

10 LOVEMAKING TIPS FOR SENIORS

- 1. Put on your glasses. Double check that your partner is actually in bed with you.**
- 2. Set timer for 3 minutes, in case you doze off in the middle.**
- 3. Set the mood with lighting. Turn them ALL OFF!**
- 4. Make sure you put 911 on your speed dial before you begin.**
- 5. Write partner's name on your hand in case you can't remember.**
- 6. Keep extra polygrip close by so your teeth don't end up under the bed.**
- 7. Have Tylenol ready in case you actually complete the act.**
- 8. Make all the noise you want. The neighbours are deaf too.**
- 9. If it works, call everyone you know with the good news.**
- 10. Don't even think about trying it twice.**