

50 signs of ageing

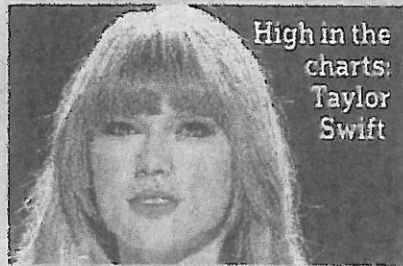
1 Feeling stiff

2 Groaning when you bend down

3 Saying 'It wasn't like that when I was young'

4 Saying 'In my day'

5 Losing hair



High in the charts: Taylor Swift

6 Not knowing any songs in the top ten

7 Getting hairier ears, eyebrows, nose, face etc

8 Hating noisy pubs

9 Talking a lot about joints / ailments

10 Forgetting people's names

11 Choosing clothes and shoes for comfort, rather than style

12 Thinking policemen / teachers / doctors look young

13 Falling asleep in front of the TV

14 Needing an afternoon nap

15 Finding you have no idea what young people are talking about

16 Struggling to use technology

17 Losing touch with everyday technology such as tablets and televisions



18 You start complaining about more things

19 Wearing your glasses around your neck

20 Not remembering the name of any modern bands

21 You avoid lifting heavy things due to back concerns

22 Complaining about the rubbish on television these days

23 Misplacing your glasses / bag / keys etc

24 Switching from Radio 1 to Radio 2 (Chris Evans right)



25 You start driving very slowly

26 Preferring a night in with a board game than a night on the town

27 Taking a keen interest in The Antiques Roadshow



28 You talk to colleagues who are so young they don't know what an Opal Fruit is

29 You start taking slippers to a friend's house

30 Listening to the Archers

31 Falling asleep after one glass of wine

32 Never going out without your coat



33 Getting bed socks for Christmas and being very grateful

34 You can't lose 6lb in two days any more

35 Gasping for a cup of tea

36 Taking a flask of tea or coffee on a day out

37 Joining the WI

38 Taking a keen interest in the garden

39 Spending more money on face creams / anti-ageing products

40 Spending money on the home / furniture rather than a night on the town

41 Taking a keen interest in dressing for the weather

42 Putting everyday items in the wrong place

43 Obsessive gardening or bird feeding

44 Really enjoying puzzles and crosswords

45 Always driving in the slow lane, or below 70 in the middle lane

46 Consider going on a 'no children' cruise for a holiday

47 Your ears are getting bigger

48 Joining the National Trust

49 Drinking sherry

50 Feeling you have the right to tell people exactly what you are thinking even if it isn't polite

