

Senior Life

SPECIAL SECTION 2009



SENIOR LIFE 2009

- **Silver Fox Trotting:** Keep on dancing for a healthy mind and body. (Senior2009-11, 709 words, PHOTOS)
- **Building The Bond:** Share meaningful moments with your grandchildren. (Senior2009-06, 854 words, PHOTO)
- **A New View:** See the world without spending all of your savings. (Senior2009-12, 698 words, PHOTO)
- **Come Together:** In-person and online interactions offer valuable connections. (Senior2009-01, 623 words)
- **Let's Get Physicals:** Everyone needs a comprehensive exam after 50. (Senior2009-05, 776 words, PHOTO)
- **Back On Track:** Swim, walk and strengthen your core to keep back pain at bay. (Senior2009-07, 743 words, PHOTO)
- **The Best Medicine:** Laughter has found great company in senior comedians. (Senior2009-10, 684 words)
- **Finding Roots:** Plant the seeds to discovering your family tree. (Senior2009-13, 765 words, PHOTO)
- **Under The Knife:** What you need to know before that nip and tuck. (Senior2009-03, 726 words, PHOTO)
- **Operation Nation:** Surgeries are a part of aging, but should you have one? (Senior2009-04, 797 words)
- **Skin Is In:** Saving face is possible after years of sun damage. (Senior2009-02, 739 words, PHOTO)
- **Don't Forget:** Memory loss is likely, but see through those senior moments. (Senior2009-15, 772 words)
- **Food For Life:** Eat and drink your way to a healthy old age with these five items. (Senior2009-09, 729 words, PHOTO)
- **Dress Your Age:** There's no need for fashion to be frumpy. (Senior2009-14, 722 words, PHOTO)
- **Return To Work:** Retirees come back to the 9-to-5 after leaving the work force. (Senior2009-08, 773 words)

SHORTS AND FILLERS

- Senior Life infographics.

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