from her local parish priest.

"How are you feeling?" the priest asked. "Oh, Father" said the woman, "I'm worried sick!"

"What on earth are you worried about?" the priest asked. "You look like you're in good health to me and you are being well looked after, aren't you?" " Goodness, yes" the woman replied, "they certainly taking good care of me." "Well, then what are you worried about?" the priest asked - a tad confused.

The woman leaned back in her chair and slowly explained. "Well Father, every close friend I've ever had has already died and gone to heaven. I'm afraid they're all wondering where I went."