

# Joggin' Along

Dory Kaiser



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***We help older performers fulfill their theatrical dreams!***

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**FREEVIEW**

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**Joggin' Along**  
**by Dory**  
**Kaiser**

**Plot:**

"Joggin' Along" is a series of five comedy sketches involving two older single women who stop jogging long enough to talk about what's going on in their lives. Nothing is sacred as they discuss exercise, boyfriends, other women and much more.

The women, dressed in jogging clothes, run to center stage, where they stop and begin their dialogue. This sketch has been performed by a Senior Theatre company for five performances each year and the audiences now applaud as soon as they see the 'joggers' enter. The group also takes the sketches to many venues throughout the year, where they always get big laughs. Enjoy!

**Joggin' Along—Sketch #1**

**DORY:** We used to have hourglass figures, Sally. What happened?

**SALLY:** All the sand collected at the bottom.

**DORY:** We need to exercise more. If I don't exercise, my clothes shrink 2 sizes.

**SALLY:** Well, I hate to jog because my thighs keep rubbing together and setting my panty hose on fire. The only reason I exercise is so I can hear heavy breathing again.

**DORY:** Heavy breathing! Lots a luck! Men our age see a sexy girl and their pacemaker opens the garage door.

**SALLY:** Yeah, but we're just as bad. I thought I looked pretty good for my age. Men kept whistling at me. Then I found out it was the feedback from my hearing aid.

**DORY:** You know what? I've decided that men are like a laxative. They irritate the shit out of you.

**SALLY:** Oh, I don't know. I think men are more like parking spots. All the good ones are taken and the rest are handicapped.

**DORY:** Ain't it the truth! Gosh I hate getting old--although I did just have a rose named after me.

**SALLY:** Really? You must have been flattered!

**DORY:** I was until I read the description in the flower catalog--It said, "No good in a bed but fine up against a wall."

**SALLY:** Well, you're not that old! Not like Mary's boyfriend. He's so old his blood type was discontinued. When he orders a three-minute egg, they ask for his money up front.

**DORY:** Oh well, Mary's not the smartest person in the world, you know. Years ago, she confused valium with birth control pills. She had 13 kids but she didn't really care.

**SALLY:** Yeh and she's still so man crazy she won't order soup in a Chinese restaurant.

**DORY:** Why not?

**SALLY:** She heard that Won Ton spelled backwards is Not Now...You know how I love to eat but lately even food reminds me of getting old. Especially those all-you-can-eat buffets.

**DORY:** You're kidding. Buffets make you think of getting old?

**SALLY:** Yea. What should be hot is cold, what should be firm is limp and the buns are bigger than anything on the menu. Let's jog.

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## **Joggin' Along—Sketch #2**

**DORY:** Oh. Boy---this is ridiculous! I keep jogging but my weight stays the same.

**SALLY:** I know. And nobody understands. I joined an exercise class and they told me to wear loose fitting clothes. If I HAD any loose fitting clothes, I wouldn't have signed up in the first place.

**DORY:** Yea. And I think it's starting to affect my head. I used to feel pretty sexy. Now I get the feeling that my stuff has strutted off without me.

**SALLY:** I know what you mean. Guys used to love the way I walked. Now, checks are the only things I've got that bounce.

**DORY:** And my memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

**SALLY:** Well, the young people of today are gonna have it worse. Do you realize that there's more money spent on breast implants and Viagra than on Alzheimer's research? By 2040, there will be a large elderly population with perky boobs and huge erections and absolutely no memory of what to do with them.

**DORY:** In about 40 years, we'll have thousands of old ladies running around with tattoos.

**SALLY:** I'd get a tattoo now if I had any skin tight enough to draw on ... Why not? My grandmother had a tattoo.

**DORY:** Really?

**SALLY:** Yea. She was a very tough old lady. She buried three husbands and two of them were napping...She was way overweight, though. In fact, if she had gotten any bigger, she could have qualified for group insurance.

**DORY:** How's your love life coming along?

**SALLY:** Boring! I asked my boyfriend to take me someplace expensive so he took me to the gas station. His idea of happy hour is a nap.

**DORY:** I hear you! Last night, I said to my boyfriend, "Honey, let's go upstairs and make love." He said, pick one – I can't do both.' ...He s not real bright, either. He thinks King David was the most constipated man in the Bible.

**SALLY:** Why?

**DORY:** Because he sat on the throne for 40 years.

**SALLY:** Why is it so hard to find men who are sensitive, caring, and good looking?

**DORY:** They already have boyfriends.... Maybe we should try the singles bars.

**SALLY:** No, that's no good either. Men at singles bars have one thing in common.

**DORY:** What?

**SALLY:** They're married.... Oh well. Things could be worse. We might be pumping rust, but we're still pumping! Let's go!

**END OF FREEVIEW**  
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