

Featured Stories In This Issue

"Barging" In Scotland

A relaxing cruise on the slow-moving [Ros Crana](#) barge offers the best of the Western Highlands of Scotland.

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--Larry Hayes, A050 CEO/Publisher. Email: Larry@activeover50.com. Visit ActiveOver50.com.



Scotland Adventure

Barging Into The Great Glen

By Melody Wren

A cruise on the slow-moving Ros Crana barge offers the best of the Western Highlands of Scotland.

We explored sheltered sea lochs at the western end of the Great Glen where eagles and osprey soared overhead. Red deer swam across the Caledonian Canal then scrambled up steep hills on the other side. The scenery of the West Highlands was constantly changing with magnificent lochs and impressive mountains.

[Caledonian Discovery](#), who operate Ros Crana and her sister barge, the Fingal of Caledonia, offer trips that introduce passengers to the majestic Caledonian Canal while learning its history, myths, legends and trivia along the 60-mile canal cutting through the spectacular Highlands. The barge allows you to skirt through some of the largest mountains in Britain.

Deceptively large, the 160-ft Ros Crana holds bicycles, a wooden sail boat, canoes and paddle boards to give passengers options for daily outdoor activities. It accommodates up to 12 guests in private cabins, all en-suite.

Taking a canal boat is a relaxing way to see the canal with activities at the ready. Guests can choose their activity level. At one extreme, they can choose to stay on board as a few on our trip did occasionally, whiling the time away reading, watercolor painting or simply watching as the scenery glides by.

From the top deck, you can admire the grandeur of Ben Nevis, the biggest mountain in the UK, or go to the other extreme of activity by hopping off the barge and climbing to the top.

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ASK LARRY

--Larry Hayes, A050
CEO/Publisher

**"Is 80 The
New 60?"**



Silly question. Of course, not!

Whatever your age, accept and be proud of it.

I turned 83 this month and proud of it. Proud to be the publisher of this publication for the past 18 years. Proud providing information to help older adults enjoy longer and healthier lives.

Also, proud to be captaining and playing USTA tennis for the past 40 years. My 80 year old partner and I recently played against two guys--age 31 and 32.

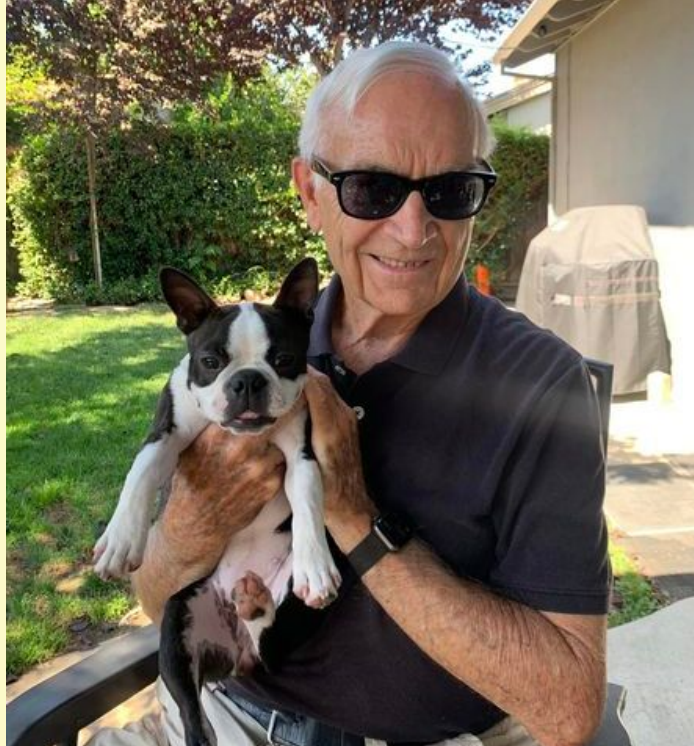
Combined ages, they were 100 years younger! Young enough to be our grandkids. Or great grandkids.

Of course, they were stronger, faster and better than us but we give them a good fight, losing the match in a tiebreaker.

After the match, one commented: "Hope I can play as well as you when I get your age."

We lost the match but won their respect and hearts. Made me feel good and proud to be a role model for the younger generation.

Got a Question? Ask me anything. If I don't know the answer, I'll ask someone who does. *Ask Larry* is written by Larry Hayes, CEO/Publisher of A050. Email: larry@activeover50.com. Visit: ActiveOver50.com



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