



What is “Old”?
Activity: Use it or Lose It
 By Mary Kay Morrison

1. What age defines someone as a senior?
2. What age defines someone as “old”?
3. Is there anything funny about getting older?
4. Do you usually ask for a senior discount?
5. Do you feel younger than your parents were at this age?
6. Do you think there is age discrimination?
7. How are seniors portrayed in the media?

How Did I Get This Old This Fast? by Mary Kay Morrison

Mary Kay Morrison is the founder and director of [Humor Quest](#). She has been providing staff development on the health benefits of humor, play and laughter for over 40 years. Her books are the foundation for numerous university humor studies classes. Mary Kay is past- president of AATH (The Association for Applied and Therapeutic Humor) and founder and director of the AATH Humor Academy graduate program and CHP (Certified Humor Professional) course. She is the recipient of the 2016 AATH Lifetime Achievement Award. Her mission is to share the health benefits of humor play and laughter and is reflected in her new book: Legacy of Laughter.

Never take life too seriously, you won't get out alive.