



*Start spreading the news:
These little-town blues are melting away;
I'll make a brand new start of it in old New York.
If I can make it there, I'll make it anywhere;
It's up to you, New York, New York!*

Do you really wanna shake your own little-town blues? Then heed what Sinatra advises. Get yourself off the couch and go. It doesn't have to be the Big Apple. Make it Los Angeles, Chicago, Montreal, Las Vegas, San Diego, London, Venice, Tahiti, Shanghai or Paris. Or anywhere else in the world your fancy takes you to chase those senior citizen blues.

Try a cruise, an archeological dig, a snorkeling adventure, a backpacking wilderness trek, a week on a dude ranch, a luxury spa treatment or a week of great Broadway or Vegas entertainment. Whatever your choice, make sure it gets you away from the senior usual and into the youthful unusual.

The important way to fight the blues is to make a quick, sometimes radical change in your routine. Get away from the humdrum, boring existence. Consult with your friendly neighborhood travel agent, and/or crank up the computer and visit travel sites. Choices are endless, and those blues will melt away as exciting travel plans grow to reality.

Then start spreading the news of plans for your blues-chasing adventure. Invite a companion or join a senior group excursion. Very often, your anticipation before the actual journey can be almost as much fun as the trip itself.

Throw yourself wholeheartedly into the plans and the actual enjoyment of the trip. Then watch those little town blues fade away. Bon voyage!