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BRANDAMP BY AARP [What's This?](#) PAGE CONTENT BY: QUEEN BEES

## 3 Ways To Stay Young at Heart

Take inspiration from the cast of characters in "Queen Bees!"  
by Queen Bees Film (Paid Content)



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Age is just a number, so they say! And, no matter your age, you're only as old as you feel, right? If this is your mantra, you'll feel a kinship with the characters of the new movie Queen Bees, now On Demand and yours to own for the first time on DVD and Digital August 10. This feel-good comedy features a cast of award-winning actors, including Ellen Burstyn, Jane Curtin, Ann-Margret, Loretta Devine, James Caan, and Christopher Lloyd.

In Queen Bees, fiercely independent Helen (Academy Award®-winner Ellen Burstyn) temporarily moves into the Pine Grove Senior Community. She expects typical group activities like water aerobics and bridge games, but she never expects to find a new group of adventurous friends and a blossoming romance.



As the movie unfolds, the cast of Queen Bees shows us how to ignore our age. Staying young at heart is a matter of casting aside social expectations and following your passions. Here are some ideas inspired by Queen Bees to bring extra excitement and meaning into your everyday life.

### 1. Try something new.

You're never too old to try something you've always wanted to, like a new recipe or finally picking up that hobby you've been putting off. Tutorials are readily available in print (for free at your library), or you can watch videos online (try YouTube). Take the time to learn a subject or language you've always been curious about. Attend a class at a local community college or through a continuing education program.

Travel allows you to explore new places and open yourself up to new experiences. Make a point of going somewhere you've never been before. Even if you visit the next state over, you'll find a new museum, restaurant, or walking tour to check out and enjoy.

### 2. Connect with young people.

In Queen Bees, Helen has a close relationship with her grandson, who encourages her to take chances. As much as you can teach young people and give them the benefit of your experiences, you'll find that you can learn just as much from them. Volunteering, especially for a youth-focused cause, is a great way to form these connections – and you'll also feel great knowing you are helping those in need.



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### 3. Connect, socialize, and laugh more!

Laughter is the best medicine, they say, and the ladies of Queen Bees enjoy a lot of laughs together. Surround yourself with people that keep your heart light and mood positive. Open yourself up to social opportunities for a regular infusion of fun and laughs. This means saying "yes" to more invitations. Join groups, participate in activities, and even go on dates.

- 1/2 oz. honey syrup
- 1/2 oz. fresh lime juice
- 1/4 oz. fresh lemon juice
- 1/4 oz. Jack Rudy Classic Tonic Syrup
- 4 to 5 oz. club soda

Stir the first five ingredients together and pour into glass with ice. Top with club soda. Garnish with a lemon or lime rind twist.

Queen Bees teaches us age is just a number. It's never too late to learn new things, make new friends, and perhaps even find new love.

**Watch Queen Bees On Demand today or click here to see where you can purchase Queen Bees on DVD and Digital.**



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