You're never too old for great things

1. **Think of three pieces of information that you expect to read in each article with the headings below.**
   - *Dreaming Of A Trip At 100*
   - *A Grandma Sets A Record*
   - *98-Year-Old Teacher Inspires Community*
   - *A Skydiving Present For His 100th Birthday*

2. **Read the texts, check your ideas in ex. 1 and match the headings with the texts. There is one heading you do not need to use.**

a) .....

Johanna Quaas was born in 1925 in Germany and started doing gymnastics at an early age. She took part in her first competition in 1934. In 2012, Johanna got into the Guinness Book of Records as the oldest gymnast in the world. Johanna, who is now a grandmother and mother of three, has been married to Gerhard Quaas, a gymnast coach, for more than 50 years.

b) .....

Weifeng Yuan, from Richmond, Canada has helped thousands of people in his community to become healthier. He came to Canada from China in 1981 and in 1992 he founded the Richmond Wellness Centre, where he teaches tai chi to 100–200 people every day. Weifeng learned tai chi when he worked in Hong Kong. He likes tai chi so much that he has recently written a song about it!

c) .....

Gloria Tramontine Struck is 90 but she still rides her Harley Davidson motorcycle and wants to go on a cross-country trip when she is 100. When she was born, her father had a motorcycle shop. 'I've been with motorcycles every day of my life,' she says. She learned to ride when she was 16 and since then she has owned 14 motorcycles. Over the years, she has taken part in many races and motorcycling events in the USA and Europe.

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3. **Read the texts again and decide whether the statements are true (T) or false (F).**

a) Johanna took part in her first competition when she was at college.

b) Johanna got married when she was 50 years old.

c) Weifeng has lived in Canada since 1981.

d) Weifeng taught tai chi in Hong Kong.

e) Gloria has 14 motorcycles.

f) Gloria started riding a motorcycle when she was a teenager.

4. **Study the rules about Present Perfect and Past Simple and match the sentences below to the rules.**

RULE	SENTENCE
We use Past Simple to talk about experiences if we mention a specific time in the past.	
We use Present Perfect to talk about experiences when we don't mention a specific time.	
We use Past Simple to talk about something that finished in the past.	
We use Present Perfect to talk about a period of time that continues until now.	

a) Weifeng learned tai chi when he worked in Hong Kong.

b) He likes tai chi so much that he has recently written a song about it!

c) 'I've been with motorcycles every day of my life,' she says.

d) She took part in her first competition in 1934.

5. **Discuss the questions.**

- Which story impressed you the most? Why?
- Do you know other stories like these?
- How old is the oldest member of your family? Are they active?
- Do you know anyone who is active at an older age? What do they do?

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6. **Watch a video [https://youtu.be/P85r-W0Ck6w] about a man named Tilmann Waldthaler, who is 78 years old, and put a tick (✓) next to the topics that are discussed in it.**

- cycling
- Tilmann's health
- the weather in New Zealand
- Tilmann's wife
- car racing
- Tilmann's job
- Tilmann's plans

7. **Watch the first part of the video again (to 00:47) and write sentences to explain the following numbers.**

a) 1977

.....

b) 520,000

.....

c) five

.....

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8. Choose the correct verb form. Then, watch the rest of the video again (00:48-01:52) and check.

a) His first big trip from New Zealand to Norway **changed/has changed** him a lot.

b) Since he started his cycling trips, Tilmann **met/has met** a few celebrities.

c) They **were/have been** together since they met.

9. Discuss the questions.

- Would you like to do something like that when you grow old? Why/Why not?
- Do you think there are a lot of people like the ones you have read about and seen in this lesson?

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- What should we do to make sure we are in such good shape when we're older?
- Do you think such stories can inspire young people to be more mindful of their lifestyle? If so, how?
- Did any of these stories inspire you to change something about your lifestyle? Why/Why not?

10. Imagine yourself in your 80s. Think about your life and what you might do and like at that age. Think about the following areas and make notes if you need to.

- sport
- family
- work
- travel
- home
- relationships
- hobbies



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