

I need a Partner

Have the merit to be seen length 6.16 minute of good time for all the age URL @

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Pages >


About

Search

Irish Blog Awards Nominee 2009 >




Homepages the Book >



I need a Partner...

June 7, 2009 at 6:18 am - Filed under [Exercise](#), [Fun](#), [dancing](#)

If I start to practice now...
will I be able for this with my new hip?



Thanks to Darlene for the exercise programme!

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P.S.
*It was recently reported in the press that SAGE would like our **Senior Citizens** to stay fit and mentally active, and if possible even take on part time employment to stay active, so as to give them a sense of well being and self dignity. **One of the things that senior citizens would like to learn is how to use the computer on their, and if they can be trained to use the word processor and to email, the next best thing is to train them how to blog or write a book, which is good mental therapy and practise in motor skills.***
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I am 79+ green, **senior citizens** of Singapore the pearl of Asia, helping person of my age ~-10+10, interested to learn the use of the computer. Interested! Contact me @Andrea(mr) <http://www.lamarstone.tel/>

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