

Ageing – Not for Whimps

Do not grow old disgracefully.
Buzz, whoop, enjoy – but gracefully.
Rise when you choose, disdainfully,
brush up your thin hair, beautifully
and pop your teeth in, carefully.
Pass time with Bingo, joyfully,
matching your squares, successfully.
Make crafty thingoes, usefully
or stare at nothing, gratefully.
Talk to yourself – quiet – wistfully
or sing, rejoice – loud – ‘tunefully’.
Walk back and forth, purposefully
with stick held tightly, helpfully.
Cough, sneeze and snore more zestfully,
drop inhibitions, naturally,
realise your selfhood, totally.
How can one age disgracefully?
Buzz, whoop, enjoy – but gracefully.

Cherish the prison of your waning days,
and occupy yourself in fruitful ways.*

Glennis Henning – 24/4/16

- Words of Clive James