

**Sensational
True-life**

60 WAYS TO CELEBRATE

BEING 60!



Up, up and away!



Good times in The Gambia



From flying planes to sex under the stars....

By Lyn Falder, 60, from Brentwood, Essex

What are you up to?' my hubby Tony, 62, asked as I scribbled. 'Making a list of 60 things to do to celebrate my 60th,' I said. 'I fancy driving a Tube train. And doing a lap in a racing car!' It was January 2010. My birthday wasn't until 23 August. *But I'd a lot to get done.* First off, Tony and I treated ourselves to a fancy meal at ally chef Heston Blumenthal's restaurant The Fat Duck. Fab! Then a drink at London's famous Ice Bar. Lovely! And I'd never been on the London Eye, so that was next. That was just the start. After

those successes, now I wanted to up the ante! 'I'd love to do plane acrobatics,' I told a friend. She giggled. 'If it's open-air antics you fancy, how about sex under the stars?' *Ha ha! That went on my list!* After that, I blagged or begged my way through everything. A letter to my MP got me a trip to the Palace of Westminster. 'Look at the posh tearoom,' I whispered to my friend Lynda. 'Entrance by Permission Only,' she sighed. But soon, we were sipping tea next to the MPs! *Well, if you don't*



Photocall!
Touring Number 10

ask, you don't get, do you?! Exploring was high up on my list and, in January 2010, Tony and I flew to The Gambia.

photoshoot. Scrubbed up a treat! But, by my 60th on 23 August, I was over halfway through my list. With a memorable adventure yet to cross off...

During our trip, we met a couple who'd started a charity to fund a school in a deprived area of the country. So I added raising money to my list. Back home, my diary was filling up - I did a spa day, went on a flight simulator, took courses in cordon-bleu cookery, pottery... Not to mention my tour of 10 Downing Street, and becoming a Mega-Phone Caller on Chris Evans' Radio2 Breakfast show. Not everyone said yes, though. Buckingham Palace politely refused my request to attend a garden party. I even had a model makeover

Sex under the stars! So, in September 2010, I booked three nights for me and Tony in a Romany Gypsy caravan. We did the deed in a farmer's field! Over the next months, I did things I'd never dreamt possible - flying lessons, falconry. In January this year, my list was completed. Including raising £8,000 for two new classrooms at the Gambian school. But I don't want it to end. I'll be 61 in August - time to try a few more things. *Perhaps even another night under the stars!*

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DONE THAT!**



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