

"At my age...  
it takes **THREE**  
**TRIPS** to the fridge to  
Remember what I'm  
**GOING**  
**AFTER**"

"**YEAH...**  
I get **HALFWAY**  
**UPSTAIRS**, but  
forget if I'm going  
**UP** or  
**DOWN**"



July 2021

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |